



# Nutrition & Cancer Prevention

Patient Education Resource Center (PERC)

Information Guide

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## Brochures

- American Institute for Cancer Research. **Diet and Health Recommendations for Cancer Prevention.**
- American Institute for Cancer Research. **Nutrition and the Cancer Survivor.**
- American Institute for Cancer Research. Taking a Closer Look at...series of Brochures:
  - **Taking a Closer Look at Antioxidants.**
  - **Taking a Closer Look at Phytochemicals**
  - **Taking a Closer Look at Energy Balance**

Printable versions of AICR publications are available online at: [www.aicr.org](http://www.aicr.org)

## Books

- American Cancer Society. **The American Cancer Society's Healthy Eating Cookbook: A Celebration of Foods, Friends, and Healthy Living.** American Cancer Society, 1999.
- American Institute for Cancer Research. **New American Plate: Cookbook.** Berkeley, CA: University of California Press, 2005.
- American Institute for Cancer Research. **Nutrition after Cancer: the Role of Diet in Cancer Survivorship.** Washington, DC: American Institute for Cancer Research, 2002.
- American Institute for Cancer Research. **Stopping Cancer before It Starts.** New York, NY: Golden Books Publishing Co., Inc., 1999.
- Bloch, Abby. **Eating Well, Staying Well: During and After Cancer.** Atlanta, GA: American Cancer Society, 2004.
- Osbourne, Michael, et al. **The Strang Cancer Prevention Center Cookbook : A Complete Nutrition and Lifestyle Plan to Dramatically Lower Your Cancer Risk.** Updated ed. New York, NY: London, England: McGraw-Hill, 2004.

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The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:  
<http://www.cancer.med.umich.edu/learn/percpathways.htm>

- Pawlak, Laura. **Perfect 10: Phyto "New-trients" Against Cancers: A Practical Guide for the Breast, Prostate, Colon, Lung.** 3rd Edition. Emeryville, CA: JEBLAR, Inc. 1999.
- Physicians Committee for Responsible Medicine. **Healthy Eating For Life: To Prevent and Treat Cancer.** New York, NY: John Wiley & Sons, Inc, 2002.

## Web Resources

- American Cancer **Society's Guidelines on Nutrition and Physical Activity for Cancer Prevention**
  - Go to: [www.cancer.org](http://www.cancer.org)
  - Click on: Health Information Seekers
  - Click on: Prevention & Early Detection
  - Click on: Food and Fitness
- **American Institute for Cancer Research** [www.aicr.org](http://www.aicr.org)

A wealth of information on life-style and diet changes for cancer prevention based on research funded by this organization. Includes recipes and the printable versions of their publications.
- **Cancer Center Recipes Just For You**  
<http://thing1.chcr.med.umich.edu/cgi-bin/WebObjects/CCRecipes>

A collection of recipes to help people include the recommended daily amount of fruit and vegetables in their diet. The site includes a searchable database of recipes, a list of foods to avoid and video clips with Chef Graham Kerr.
- **CancerRD** [www.cancerrd.com](http://www.cancerrd.com)

The website of dietitian Diane Dyer, a 3-time cancer survivor provides nutrition information and low fat, light recipes.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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