



Nutrition & Cancer Prevention

Patient Education Resource Center (PERC)
Information Guide

Brochures

- American Institute for Cancer Research.
 - **Nutrition and the Cancer Survivor**
 - **Guidelines for Cancer Prevention**
 - **Recommendations for Cancer Prevention**
 - **Eating Smart for Cancer Prevention**
 - **Moving More for Cancer Prevention**
 - **Staying Lean for Cancer Prevention**
 - **Guarding Against Cancer**

Printable versions of AICR publications are available online at:

<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. **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
- 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
- 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

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>

Audiovisual Resources

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

Web Resources

- American Cancer **Society's Guidelines on Nutrition and Physical Activity for Cancer Prevention**
 - Go to: <http://www.cancer.org/>
 - Click on: Health Information Seekers
 - Click on: Prevention & Early Detection
 - Click on: Food and Fitness
- **American Institute for Cancer Research** <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://mcancer.org/>
 - Click on Support & Survivorship
 - Click on "Make Every Bit Count"
 - Click on "Cancer Center Recipes Just For You"

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** <http://www.cancerrd.com/>
The website of registered dietitian Diane Dyer, a 3-time cancer survivor provides nutrition information and low fat, light recipes.

- **Caring4Cancer – Section on Nutrition**

<http://www.caring4cancer.com/go/cancer/nutrition/>

Written information, recipes and videos discuss eating well during cancer treatment and dealing with symptoms.

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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