

Pathfinder for Healthy Eating and Cancer

A guide to finding resources and support

Here is a list of resources to help you look for information on healthy eating and cancer. Most of these resources can be found at the Patient and Family Resource Centre. The Resource Centre is located by the King Street entrance on the ground level of the Burr Wing (Burr 0) of the Cancer Centre of Southeastern Ontario at Kingston General Hospital. **This does not replace medical advice. Please ask your cancer care team about specific questions or concerns.**

A Registered Dietitian can help you meet your nutritional needs before, during and after cancer. Make an appointment with a Registered Dietitian at the Cancer Centre by asking your nurse or doctor for a referral.

Booklets

Eating well when you have cancer
(Canadian Cancer Society)

- This booklet provides information about what good nutrition is, why eating well is important for people with cancer and how to eat as well as possible throughout your treatment and recovery.

Nourish (Endorsed by Dietitians of Canada)

- Magazine that offers information relating to nutrition and cancer and easy recipes. Also available online at www.nouishonline.ca.

Books

Eating well during and after cancer treatment

Essential cancer treatment nutrition guide and cookbook (LaMantia, 2012)
Call number: NUT 004

- Book helps patients and caregivers understand the role of nutrition during cancer treatment and provides nutritional strategies for managing specific side effects and concurrent conditions.

Goes Down Easy (Mecklinger, 2006)
Call number: NUT 006

- Contains recipes to help you cope with the challenge of eating during cancer treatment.

American Cancer Society Complete Guide to Nutrition for Cancer Survivors (Grant, 2010)
Call number: NUT 010

- Information on eating well before, during and after cancer.

Betty Crocker Living With Cancer Cookbook
(Ghosh and Carson, 2011) Call number: NUT 001

- 150+ recipes specially designed for people in cancer treatment.

Eating Hints for Cancer Patients (National Institutes of Health U.S, 2006)
Call number: NUT 011

- Book to help you learn more about your diet needs and how to manage eating problems while receiving cancer treatment.

Eating Well Through Cancer (Clegg and Miletello, 2006) Call number: NUT 002

- Easy recipes and recommendations for during and after cancer treatment

One bite at a time: nourishing recipes for cancer survivors and their friends (Katz and Edelson) Call number: NUT 003

- Recipes for people living with cancer, their caregivers, and cancer survivors.
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The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery (Katz and Eldeson, 2009) Call number: NUT 005

- Features recipes that are easy to prepare and designed to stimulate appetite and address treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, taste bud changes and weight loss.

Healthy eating and cancer prevention

Cooking with foods that fight cancer (Beliveau and Gringras, 2009) Call number: NUT 009

- Features 160 recipes that incorporate the cancer-fighting properties of food.

Eating well, Living well (Beliveau and Gringras, 2009) Call number: NUT 008

- Information on the impact of diet on illness.

Foods that fight cancer: Preventing cancer through diet

(Beliveau & Gringras, 2005) Call number: NUT 007

- Describes the science of food and what properties of particular foods are the active cancer-fighting elements.

Websites

Dietitians of Canada

<http://www.dietitians.ca>

Nourish

<http://www.nourishonline.ca>

EatRight Ontario

<http://www.eatrightontario.ca>

Eating Well with Canada's Food Guide

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Canadian Cancer Society

<http://www.cancer.ca> Click Cancer Information–Cancer journey–Coping with cancer–Nutrition for cancer patients

BC Cancer Agency

<http://www.bccancer.bc.ca>

Click Patient/Public Info–Coping with cancer–Nutritional Support

Memorial Sloan Kettering Cancer Center

(MSKCC)– About Herbs, Botanicals and Other Products

<http://www.mskcc.org/cancer-care/integrative-medicine/about-herbs-botanicals-other-products>

Community resources and support programs

Cancer Information Service

(Canadian Cancer Society) Phone 1-888-939-3333

- An information specialist will answer your questions and give you information about cancer-related topics and services. Service is available Monday to Friday from 9 a.m. to 6 p.m. in English and French. For other languages, an interpreter service is available.