

NUTRITION AND WEIGHT MANAGEMENT

PLEASE NOTE: This is not a comprehensive list. It will continued to be updated over time.

Texas-Based Resources

Farmers' Markets (Texas)

<https://www.211texas.org/search/>

Health and Wellness Programs (Texas)

<https://www.211texas.org/search/>

MD Anderson Cancer Center

<https://www.mdanderson.org/prevention-screening/manage-your-risk/diet.html>

<https://www.mdanderson.org/patients-family/diagnosis-treatment/care-centers-clinics/cancer-prevention-center/clinics-and-programs/healthy-living-clinic.html>

“Managing your weight, eating a healthy diet, avoiding tobacco and being physically active are some of the most important things you can do to reduce your cancer risk. The Healthy Living Clinic can help you make these healthy lifestyle changes. The Healthy Living Clinic is open to MD Anderson patients only.”

Moncrief Cancer Institute

<https://www.moncrief.com/content/dietitian>

“Licensed, registered dietitians provide nutrition counseling and education, as well as customized eating plans to: Manage weight; ease side effects of treatment; help you make smart dietary choices.

*At Moncrief Cancer Institute, learning about healthy eating isn't restricted to the clinic. We take nutrition education to the next level by putting you directly in the kitchen. We provide multiple, six-week culinary courses designed to give you the skills to create delicious and healthy recipes at home. These include: Culinary Medicine courses that emphasize general healthful eating and are open to the public; Cooking Matters courses, offered in partnership with the Tarrant Area Food Bank. **Find Out More:** Look for cooking classes on our [Event Calendar](#). For more information or to register for a class, call 817.288.9800.”*

U.T. Southwestern Medical Center Simmons Comprehensive Cancer Center: Oncology Nutrition

<https://utswmed.org/cancer/support-services/oncology-nutrition/>

*“Our registered dietitians can answer nutrition-related questions as well as provide one-on-one consultations. **Our dietitians can help patients:** Minimize side effects from treatments such as chemotherapy, immunotherapy, hormonal medications, transplants, and surgery; enhance quality of life during treatment; achieve and maintain a healthy weight; prevent or correct nutritional deficiencies; incorporate healthy nutrition habits; provide guidance on alternative nutritional therapies; educate family members about patients' special nutrition needs; provide survivorship education to reduce risk of recurrence.*