



Dear participant,

Thank you for participating to nutritionDay worldwide in 2025.
Your country report consists of the following sample size:

Country:	Brazil
Number of participating centers:	7
Number of participating units:	33
Number of patients:	448
Number of patients who gave consent:	448

This report compares your center to the international reference database based on data from nutritionDay 2021-2024.

In the National Report are included only centers who filled out the hospital and the unit sheet.

Participate again at the upcoming nutritionDay in November 2026!
Repeated participation allows benchmarking and monitoring the nutrition care in your country.
For more information visit www.nutritionDay.org or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Hospital Sheet

Your Results Reference Results

1. Total number of beds in hospital 391 [245-438] 296 [140-581]

2. Total number of admissions in the hospital last year 11554 [22.754-93517] 15484 [4482-34465]

3. Total number of staff in the hospital

Total medical doctors 343 [295-750] 226 [80-422]

Medical specialists 330 [330-330] 124 [37-273]

Medical non-specialists 13 [13-13] 56 [9-138]

Nurses 559 [90-1500] 315 [128-726]

Dieticians - 3 [1-9]

Nutritionists 16 [3-30] 2 [1-5]

Pharmacists 15 [6-15] 7 [3-18]

Kitchen staff 39 [28-39] 24 [9-44]

Full time equivalent

Total medical doctors - 144 [48-275]

Medical specialists - 89 [34-215]

Medical non-specialists - 46 [7-115]

Nurses - 305 [98-562]

Dieticians - 2 [1-8]

Nutritionists 3 [3-3] 1 [0-3]

Pharmacists - 5 [2-15]

Kitchen staff 50 [50-50] 24 [9-42]

4. Does the hospital have a nutrition care strategy? 3 (60%) 190 (40%) Yes

5. Which nutrition-related standards or routine activities exist in your hospital?

Nutrition training is available 3 (42.9%) 157 (33.1%) Yes

Nutrition steering committee is available 3 (42.9%) 125 (26.3%) Yes

Quality indicators are recorded and reported to national or regional level	2 (28.6%)	77 (16.2%) Yes
Quality indicators are used for internal benchmarking	2 (28.6%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (14.3%)	161 (33.9%) Yes

6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?

No information available from billing/finance/controlling	-	32 (6.7%) Yes
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Codes available

Nutrition Support	1 (14.3%)	64 (13.5%) Yes
Oral nutrition supplements	1 (14.3%)	118 (24.8%) Yes
Parenteral nutrition	3 (42.9%)	157 (33.1%) Yes
Enteral nutrition	2 (28.6%)	156 (32.8%) Yes
Dietary counseling	-	99 (20.8%) Yes
Specific dietary interventions	-	90 (18.9%) Yes
Screening for malnutrition	1 (14.3%)	98 (20.6%) Yes
Risk of malnutrition	-	71 (14.9%) Yes
Malnutrition (in general)	-	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	97 (20.4%) Yes

Codes routinely used

Nutrition Support	2 (28.6%)	60 (12.6%) Yes
Oral nutrition supplements	2 (28.6%)	110 (23.2%) Yes
Parenteral nutrition	4 (57.1%)	138 (29.1%) Yes
Enteral nutrition	3 (42.9%)	137 (28.8%) Yes
Dietary counseling	1 (14.3%)	82 (17.3%) Yes
Specific dietary interventions	1 (14.3%)	77 (16.2%) Yes
Screening for malnutrition	2 (28.6%)	82 (17.3%) Yes
Risk of malnutrition	1 (14.3%)	63 (13.3%) Yes
Malnutrition (in general)	1 (14.3%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	88 (18.5%) Yes

Unit Sheet 1a/1b

Your Results Reference Results

1a. Main specialty		
Internal Medicine / General	6 (18.2%)	295 (17.2%)
Internal Medicine / Cardiology	-	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	3 (9.1%)	114 (6.6%)
Internal Medicine / Geriatrics	2 (6.1%)	105 (6.1%)
Internal Medicine / Infectious diseases	1 (3%)	13 (0.8%)
Internal Medicine / Nephrology	2 (6.1%)	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (6.1%)	215 (12.5%)
Surgery / General	3 (9.1%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	1 (3%)	25 (1.5%)
Surgery / Neurosurgery	1 (3%)	18 (1%)
Surgery / Orthopedic	1 (3%)	46 (2.7%)
Trauma	-	12 (0.7%)
Urology	1 (3%)	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	-	27 (1.6%)
Gynecology / Obstetrics	1 (3%)	105 (1.6%)
Neurology	2 (6.1%)	34 (2%)
Psychiatry	-	21 (2%)
Pediatrics	-	13 (0.8%)
Interdisciplinary	-	59 (3.4%)
Long term care	1 (3%)	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	6 (18.2%)	288 (16.8%)

1b. For surgical units only

Do you do ERAS?	2 (6.1%)	181 (11%) Yes
Do you have a ERAS protocol?	2 (6.1%)	131 (8%) Yes
Do you have an ERAS team?	1 (3%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes

2. Number of registered inpatients at noon	15 [13-17]	22 [16-29]
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3. Total bed capacity of the unit	20 [16-25]	28 [22-36]
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4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)

Fully trained		
Medical doctors	6 [3-10]	3 [2-6]
Medical students	-	
Nurses	6 [3-10]	4 [3-6]
Nursing aides	4 [3-7]	2 [1-4]
Dieticians	-	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-2]	1 [1-2]
Other staff involved in patient care	3 [1.5-3]	1 [0-3]

In training		
Medical doctors	-	2 [0-3]
Medical students	-	1 [0-3]
Nurses	-	1 [0-2]
Nursing aides	-	0 [0-1]
Dieticians	-	0 [0-0]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	2 [2-2]	0 [0-0]

5. Is there a nutrition support team in your hospital available?	7 (21.2%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	8 (24.2%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	8 (24.2%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	33 (100%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	4 (12.1%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	-	151 (8.8%) Yes
No fixed criteria	-	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	-	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	32 (97%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	-	78 (4.5%) Yes
Malnutrition Screening tool (MST)	-	91 (5.3%) Yes
SNAQ	-	17 (1%) Yes
Other formal tool	1 (3%)	170 (9.9%) Yes
I do not know	-	196 (11.4%) Yes
During hospital stay		
No routine monitoring	-	180 (10.5%) Yes
No fixed criteria	-	110 (6.4%) Yes
Experience / visual assessment only	-	178 (10.4%) Yes
Weighing / BMI only	-	571 (33.3%) Yes
Other formal tool	29 (87.9%)	450 (26.2%) Yes
I do not know	-	196 (11.4%) Yes

11a. Do you routinely use guidelines or standards for nutrition care?	6 (18.2%)	1092 (63.7%) Yes
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11b. If yes, which one is mainly used?		
International guidelines	7 (21.2%)	403 (23.5%) Yes
National guidelines	-	180 (10.5%) -
Standards on hospital level	-	331 (19.3%) -
Standards on unit level	-	66 (3.8%) -
Individual patient nutrition care plans	-	136 (7.9%) -
Others	-	20 (1.2%) -

12. What is routinely done in your unit for given patient groups?

At risk		
Watchful waiting	-	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	1 (3%)	574 (33.5%) Yes
Develop an individual nutrition care plan	1 (3%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	5 (15.2%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (3%)	693 (40.4%) Yes
Consult a medical professional	1 (3%)	417 (24.3%) Yes
Calculate energy requirements	1 (3%)	622 (36.3%) Yes
Calculate protein requirements	1 (3%)	619 (36.1%) Yes

Malnourished		
Watchful waiting	-	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	4 (12.1%)	666 (38.8%) Yes
Develop an individual nutrition care plan	2 (6.1%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	4 (12.1%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	794 (46.3%) Yes
Consult a medical professional	6 (18.2%)	514 (30%) Yes
Calculate energy requirements	1 (3%)	813 (47.4%) Yes
Calculate protein requirements	1 (3%)	801 (46.7%) Yes

Every patient

Watchful waiting	7 (21.2%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	1 (3%)	452 (26.4%) Yes
Develop an individual nutrition care plan	6 (18.2%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	4 (12.1%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (18.2%)	371 (21.6%) Yes
Consult a medical professional	2 (6.1%)	428 (25%) Yes
Calculate energy requirements	7 (21.2%)	250 (14.6%) Yes
Calculate protein requirements	7 (21.2%)	240 (14%) Yes

None

Watchful waiting	1 (3%)	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	3 (9.1%)	90 (5.2%) Yes
Develop an individual nutrition care plan	-	87 (5.1%) Yes
Initiate treatment / nutrition intervention	-	33 (1.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (3%)	34 (2%) Yes
Consult a medical professional	1 (3%)	177 (10.3%) Yes
Calculate energy requirements	-	131 (7.6%) Yes
Calculate protein requirements	-	138 (8%) Yes

13. When do you routinely weigh your patients?

At admission	10 (30.3%)	927 (54.1%) Yes
Within 24 hours	8 (24.2%)	173 (10.1%) Yes
Within 48 hours	6 (18.2%)	94 (5.5%) Yes
Within 72 hours	10 (30.3%)	44 (2.6%) Yes
Every week	14 (42.4%)	603 (35.2%) Yes
Occasionally	3 (9.1%)	196 (11.4%) Yes
When requested	11 (33.3%)	819 (47.8%) Yes
At discharge	-	68 (4%) Yes
Never	-	24 (1.4%) Yes

14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	29 (87.9%)	1164 (67.9%) Yes
Offer meal choices	22 (66.7%)	1029 (60%) Yes
Offer different portion sizes	27 (81.8%)	837 (48.8%) Yes
Consider food presentation	12 (36.4%)	484 (28.2%) Yes
Change food texture/consistency as needed	33 (100%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	32 (97%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (3%)	371 (21.6%) Yes
Promote positive eating environment	2 (6.1%)	413 (24.1%) Yes
Consider cultural/religious preferences	33 (100%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	33 (100%)	1315 (76.7%) Yes
Other	-	99 (5.8%) Yes

15. Which nutrition-related standards or routine activities exist in your unit?

Nutrition training is available	6 (18.2%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	8 (24.2%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	4 (12.1%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	6 (18.2%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (12.1%)	789 (46%) Yes

16. At admission what is asked and documented?

Change in weight	7 (21.2%)	1150 (67.1%) Yes
Eating habits/difficulties	8 (24.2%)	1025 (59.8%) Yes
Nutrition before admission	5 (15.2%)	770 (44.9%) Yes

17a. Patient record has a section indicating

if the patient is malnourished/ at risk	8 (24.2%)	1008 (58.8%) Yes
nutrition treatment	8 (24.2%)	786 (45.8%) Yes
I do not know	-	141 (8.2%) Yes

17b. Discharge letter includes

nutrition treatment received during stay	4 (12.1%)	728 (42.4%) Yes
makes future nutrition-related recommendations	7 (21.2%)	855 (49.9%) Yes
I do not know	1 (3%)	166 (9.7%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?

1 (3%) 569 (33.2%) Yes

19. Who filled in this sheet?

Head staff	1 (3%)	375 (21.9%) Yes
Dietician	6 (18.2%)	707 (41.2%) Yes
Nurse	-	328 (19.1%) Yes
Physician	1 (3%)	181 (10.6%) Yes
Administrative staff	-	28 (1.6%) Yes
Others	-	132 (7.7%) Yes

ABOUT YOUR PATIENT Sheet 2a/2b/2c

Your Results Reference Results

TOTAL Patients:	448 (100%)	31895
Number of patients who gave consent	448 (100%)	31895 (100%)

Female	247 (55.1%)	15478 (48.5%)
Male	199 (44.4%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	52 [37-66]	63 [46-76]
Weight	72.3±19	70.9±19.4
Height	165±9.8	166±11
BMI (female)	27.7±7.1	26±6.9
BMI (male)	25±5.2	25.3±5.9
BMI	26.4±6.4	25.6±6.5

This hospital admission was

planned	180 (40.2%)	11384 (35.7%)
an emergency	255 (56.9%)	18596 (58.3%)
I do not know	12 (2.7%)	1609 (5%)

1. Diagnosis at admission

0600 Nervous system	65 (14.5%)	2861 (9%)
0500 Mental health	4 (0.9%)	1240 (3.9%)
0700 Eye and adnexa	4 (0.9%)	271 (0.8%)
0800 Ear and mastoid process	2 (0.4%)	183 (0.6%)
0900 Circulatory system	45 (10%)	5336 (16.7%)
1000 Respiratory system	21 (4.7%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	38 (8.5%)	3860 (12.1%)
1100 Digestive system	77 (17.2%)	6965 (21.8%)
1400 Genitourinary system	67 (15%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	28 (6.3%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	20 (4.5%)	1418 (4.4%)
0100 Infectious and parasitic diseases	21 (4.7%)	3123 (9.8%)
0200 Neoplasms	47 (10.5%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	15 (3.3%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	24 (5.4%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	16 (3.6%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	29 (6.5%)	412 (1.3%)
1600 Conditions originating in the perinatal period	-	30 (0.1%)
1700 Congenital/chromosomal abnormalities	-	84 (0.3%)
1900 Injury, poisoning	18 (4%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	-	1288 (4%)

2. Main reason for admission

0600 Nervous system	62 (13.8%)	1964 (6.2%)
0500 Mental health	1 (0.2%)	1431 (4.5%)

0700 Eye and adnexa	1 (0.2%)	515 (1.6%)
0800 Ear and mastoid process	-	1888 (5.9%)
0900 Circulatory system	25 (5.6%)	2437 (7.6%)
1000 Respiratory system	19 (4.2%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	23 (5.1%)	959 (3%)
1100 Digestive system	74 (16.5%)	3440 (10.8%)
1400 Genitourinary system	52 (11.6%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	28 (6.3%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	18 (4%)	940 (2.9%)
0100 Infectious and parasitic diseases	20 (4.5%)	2024 (6.3%)
0200 Neoplasms	36 (8%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	12 (2.7%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (1.1%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	7 (1.6%)	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	27 (6%)	520 (1.6%)
1600 Conditions originating in the perinatal period	-	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	16 (3.6%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	-	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES

Cerebral vascular disease	8 (1.8%)	551 (1.7%)
Dementia	7 (1.6%)	319 (1%)
Major depressive disorder	4 (0.9%)	297 (0.9%)
Other chronic mental disorder	3 (0.7%)	202 (0.6%)
Myocardial infarction	5 (1.1%)	267 (0.8%)
Cardiac insufficiency	6 (1.3%)	981 (3.1%)
Chronic lung disease	8 (1.8%)	728 (2.3%)
Chronic liver disease	2 (0.4%)	366 (1.1%)
Chronic kidney disease	2 (0.4%)	983 (3.1%)



GI disease/problems	6 (1.3%)	941 (3%)
Urological disease/problems	5 (1.1%)	378 (1.2%)
Muskle-skeletal disease	3 (0.7%)	535 (1.7%)
Arthritis	2 (0.4%)	194 (0.6%)
Skin problems	4 (0.9%)	240 (0.8%)
Peripheral vascular disease	5 (5.4%)	412 (1.3%)

GENERAL COMORBIDITIES

Pain	13 (2.9%)	1247 (3.9%)
Fatigue	1 (0.2%)	724 (2.3%)
Infection	1 (0.2%)	676 (2.1%)
Diabetes	25 (5.6%)	2176 (6.8%)
Hypertension	43 (9.6%)	3234 (10.1%)
Hyperlipidaemia	16 (3.6%)	1040 (3.3%)
Endocrinal disease	4 (0.9%)	528 (1.7%)
Cancer	11 (2.5%)	1440 (4.5%)
History of cancer	3 (0.7%)	511 (1.6%)
Other chronic disease	15 (3.3%)	806 (2.5%)

NO COMORBIDITIES	27 (6%)	5868 (18.4%)
OTHER COMORBIDITIES	19 (4.2%)	971 (3%)

4. Previous ICU admission during this hospital stay?

Yes	36 (8%)	3305 (10.4%)
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5. Is this patient terminally ill?

Yes	3 (0.7%)	2109 (6.6%)
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6. Fluid status (TODAY)

Normal	393 (87.7%)	24553 (77%)
Overloaded	16 (3.6%)	1548 (4.9%)
Dehydrated	19 (4.2%)	2223 (7%)
I do not know	20 (4.5%)	3465 (10.9%)

7. Number of different medications planned (TODAY)

oral	6 [3-8]	4 [2-8]
other	6 [3-9]	2 [1-4]

8. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	28 (6.3%)	5142 (16.1%)
At risk	179 (40%)	7052 (22.1%)
No	216 (48.2%)	17552 (55%)
I do not know	25 (5.6%)	2073 (6.5%)

9. IV Fluids (TODAY)

Electrolyte solution (NaCl, Ringers lactate, etc)	17 (3.8%)	11676 (36.6%)
5% Glucose solution	38 (8.5%)	1963 (6.2%)

10. Number of ONS drinks planned (TODAY)

1 [1-2]	0 [0-1]
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11. Nutrition intake (TODAY)

Regular hospital food	259 (57.8%)	18876 (59.2%)
Fortified/enriched hospital food	27 (6%)	4517 (14.2%)
Special diet	155 (34.6%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	73 (16.3%)	6147 (19.3%)
Enteral nutrition	48 (10.7%)	1791 (5.6%)
Parenteral nutrition	16 (3.6%)	1271 (4%)

12a. All lines and tubes (TODAY)

Central Venous	17 (3.8%)	3714 (11.6%)
Peripheral venous access	83 (18.5%)	15651 (49.1%)
Nasogastric	9 (2%)	756 (2.4%)
Nasojejunal	-	91 (0.3%)
Nasoduodenal	-	82 (0.3%)
Enterostoma	1 (0.2%)	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	-	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	1 (0.2%)	105 (0.3%)
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12b. Were there complications with lines and tubes since admission? (infections /obstructions)

Yes, previously	5 (1.1%)	565 (1.8%)
Yes, ongoing	1 (0.2%)	255 (0.8%)
No	77 (17.2%)	23467 (73.6%)
I do not know	20 (4.5%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission

Energy requirements were determined	93 (20.8%)	11605 (36.4%)
Protein requirements were determined	87 (19.4%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	79 (17.6%)	12508 (39.2%)
Nutrition treatment plan was developed	1 (0.2%)	11785 (36.9%)
Nutrition expert was consulted	79 (17.6%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	40 (8.9%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)

< 500 kcal	-	281 (0.9%)
500-999 kcal	-	286 (0.9%)
1000-1499 kcal	7 (1.6%)	2076 (6.5%)
1500-1999 kcal	60 (13.4%)	8530 (26.7%)
>=2000 kcal	29 (6.5%)	5796 (18.2%)
Not determined	8 (1.8%)	7876 (24.7%)
I do not know	1 (0.2%)	1851 (5.8%)
kcal/kg	25 [22-24]	30 [25-30]

14b. Energy intake (YESTERDAY)

< 500 kcal	7 (1.6%)	1190 (3.7%)
500-999 kcal	13 (2.9%)	1814 (5.7%)
1000-1499 kcal	13 (2.9%)	3863 (12.1%)
1500-1999 kcal	35 (7.8%)	6134 (19.2%)
>=2000 kcal	18 (4%)	3438 (10.8%)

Not determined	14 (3.1%)	7653 (24%)
I do not know	5 (1.1%)	2676 (8.4%)
kcal/kg	-	25 [21-30]

15. Since admission, this patient's health status has...

Improved	53 (11.8%)	14998 (47%)
Deteriorated	13 (2.9%)	1844 (5.8%)
Remained the same	27 (6%)	6773 (21.2%)
This patient has just been admitted	3 (0.7%)	1954 (6.1%)
I do not know	8 (1.8%)	2168 (6.8%)

16a. Previous operation during this hospital stay

Yes, planned	22 (4.9%)	4745 (14.9%)
Yes, acute	12 (2.7%)	2272 (7.1%)
No	19 (4.2%)	14399 (45.1%)
days since operation	5.6 [2-6]	4 [1-15]

16b. Planned operation during this hospital stay

Yes, today or tomorrow	4 (0.9%)	2955 (9.3%)
Yes, later	9 (2%)	1925 (6%)
No	41 (9.2%)	15926 (49.9%)

17. Surgery type (single choice)

Operated right after admission (acute)	11 (2.5%)	615 (1.9%)
Planned after unscheduled admission	18 (4%)	780 (2.4%)
Planned after scheduled admission	18 (4%)	1386 (4.3%)
None of the above	1 (0.2%)	103 (0.3%)
I don't know	1 (0.2%)	195 (0.6%)
Non-applicable (NA)	3 (0.7%)	550 (1.7%)

18. Surgical approach

Open surgery including converted	41 (9.2%)	1792 (5.6%)
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Minimal invasive surgery (laparoscopy, robotics etc.)	7 (1.6%)	1064 (3.3%)
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19. Duration of operation

Minor surgery	14 (3.1%)	834 (6.3%)
Major surgery	34 (7.6%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done

Oesophagus	-	48 (0.2%)
Gastric	2 (0.4%)	215 (0.7%)
Liver	-	113 (0.4%)
Pancreas	-	85 (0.3%)
Colorectal	1 (0.2%)	304 (1%)
Gynecology	2 (0.4%)	123 (0.4%)
Gynaecologic oncology	-	53 (0.2%)
Urology	1 (0.2%)	120 (0.4%)
Urology oncology	1 (0.2%)	8 (0%)
Cystectomy	-	22 (0.1%)
Bariatric	-	13 (0%)
Hip replacement	3 (0.7%)	128 (0.4%)
Knee replacement	-	86 (0.3%)
Lung	-	85 (0.3%)
Cardiac	4 (0.9%)	45 (0.1%)
Vascular	4 (0.9%)	77 (0.2%)
other	31 (6.9%)	1469 (4.6%)
I don't know	1 (0.2%)	188 (0.6%)

21. Indication to use of nutritional therapy

No indication	28 (6.3%)	2012 (6.3%)
Expected prolonged postoperative fasting	1 (0.2%)	212 (0.7%)
Preoperative malnutrition	3 (0.7%)	218 (0.7%)
Ongoing surgical complication	3 (0.7%)	111 (0.3%)
Patient does not eat enough	8 (1.8%)	295 (0.9%)

other	8 (1.8%)	232 (0.7%)
I don't know	8 (1.8%)	332 (1%)

22. Days since nutritional therapy		
	8 [4-20]	7 [2-18]

30 Days after nutritionDay

Outcome code

1 Still in the hospital	27 (6%)	2475 (7.8%)
2 Transferred to another hospital	22 (4.9%)	585 (1.8%)
3 Transferred to long term care	1 (0.2%)	766 (2.4%)
4 Rehabilitation	4 (0.9%)	552 (1.7%)
5 Discharged home	282 (62.9%)	20087 (63%)
6 Death	15 (3.3%)	1059 (3.3%)
7 Others	12 (2.7%)	402 (1.3%)

Readmission Code

1 No	276 (61.6%)	18836 (59.1%)
2 Yes, same hospital planned	15 (3.3%)	1940 (6.1%)
3 Yes, same hospital unplanned	37 (8.3%)	1360 (4.3%)
4 Yes, different hospital planned	2 (0.4%)	170 (0.5%)
5 Yes, different hospital unplanned	2 (0.4%)	105 (0.3%)
6 Unknown	29 (6.5%)	707 (2.2%)
Admitted to ICU	-	43 (0.1%)
Re-operated after nDay	-	128 (0.4%)
How many days after nDay	4 [2.5-4]	15 [6-30]

PATIENT Sheet 3a/3b

Your Results Reference Results

1. What are your typical dietary habits?

I have dietary restrictions	8 (1.8%)	1391 (4.4%)
No special dietary habits	75 (16.7%)	18087 (56.7%)
I am vegetarian	-	492 (1.5%)
I eat a vegan diet	-	90 (0.3%)
I eat a gluten-free diet	1 (0.2%)	299 (0.9%)
I avoid added sugars	13 (2.9%)	4543 (14.2%)
I avoid carbohydrates	4 (0.9%)	1583 (5%)
I eat a low fat-diet	8 (1.8%)	2741 (8.6%)
I am lactose intolerant	3 (0.7%)	1150 (3.6%)
Other special diet due to intolerances/allergies	5 (1.1%)	504 (1.6%)
other	6 (1.3%)	1888 (5.9%)

2. Where did you live before your current hospital admission?

At home	95 (21.2%)	23600 (74%)
In a nursing home or other live-in facility	16 (3.6%)	734 (2.3%)
I was transferred from another hospital	19 (4.2%)	1856 (5.8%)
Other	20 (4.5%)	466 (1.5%)

3. In general, are you able to walk?

Yes	73 (16.3%)	16629 (52.1%)
Yes, with someone's help	7 (1.6%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	9 (2%)	3474 (10.9%)
No, I have a wheelchair	2 (0.4%)	1077 (3.4%)
No, I am bedridden	12 (2.7%)	2317 (7.3%)

4. In general, how would you say your health is?

Very good	53 (11.8%)	2269 (7.1%)
Good	172 (38.4%)	9974 (31.3%)
Fair	122 (27.2%)	9994 (31.3%)
Poor	64 (14.3%)	3598 (11.3%)
Very poor	30 (6.7%)	674 (2.1%)

5. Over the last 12 months prior to your current hospital admission approximately...

... how many times have you seen a doctor?	7 [2-10]	4 [2-9]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [0-2]	1 [0-2]
... how many nights in total have you spent in hospital?	19 [6-28]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	21 (4.7%)	6274 (19.7%)
3-5	31 (6.9%)	6835 (21.4%)
More than 5	31 (6.9%)	7302 (22.9%)
None	19 (4.2%)	5209 (2.9%)
I do not know	2 (0.4%)	938 (2.9%)

7. Do you have health insurance?

Yes, private insurance only	26 (5.8%)	4393 (13.8%)
Yes, public insurance only	28 (6.3%)	12754 (40%)
Yes, both	8 (1.8%)	2697 (8.5%)
No	40 (8.9%)	5488 (17.2%)
I prefer not to answer	1 (0.2%)	933 (2.9%)

8. What was your weight 5 years ago?

kg	76 [65-85]	74 [63-85]
----	------------	------------

9a. Have you lost weight within the last 3 months?

Yes, intentionally	24 (5.4%)	2317 (7.3%)
Yes, unintentionally	217 (48.4%)	13997 (43.9%)
No, my weight stayed the same	111 (24.8%)	7967 (25%)
No, I gained weight	80 (17.9%)	3144 (9.9%)
I do not know	17 (3.8%)	2573 (8.1%)

9b. If yes, how many kg did you lose?

kg	10 [4-13]	6 [4-10]
----	-----------	----------

10. Did you know about your hospitalisation two days before admission?

Yes	25 (5.6%)	9759 (30.6%)
No	70 (15.6%)	15387 (48.2%)

11. Please indicate if you ...

... were weighed at admission

Yes	12 (2.7%)	13167 (41.3%)
No	87 (19.4%)	12017 (37.7%)

... were informed about your nutrition status

Yes	36 (8%)	9376 (29.4%)
No	58 (12.9%)	15480 (48.5%)

... were informed about nutrition care options

Yes	38 (8.5%)	9168 (28.7%)
No	48 (10.7%)	15535 (48.7%)

... received special nutrition care

Yes	46 (10.3%)	9435 (29.6%)
No	49 (10.9%)	15419 (48.3%)

12. How well have you eaten in the week before you were admitted to the hospital?

More than normal	2 (0.4%)	1467 (4.6%)
Normal	73 (16.3%)	17330 (54.3%)
About 3/4 of normal	6 (1.3%)	2866 (9%)
About half of normal	9 (2%)	3891 (12.2%)
About a quarter to nearly nothing	14 (3.1%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

about all	210 (46.9%)	14097 (44.2%)
1/2	68 (15.2%)	8045 (25.2%)
1/4	114 (25.4%)	4218 (13.2%)
nothing	33 (7.4%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was...

standard	71 (15.8%)	17603 (55.2%)
smaller	6 (1.3%)	2606 (8.2%)
larger	7 (1.6%)	1200 (3.8%)
I do not know	3 (0.7%)	2968 (9.3%)

14. In general, how satisfied are you with the food at the hospital?

Very satisfied	54 (12.1%)	7031 (22%)
Somewhat satisfied	24 (5.4%)	8669 (27.2%)
Dissatisfied	11 (2.5%)	4516 (14.2%)
Very dissatisfied	4 (0.9%)	2185 (6.9%)
Neutral	3 (0.7%)	1836 (5.8%)
I do not know	-	1826 (5.7%)

15. Did you get any help with eating TODAY?

Yes, from family or friends	14 (3.1%)	3294 (10.3%)
Yes, from hospital staff	5 (1.1%)	1635 (5.1%)
No	76 (17%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?

Yes	64 (14.3%)	18317 (57.4%)
No	27 (6%)	6345 (19.9%)

17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	20 (4.5%)	3237 (10.1%)
I did not like the smell of the food	4 (0.9%)	524 (1.6%)
I did not like the taste of the food	24 (5.4%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	-	180 (0.6%)
The food was too hot	1 (0.2%)	83 (0.3%)
The food was too cold	4 (0.9%)	670 (2.1%)
Due to food allergy/intolerance	2 (0.4%)	178 (0.6%)
I was not hungry at that time	22 (4.9%)	2438 (7.6%)
I do not have my usual appetite	32 (7.1%)	5371 (16.8%)
I have problems chewing/swallowing	6 (1.3%)	1164 (3.6%)
I normally eat less than what was served	11 (2.5%)	1837 (5.8%)
I had nausea/vomiting	10 (2.2%)	1538 (4.8%)
I was too tired	5 (1.1%)	972 (3%)
I cannot eat without help	5 (1.1%)	278 (0.9%)
I was not allowed to eat	5 (1.1%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	13 (2.9%)	1156 (3.6%)
I did not get requested food	2 (0.4%)	208 (0.7%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours

Water	4 [1-5]	4 [2-6]
Coffee	2 [1-2]	1 [0-2]
Fruit juice	3 [1-2]	1 [0-2]
Nutrition drink	1 [1-1]	0 [0-1]
Tea	1 [1-2]	1 [0-2]
Milk	2 [1-2]	0 [0-1]
Soft drinks	2 [1-2]	0 [0-0]
Other	2 [1-3]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?

Yes	21 (4.7%)	6892 (21.6%)
No	74 (16.5%)	18027 (56.5%)

19b. If yes, what did you eat?

Salty snacks	6 (1.3%)	2178 (6.8%)
Sweet snacks	2 (0.4%)	1075 (3.4%)
Homemade food	-	1721 (5.4%)
Fruits	10 (2.2%)	2699 (8.5%)
Dairy products	1 (0.2%)	769 (2.4%)
Food delivered/restaurant	1 (0.2%)	288 (0.9%)
Sandwich	1 (0.2%)	458 (1.4%)
Other	2 (0.4%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?

More	9 (2%)	4573 (14.3%)
Less	42 (9.4%)	9505 (29.8%)
Same	42 (9.4%)	10264 (32.2%)
I do not know	4 (0.9%)	1452 (4.6%)

21. TODAY, compared to admission I feel

Stronger	180 (40.2%)	14268 (44.7%)
Weaker	112 (25%)	5687 (17.8%)
Same	133 (29.7%)	8252 (25.9%)
I was admitted today	10 (2.2%)	813 (2.5%)
I do not know	15 (3.3%)	1336 (4.2%)

22. Can you walk without assistance TODAY?

Yes	270 (60.3%)	17585 (55.1%)
No, only with assistance	82 (18.3%)	8015 (25.1%)
No, I stay in bed	91 (20.3%)	4540 (14.2%)

23. Did anyone help you complete this questionnaire?

Yes	59 (13.2%)	18864 (59.1%)
No	44 (9.8%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	Brazil
Number of patients who gave consent:	448
Number of participating centers:	7
Filled out oncology unit sheet 1:	2
Filled out oncology sheet 2 and sheet 3:	27

For more information visit www.nutritionDay.org or contact us at office@nutritionDay.org!

Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	2 (100%)	317 (67.2%) Yes
no	-	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	2 (100%)	322 (68.2%) Yes
no	-	6 (1.3%) Yes
I do not know	-	3 (0.6%) Yes
If yes, in what way is it part of the comprehensive approach?		
Routinely considered	2 (100%)	234 (49.6%) Yes
When a patient asks	1 (50%)	126 (26.7%) Yes
When weight loss > 10%	1 (50%)	126 (26.7%) Yes
During the palliative phase	1 (50%)	76 (16.1%) Yes
Other, please comment	-	45 (9.5%) Yes

If not, because...

Lack of evidence	-	1 (0.2%) Yes
No knowledge of the field	-	4 (0.8%) Yes
No reimbursement	-	1 (0.2%) Yes
It feeds the tumor	-	1 (0.2%) Yes
Other	-	21 (4.4%) Yes

Which nutritional therapy is used for oncology patients?

Nutrition according to nutrition plan	2 (100%)	252 (53.4%) Yes
Calculation of energy needs	1 (50%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	2 (100%)	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	-	37 (7.8%) Yes

If not, please indicate main reasons

Lack of evidence	-	1 (0.2%) Yes
Lack of experience	-	3 (0.6%) Yes
No reimbursement	-	1 (0.2%) Yes
Lack of dietitians	-	2 (0.4%) Yes
Lack of other experts	-	1 (0.2%) Yes
Other	-	13 (2.8%) Yes

How often do you assess the following parameters in cancer patients and which methods do you use?

Anthropometry (circumference)

Body weight

Regularly	1 (50%)	240 (50.8%) Yes
At every chemotherapy	-	53 (11.2%) Yes
When necessary	1 (50%)	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)

Regularly	2 (100%)	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	-	92 (19.5%) Yes
Never	-	161 (34.1%) Yes
I do not know	-	10 (2.1%) Yes

BIA

Regularly	1 (50%)	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	1 (50%)	119 (25.2%) Yes
Never	-	169 (35.8%) Yes
I do not know	-	13 (2.8%) Yes

CT Scan

Regularly	-	9 (1.9%) Yes
At every chemotherapy	1 (50%)	2 (0.4%) Yes
When necessary	1 (50%)	80 (16.9%) Yes
Never	-	202 (42.8%) Yes
I do not know	-	28 (5.9%) Yes

DEXA

Regularly	-	1 (0.2%) Yes
At every chemotherapy	-	3 (0.6%) Yes
When necessary	1 (50%)	67 (14.2%) Yes
Never	1 (50%)	228 (48.3%) Yes
I do not know	-	22 (4.7%) Yes

Other

Regularly	1 (50%)	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	-	42 (8.9%) Yes
Never	-	103 (21.8%) Yes

I do not know	-	61 (12.9%) Yes
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Body function

Handgrip

Regularly	2 (100%)	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	-	142 (30.1%) Yes
Never	-	119 (25.2%) Yes
I do not know	-	10 (2.1%) Yes

6-minutes walking test

Regularly	1 (50%)	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	-	66 (14%) Yes
Never	1 (50%)	211 (44.7%) Yes
I do not know	-	21 (4.4%) Yes

Other

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	-	54 (11.4%) Yes
Never	-	132 (28%) Yes
I do not know	1 (50%)	46 (9.7%) Yes

Nutritional requirements, calculated

Regularly	2 (100%)	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	-	151 (32%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake

Every meal

Regularly	1 (50%)	71 (15%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	1 (50%)	137 (29%) Yes
Never	-	57 (12.1%) Yes
I do not know	-	22 (4.7%) Yes

1 meal per day

Regularly	1 (50%)	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	-	94 (19.9%) Yes
Never	-	72 (15.3%) Yes
I do not know	1 (50%)	35 (7.4%) Yes

2 meals per day

Regularly	1 (50%)	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	-	103 (21.8%) Yes
Never	-	78 (16.5%) Yes
I do not know	1 (50%)	33 (7%) Yes

24h recall

Regularly	-	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	1 (50%)	147 (31.1%) Yes
Never	-	26 (5.5%) Yes
I do not know	1 (50%)	17 (3.6%) Yes

Other

Regularly	-	12 (2.5%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary		

	-	52 (11%) Yes
Never	-	63 (13.3%) Yes
I do not know	1 (50%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	2 (100%)	144 (30.5%) Yes
Nurse	-	65 (13.8%) Yes
Physician	-	50 (10.6%) Yes
Nutritional scientist	-	55 (11.7%) Yes
Other	-	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	-	210 (4.7%)
Ward (w)	9 (33.3%)	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	4 (14.8%)	2516 (56.4%)
p= palliative	5 (18.5%)	1352 (30.3%)
t= terminal	-	86 (1.9%)
Reason for admission		
Clinical diagnostics	1 (3.7%)	584 (13.1%)
Therapy	6 (22.2%)	1888 (42.3%)
Surgery related	-	635 (14.2%)
Treatment complications	-	470 (10.5%)
Poor health status	2 (7.4%)	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)

Breast	1 (3.7%)	358 (8%)
Colon, rectum	2 (7.4%)	496 (11.1%)
Prostate	-	97 (2.2%)
Lung	1 (3.7%)	298 (6.7%)
Skin	-	66 (1.5%)
Kidney/bladder	-	130 (2.9%)
Gastric/oesophageal	1 (3.7%)	309 (6.9%)
Pancreas	1 (3.7%)	228 (5.1%)
Lymphoma	1 (3.7%)	378 (8.5%)
ENT	-	222 (5%)
Leukemia	-	408 (9.1%)
Genital tract	-	213 (4.8%)
Liver	-	115 (2.6%)
Sarcoma	-	141 (3.2%)
Brain	-	70 (1.6%)
Testicular	-	47 (1.1%)
Other	2 (7.4%)	515 (11.5%)

Time since cancer diagnosis

0-2 months	1 (3.7%)	1025 (23%)
3-5 months	1 (3.7%)	767 (17.2%)
6-12 months	-	701 (15.7%)
1-2 years	4 (14.8%)	556 (12.5%)
2-4 years	2 (7.4%)	374 (8.4%)
> 4 years	1 (3.7%)	469 (10.5%)
I do not know	-	69 (1.5%)

Cancer Staging

Carcinoma in situ	-	278 (6.2%)
Localized	2 (7.4%)	828 (18.6%)
Early locally advanced	1 (3.7%)	521 (11.7%)

Late locally advanced	-	468 (10.5%)
Metastasised	5 (18.5%)	1490 (8.4%)
Time since first therapy start		
No therapy	1 (3.7%)	278 (6.2%)
Tumor staging/Diagnosis	-	433 (9.7%)
0-2 months	-	1094 (24.5%)
3-5 months	1 (3.7%)	632 (14.2%)
6-12 months	1 (3.7%)	525 (11.8%)
1-2 years	3 (11.1%)	435 (9.7%)
2-4 years	2 (7.4%)	298 (6.7%)
> 4 years	1 (3.7%)	391 (8.8%)
I do not know	1 (3.7%)	93 (2.1%)
Therapy situation		
Diagnosis	-	417 (9.3%)
Chemotherapy 1st line	-	1047 (23.5%)
Chemotherapy > 1st line	6 (22.2%)	780 (17.5%)
Radiotherapy	1 (3.7%)	358 (8%)
Target therapy	-	199 (4.5%)
Hormone therapy	-	50 (1.1%)
Palliative	1 (3.7%)	423 (9.5%)
Surgery	1 (3.7%)	656 (14.7%)
Cancer related complications	-	281 (6.3%)
Therapy related complications	-	164 (3.7%)
Infections		
None	5 (18.5%)	2885 (64.6%)
Local	2 (7.4%)	540 (12.1%)
General	2 (7.4%)	442 (9.9%)
Lab. Parameter (CRP)	4 [2-67]	20 [4-67]
Lab. Parameter (Albumin)	-	31 [18-38]

Nutrition treatment		
No special diet	1 (3.7%)	1680 (37.6%)
Individualized diet plan	4 (14.8%)	1141 (25.6%)
Energy rich/protein rich ONS	3 (11.1%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	-	248 (5.6%)
Parenteral nutrition	-	347 (7.8%)
ONS enriched with special nutrients	1 (3.7%)	214 (4.8%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	65 (1.5%)
Personal preferences	-	434 (9.7%)
Counselling	-	694 (15.6%)
Other	-	194 (4.3%)

ONCOLOGY Patient SHEET 3

	Your Results	Reference Results
Your usual body weight prior to becoming ill		
kg	-	75 [64-86]
I do not know	-	396 (8.9%)
Your actual weight		
kg	71 [67-74.5]	67 [58-80]
I do not know	-	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	-	224 (5%)
Unintentionally	4 (14.8%)	2825 (63.3%)
Weight is stable	-	537 (12%)
I do not know	4 (14.8%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?

Not at all	3 (11.1%)	1260 (28.2%)
A little	2 (7.4%)	1058 (23.7%)
Quite a bit	2 (7.4%)	855 (19.2%)
Very much	2 (7.4%)	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?

Not at all	-	721 (16.2%)
A little	1 (3.7%)	1040 (23.3%)
Quite a bit	5 (18.5%)	1046 (23.4%)
Very much	3 (11.1%)	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?

Not at all	2 (7.4%)	807 (18.1%)
A little	1 (3.7%)	1070 (24%)
Quite a bit	3 (11.1%)	1036 (23.2%)
Very much	3 (11.1%)	908 (20.3%)
I do not know	-	46 (1%)

Did you feel depressed?

Not at all	4 (14.8%)	1478 (33.1%)
A little	3 (11.1%)	1202 (26.9%)
Quite a bit	1 (3.7%)	663 (14.9%)
Very much	1 (3.7%)	462 (10.4%)
I do not know	-	61 (1.4%)

Were you tired?

Not at all	2 (7.4%)	719 (16.1%)
A little	2 (7.4%)	1192 (26.7%)
Quite a bit	3 (11.1%)	1063 (23.8%)
Very much	2 (7.4%)	837 (18.8%)

I do not know	-	60 (1.3%)
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Did pain interfere with your daily activities?

Not at all	3 (11.1%)	1420 (31.8%)
A little	2 (7.4%)	906 (20.3%)
Quite a bit	-	752 (16.8%)
Very much	4 (14.8%)	714 (16%)
I do not know	-	58 (1.3%)

Have you lacked appetite?

Not at all	2 (7.4%)	1338 (30%)
A little	1 (3.7%)	921 (20.6%)
Quite a bit	2 (7.4%)	851 (19.1%)
Very much	4 (14.8%)	706 (15.8%)
I do not know	-	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	4 (14.8%)	1727 (38.7%)
A little	2 (7.4%)	1241 (27.8%)
Quite a bit	-	567 (12.7%)
Very much	3 (11.1%)	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

Not at all	2 (7.4%)	843 (18.9%)
A little	4 (14.8%)	1440 (32.3%)
Quite a bit	3 (11.1%)	989 (22.2%)
Very much	-	557 (12.5%)
I do not know	-	53 (1.2%)

Do you feel weak?

Not at all	4 (14.8%)	1079 (24.2%)
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A little	3 (11.1%)	1274 (28.5%)
Quite a bit	1 (3.7%)	861 (19.3%)
Very much	1 (3.7%)	603 (13.5%)
I do not know	-	54 (1.2%)

Do you feel depressed?

Not at all	4 (14.8%)	1837 (41.2%)
A little	3 (11.1%)	1099 (24.6%)
Quite a bit	2 (7.4%)	539 (12.1%)
Very much	-	328 (7.3%)
I do not know	-	62 (1.4%)

Are you tired?

Not at all	3 (11.1%)	1009 (22.6%)
A little	5 (18.5%)	1426 (32%)
Quite a bit	1 (3.7%)	890 (19.9%)
Very much	-	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

Not at all	3 (11.1%)	1694 (38%)
A little	1 (3.7%)	965 (21.6%)
Quite a bit	-	647 (14.5%)
Very much	5 (18.5%)	488 (10.9%)
I do not know	-	63 (1.4%)

Do you lack appetite?

Not at all	3 (11.1%)	1478 (33.1%)
A little	6 (22.2%)	1176 (26.3%)
Quite a bit	-	688 (15.4%)
Very much	-	453 (10.2%)
I do not know	-	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?

Nausea/vomiting	5 (18.5%)	855 (19.2%)
Inflammation in mouth	-	249 (5.6%)
Pain	2 (7.4%)	621 (13.9%)
Constipation	1 (3.7%)	427 (9.6%)
Diarrhea	3 (11.1%)	291 (6.5%)
Change in taste/smell	1 (3.7%)	608 (13.6%)
Early satiation/loss of appetite	3 (11.1%)	1097 (24.6%)
Other	-	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)

Able to do sports	1 (3.7%)	183 (4.1%)
Fully active	1 (3.7%)	498 (11.2%)
Able to carry out light activities	2 (7.4%)	954 (21.4%)
Able to carry out self care	1 (3.7%)	1011 (22.7%)
Able to carry out limited self care	1 (3.7%)	656 (14.7%)
Confined to bed or chair	3 (11.1%)	519 (11.6%)
I do not know	-	45 (1%)

What do you take without prescription from a doctor?

Nothing	2 (7.4%)	2585 (57.9%)
Herbal tea	4 (14.8%)	429 (9.6%)
Nutritional supplements	1 (3.7%)	383 (8.6%)
Multivitamines	1 (3.7%)	263 (5.9%)
Other medication	1 (3.7%)	137 (3.1%)
Other	-	171 (3.8%)

Which of the following activities do you perform?

Nothing	7 (25.9%)	2699 (60.5%)
Psychotherapy	-	188 (4.2%)
Yoga	-	71 (1.6%)
Meditation	-	158 (3.5%)
Progressive muscle relaxation	-	111 (2.5%)

Qigong	-	15 (0.3%)
Other	2 (7.4%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	4 (14.8%)	997 (22.3%)
No	4 (14.8%)	2400 (53.8%)
I do not know	-	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	3 (11.1%)	2346 (52.6%)
No	6 (22.2%)	1481 (33.2%)
I do not know	-	56 (1.3%)

Do you believe that including nutrition in the therapeutic approach to your cancer could provide relevant benefit to you?

Yes	9 (33.3%)	2653 (59.4%)
No	-	519 (11.6%)
I do not know	-	715 (16%)