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Electrolytes, glucose, BUN and creatinine help assess overall clinical and fluid volume status and need to be obtained if parenteral (intravenous) nutrition is a possibility. Plasma calcium, magnesium, and phosphorous concentrations should also be assessed periodically, particularly in the setting of poor oral intake or diarrhea.

### Laboratory Tests to Assess Nutrition

That's why medical nutrition therapy (MNT) is an essential part of cancer care for many people. MNT combines nutritional counseling with a specialized diet plan. The goal is to help you feel your best while managing issues such as digestion problems, heart conditions, or weight gain.

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