



# 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.** 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.** A printable version is available at: <http://www.aicr.org>

## Books

- 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.
- Capron, Mary Ellen. **Ultimate Cooking Companion for At-Home Caregivers.** Saddle River, New Jersey: Prentice Hall Health, 2003.
- Crocker, Betty. **Betty Crocker's Living With Cancer Cookbook.** New York: Hungry Minds, 2002.
- Dyer, Diana. **Dietitian's Cancer Story: Information and Inspiration for Recovery and Healing.** 5th ed. Ann Arbor: Swan Press, 2002.
- 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.
- Liu, Simin : McManus, Kathy : Carlino, John A. **Healing Gourmet, Eat to Fight Cancer.** New York : McGraw-Hil, 2006.

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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>

- Mathai, Kimberly. **Cancer Lifeline Cookbook: Good Nutrition, Recipes and Resources to Optimize the Lives of People Living with Cancer**. Seattle: Sasquatch Books, 2004.

## Audiovisual Resources

- American Institute for Cancer Research. **Food for the Fight - Part One**. 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/>

## 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: <http://www.cancer.org>
  - Under the heading "Patients, Family & Friends" click on "Preparing for Treatment"
  - Click on "Treatment Topics and Resources"
  - Scroll down and click on "Nutrition for Cancer Patients"
- **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.
- **Cancer Nutrition Services at the University of Michigan Comprehensive Cancer Center**  
<http://www.cancer.med.umich.edu/support/nutrition.shtml>  
Managing nutrition problems, nutrition tips and recipes provided by UMCCC registered cancer dietitians.
- **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.

- **Nutrition in Cancer Care PDQ** at the cancer.gov site  
A statement from the National Cancer Institute explains the effect of cancer and it's treatment on nutrition, and provides guidelines to improve a cancer patient's nutrition
  - Go to: <http://www.cancer.gov>
  - Click on "Cancer topics"
  - Click on "Coping with Cancer"
  - Scroll down to "Nutritional Concerns" and click on "Patient"

**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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