

This Pathfinder may be useful in finding information about nutrition and eating well for people with cancer. Pathfinders are a suggested list of resources and not meant to be used as a substitute for medical advice or professional counseling. If you have any questions, please talk to your doctor.

Resources

Books

Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment by Holly Clegg. Holly Clegg. (2016) ISBN: 978-0981564081

Nutrition And Cancer: Practical tips and tasty recipes for survivor by Sandra L. Luthringer and Valerie J. Kogut. Oncology Nursing Society; 1 edition (2011). ISBN: 978-1-935864-02-8

One Bite at a Time, Revised: Nourishing Recipes for Cancer Survivors and Their Friends by Rebecca Katz. Celestial Arts; 2 edition (2008). ISBN: 978-1587613272

Goes Down Easy: Recipes to Help You Cope With the Challenge of Eating During Cancer Treatment by Elise Mecklinger. Princess Margaret Hospital Foundation (2006). ISBN: 978-0978049607

The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery by Rebecca Katz. Celestial Arts; 1 edition (2017). ISBN: 978-0399578717

Betty Crocker's Living with Cancer Cookbook by Kris Ghosh. Betty Crocker; 1 edition (2011) ISBN: 978-0764565496

Websites

American Cancer Society – Every few years, the ACS publishes guidelines to help cancer survivors. The 2012 version is titled **American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention**. Go to www.cancer.org. In the search box, type Guidelines on Nutrition. Click on the first one listed. You can read it online, or click on the PDF version to print it.

Nutrition.gov – Provides easy, online access to government information on food and human nutrition. It includes links to many sites for more in-depth information. Go to www.nutrition.gov. In the search box, type Cancer. Choose a topic from the list.

American Institute for Cancer Research – This site offers recipes and grocery lists that can be emailed to you when you sign up. Go to www.aicr.org. Click on Health-e-recipes. Each week they post a new recipe. You can look through older ones or sign up to get new ones.