

Nutrition & Cancer Prevention



This information guide has been created to help you and your loved ones find proven, up-to-date information and support.

The materials in this guide can be found at the Patient Education Resource Center (PERC), Level B2/Ground Floor of the University of Michigan Comprehensive Cancer Center. Visit us online at:

<http://www.mcancer.org/support/learning-about-cancer/education-resource-center>

Brochures, Fact Sheets

- American Institute for Cancer Research.
 - **10 Ways to Reduce Your Cancer Risk**
 - **Eat Well to Reduce Your Cancer Risk**
 - **Move More**
 - **The New American Plate**
 - **Nutrition and the Cancer Survivor**
 - **Reach Your Healthy Weight**

Printable versions of AICR publications are available online at:

<http://www.aicr.org/publications/brochures/>. After registering at this site pdf's are available or you may request brochures be mailed to you for free.

Books

- American Institute for Cancer Research. **The 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.
- Campbell, T. Colin. **The China Study: the Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health**. Dallas, TX: BenBella Books, 2005.
- Joseph, James A. **The Color Code: A Revolutionary Eating Plan for Optimum Health**. New York: Hyperion, 2002.

- Middelmann-Whitney, Conner. **Zest For Life: The Mediterranean Anti-Cancer Diet.** London, UK: Honeybourne Publishing, 2011.
- 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.
- Physicians Committee for Responsible Medicine. **Healthy Eating For Life: To Prevent and Treat Cancer.** New York, NY: John Wiley & Sons, Inc, 2002.
- Greer, Julia B. **The Anti-Cancer Cookbook :How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods.** North Branch, MN: Sunrise River Press, 2008.
- Servan-Schreiber, David. **Anti-Cancer: A New Way of Life.** New York, NY: Viking Books, 2010.

Audiovisual Resources

- American Institute for Cancer Research. **Food for the Fight - Part One and Part Two.**
Experts talk about reshaping your meals, increasing your level of physical activity, and managing your weight during and after cancer treatment.
View online at:
http://www.aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html

Web Resources

- **American Cancer Society: Guidelines on Nutrition and Physical Activity for Cancer Prevention**
<http://www.cancer.org/>
→ Click on “Stay Healthy”
→ Click on “Eat Healthy and Get Active”
- **American Institute for Cancer Research: Foods that Fight Cancer**
<http://www.aicr.org/foods-that-fight-cancer/>
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.
- **CancerRD**
<http://www.cancerrd.com/>
The website of registered dietitian Diane Dyer, a 3-time cancer survivor provides nutrition information and low fat, light recipes.

University of Michigan Resources

- **Cancer Nutrition Services at the University of Michigan Comprehensive Cancer Center**

<http://www.mcancer.org/support/symptoms-and-side-effects/cancer-nutrition-services>

This site has information provided by UMCCC registered cancer dietitians. There is a section that focuses on Nutrition and Cancer Prevention. Also included is a collection of recipes to help people get the recommended daily amount of fruit and vegetables in their diet.

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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