

Nutrition during Cancer Treatment



The purpose of this guide is to help patients and families find sources of information and support. This list is meant to provide links to authoritative, up-to-date information sources for patients, families, and caregivers.

The materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center B2 lobby. Visit us online at: <http://www.mcancer.org/support/learning-about-cancer/education-resource-center>

Brochures, Fact Sheets

- American Cancer Society. **Nutrition for the Person with Cancer during Treatment.** Also available at: <http://www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/nutritionforthepersonwithcancer/index>
- American Institute for Cancer Research. **Nutrition during Cancer Treatment.** A printable version is also available at: http://preventcancer.aicr.org/site/PageServer?pagename=pub_nutrition_cp
- National Cancer Institute (NCI). **Eating Hints for Cancer Patients: Before, During and After Treatment.** A printable version is also available online at: <http://www.cancer.gov/cancertopics/coping/eatinghints.pdf>

Books

- Besser Jean, et al. **What to Eat During Cancer Treatment: 100 Great-Tasting, Family-Friendly Recipes to Help You Cope.** Atlanta: American Cancer Society, 2009.
- Bloch, Abby. **Eating Well, Staying Well: During and After Cancer.** Atlanta: American Cancer Society, 2004.
- Clegg, Holly B. **Eating Well Through Cancer: Easy Recipes & Recommendations During and After Treatment.** Memphis, TN: Wimmer Companies, 2006.
- Brohn, Penny. **Nourish: The Cancer Care Cookbook.** London: Duncan Baird Publishers, 2013.

Information Guide

- Crocker, Betty. **Betty Crocker's Living With Cancer Cookbook**. Hoboken, NJ: John Wiley & Sons, 2011.
- Dyer, Diana. **Dietitian's Cancer Story: Information and Inspiration for Recovery and Healing**. 5th ed. Ann Arbor: Swan Press, 2002.
- Grant, Barbara, et al. **American Cancer Society Complete Guide to Nutrition for Cancer Survivors : Eating Well, Staying Well During and After Cancer**. Atlanta, GA: American Cancer Society, 2010.
- Herbert, Mike. **The Chemotherapy Diet: 5 Steps to Staying Healthy During Cancer Treatment**
- Katz, Barbara. **The Cancer-Fighting Kitchen: Nourishing, Big-flavor Recipes for Cancer Treatment and Recovery**. Berkeley, CA: Celestial Arts, 2009.
- Katzin, Carolyn. **The Cancer Nutrition Center Handbook - An Essential Guide for Cancer Patients and their Families**. 4th ed.: Carolyn Katzin, 2011.
- Keane, Maureen: Chace, Daniella. **What to Eat if You have Cancer: Healing Foods that Boost Your Immune System**. 2nd ed. New York : McGraw-Hill, 2007.
- LaMantia, Jean. **The Essential Cancer Treatment Nutrition Guide & Cookbook: Includes 150 Healthy & Delicious Recipes**. Toronto: Robert Rose, 2012
- Liu, Simin: McManus, Kathy: Carlino, John A. **Healing Gourmet, Eat to Fight Cancer**. New York: McGraw-Hill, 2006.
- Mathai, Kimberly. **Cancer Lifeline Cookbook: Good Nutrition, Recipes and Resources to Optimize the Lives of People Living with Cancer**. Seattle, WA: Sasquatch Books, 2004.
- Mathai, Kimberly. **The Cancer Wellness Cookbook: Good Nutrition, Recipes, and Resources to Optimize the Lives of People Living with Cancer**. Seattle, WA: Sasquatch Books, 2014.
- Ramke, Annette and Scott, Kendall. **Kicking Cancer in the Kitchen: The Girlfriend's Cookbook and Guide to Using Real Food to Fight Cancer**. Philadelphia, PA: Renning Press, 2012.
- Weihofen, Donna L. **Easy-to-Chew Cookbook: Over 150 Tasty and Nutritious Recipes for People Who Have Difficulty Swallowing**. New York: John Wiley & Sons, 2002.
- Weinstein, Jodi Buckman. **Tell Me What To Eat Before, During, and After Cancer Treatment: Nutritional Guidelines for Patients and Their Loved Ones**. Franklin Lakes, NJ: New Page Books, 2010.

Audiovisual Resources

- American Institute for Cancer Research. **Food for the Fight**. Washington D.C.: AICR, 2013. On this 2 part DVD experts provide clear-cut answers on how to manage the dietary challenges associated with treatment, maintain a stable weight, and even enjoy satisfying meals. View online at: http://www.aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html
- University of Michigan Comprehensive Cancer Center Nutrition Program. **Making Every Bite Count**. Ann Arbor, MI: Regents of the University of Michigan, 2010.

Web Resources

- **American Cancer Society: Nutrition for Patients and Survivors**
An extensive section with information on managing nutrition during cancer treatment. Includes recipes and advice on the use of herbals, vitamins, minerals and supplements.
<http://www.cancer.org>
 - Click on the heading “Find Support & Treatment”
 - Scroll down and click on “Nutrition for People with Cancer”
- **American Institute for Cancer Research**
<http://www.aicr.org/>
 - Scroll down to the “Survivors & Patients” heading
 - Click on “Nutrition Information”This site provides many recipes as well as a list of foods that fight cancer and a guide to the Nutrition Facts label. They also have a Nutrition Hotline that connects you directly to a registered dietitian.
- **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.
- **National Cancer Institute: Nutrition in Cancer Care PDQ**
This site explains the effects of cancer and treatment on nutrition and provides information to help maintain a healthy diet.
<http://www.cancer.gov>
 - Click on “Cancer topics”
 - Click on “Coping with Cancer”
 - Click on “Managing Physical Effects”
 - Click on “Nutrition”

- **The Nutrition Source** by the Harvard T.H. Chan School of Public Health
<http://www.hsph.harvard.edu/nutritionsource/>
Provides up-to-date information on a variety of nutrition topics including healthy eating, disease prevention, weight control and sustainability. Also has an “Ask the Expert” feature which allows you to ask nutrition questions.
- **Oncology Nutrition Dietetic Practice Group**
<http://www.oncologynutrition.org/>
→ Click on “Eat Right to Fight Cancer” on the banner at the top of the screen
Provides information on eating during treatment, hot topics, recipes and resources.
- **SELF Nutrition Data**
<http://nutritiondata.self.com/>
This site, maintained by SELF Magazine, provides nutrition facts, calorie counts, and nutrient data for foods and recipes.
- **United States Department of Agriculture National Agricultural Library**
<http://fnic.nal.usda.gov/>
This site provides credible nutrition resources for consumers and health care professionals.

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>
Managing nutrition problems, nutrition tips and recipes provided by UMCCC registered cancer dietitians.

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Document #0047/ Compiled by Amy Hyde, MILS, Patient Education Resource Center Librarian