

Neuroendocrine Tumour Nutrition Toolkit

This nutrition toolkit was developed to assist patients with NETs to self manage symptoms, and urinary tests at home. This guide provides general nutrition tips, to gain more personalised nutrition advice contact a dietitian.

Tip sheets include:

- Carcinoid Syndrome
- Constipation
- Diarrhoea
- Eating well
- Managing weight gain
- Managing weight loss
- Nausea and vomiting
- Urinary 5-HIAA test

If you would like a food and symptom diary template, head to: NeuroEndocrine Cancer Australia website, there is a template under "I Am a Patient", "Patient Resources".