



# Nutrition During Cancer Treatment

Patient Education Resource Center (PERC)  
Information Guide

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## Brochures

- National Cancer Institute (NCI). **Eating Hints for Cancer Patients: Before, During and After Treatment**, 1997. A printable version is available online through the NCI's publications' locator at: <https://cissecure.nci.nih.gov/ncipubs/>
- American Institute for Cancer Research. **Nutrition of the Cancer Patient**. 1994.

## Articles

- Gordon, Sandra. **Preventing Cancer Weight Loss**. *Cure*; Vol. 2, No. 2, Summer 2003. (p.42).
- Clegg, Holly. **Eating Well Through Cancer**. *Coping*; Vol. 16, No. 3, May/June 2002. (p.28).

## Books

- Bloch, Abby. **Eating Well, Staying Well: During and After Cancer**. Atlanta, GA: American Cancer Society, 2004.
- Clegg, Holly B. **Eating Well Through Cancer: Easy Recipes & Recommendations During and After Treatment**. Memphis, TN: Wimmer Companies, 2001.
- Calhoun, Susan and Bradley, Jane. **Nutrition, Cancer and You: What You Need to Know, and Where to Start**. Lenexa, KS: Addax Publishing Group, 1997.
- Capron, Mary Ellen. **Ultimate Cooking Companion for At-Home Caregivers**. Saddle River, NJ: Prentice Hall Health, 2003.

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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>

- Crocker, Betty. **Betty Crocker's Living With Cancer Cookbook**. New York, NY: Hungry Minds, 2002.
- Dyer, Diana. **Dietitian's Cancer Story: Information and Inspiration for Recovery and Healing**. 5th ed. Ann Arbor, MI: Swan Press, 2002.
- Mathai, Kimberly. **Cancer Lifeline Cookbook: Good Nutrition, Recipes and Resources to Optimize the Lives of People Living with Cancer**. Seattle, WA: Sasquatch Books, 2004.
- Spiller, Gene and Bruce, Bonnie. **Cancer Survivor's Nutrition and Health Guide: Eating Well and Getting Better During and After Cancer Treatment**. Roseville, CA: Prima Publishing, 1997.
- Weihofen, Donna and Marino, Christina. **The Cancer Survival Cookbook**. Minneapolis, MN: Chronimed, 1998.

## Web Resources

- **Nutrition for Patients and Survivors** at the American Cancer Society's site  
An extensive section with information on managing nutrition during cancer treatment. Includes recipes and advice on the use of herbals, vitamins, minerals and supplements.
  - Go to: [www.cancer.org](http://www.cancer.org)
  - Under the heading "Patients, Family & Friends" click on "Treatment Options"
  - Click on "Treatment Topics and Resources"
  - Scroll down and click on "Nutrition for Patients"
- **Eating Well** on Cancerbacup.  
[www.cancerbacup.org.uk/Resourcessupport/Eatingwell](http://www.cancerbacup.org.uk/Resourcessupport/Eatingwell)  
Information on an energy boosting diet, dealing with eating problems, nutrition support and a guide for healthy eating.
- **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.

- **Making Every Bite Count – on the University of Michigan Comprehensive Cancer Center site**  
[www.cancer.med.umich.edu/support/nutrition.shtml](http://www.cancer.med.umich.edu/support/nutrition.shtml)  
Managing nutrition problems, nutrition tips and recipes provided by UMCCC cancer dietitians.
- National Coalition for Cancer Survivorship. **Palliative Care & Symptom Management - Nutrition.**  
→ Go to: [www.canceradvocacy.org/resources/essential](http://www.canceradvocacy.org/resources/essential) and click on "Nutrition".  
Extensive information about nutrition of cancer pain, including specific problems.
- **Nutrition PDQ** at the cancer.gov site  
A statement from the National Cancer Institute explains the effect of cancer and its treatment on nutrition, and provides guidelines to improve a cancer patient's nutrition  
→ Go to: [www.cancer.gov](http://www.cancer.gov)  
→ Click on "Cancer Information"  
→ Click on "Coping with Cancer"  
→ Scroll down to "Nutritional Concerns" and click on "Patients"

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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