

The purpose of this guide is to help you find information and support on nutrition during cancer treatment. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

## Brochures and Fact Sheets

- American Cancer Society. **Nutrition for the Person with Cancer during Treatment.** Available at:  
<http://goo.gl/stiJM7>
- American Institute for Cancer Research. **Nutrition during Cancer Treatment.** Available at:  
<http://goo.gl/LjZ1wF>
- National Cancer Institute (NCI). **Eating Hints for Cancer Patients: Before, During and After Treatment.** Printable version available at:  
<https://cancer.gov/publications/patient-education/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.
- 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.** 5<sup>th</sup> 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**. 4<sup>th</sup> ed.: Carolyn Katzin, 2011.
- Keane, Maureen; Chace, Daniella. **What to Eat if You have Cancer: Healing Foods that Boost Your Immune System**. 2<sup>nd</sup> 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, 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. Available online at: [http://aicr.org/learn-more-about-cancer/learn\\_resource\\_food\\_for\\_the\\_fight\\_dvd.html](http://aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html)

## 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://cancer.org>  
→ Click *“Find Support & Treatment”*  
→ Scroll down and click *“Nutrition for People with Cancer”*
- **American Institute for Cancer Research**  
<http://aicr.org>  
→ Scroll down to *“Survivors & Patients”*  
→ Click *“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://cancerrd.com>  
The website of registered dietitian Diane Dyer, a 3-time cancer survivor, that provides nutrition information and light/low-fat 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://cancer.gov>  
→ Click *“Cancer Topics”*  
→ Click *“Coping with Cancer”*  
→ Click *“Managing Physical Effects”*  
→ Click *“Nutrition”*

## University of Michigan Resources

- **Cancer Nutrition Services at the University of Michigan Comprehensive Cancer Center**  
<http://cancer.med.umich.edu/support/nutrition.shtml>  
Managing nutrition problems, nutrition tips and recipes provided by UMCCC registered cancer dietitians.

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