

Pathfinder Series: Healthy Eating

This pathfinder was developed to provide you with resources on healthy eating. For more information, or if you are experiencing side effects such as loss of appetite or weight loss, please speak to your healthcare team or contact the Supportive Care Department at (905)-387-9711 x64315 to request an appointment with a registered dietitian.

Books

The Cancer-Fighting Kitchen (2nd ed.) / Rebecca Katz.

Call number: 8.5.10 2017

Featuring science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, taste bud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe.

Cooking Through Cancer: Easy, Flavorful Recipes to Prevent and Decrease Side Effects at Every Stage of Conventional Therapy / Lisa A. Price, Susan Gins

Call Number: 8.5.22 2015

Written by a naturopathic physician specializing in complementary cancer care and a certified nutritionist, *Cooking through Cancer Treatment to Recovery* offers over 100 quick and delicious recipes that provide nutrients essential at each stage of treatment while avoiding inflammatory foods such as processed sugars, dairy, and gluten that may increase side effects.

Eating Well Through Cancer: Easy Recipes & Tips to Guide You Through Treatment and Cancer Prevention / Holly Clegg

Call number: 8.5.19 2016

Chemotherapy, radiation or surgery can affect the patient's appetite, so the chapters include nourishing foods that are best tolerated to ease common side effects such as nausea, sore mouth and throat, taste changes and weight loss. tips and information that will guide a cancer patient through their treatment. Each delicious recipe includes nutritional information plus highlights diabetic, gluten-free, vegetarian and freezer-friendly recipes.

The Meals to Heal Cookbook / Susan Bratton, Jessica Iannotta.

Call number: 8.5.23 2016

This book shares healthy, easy to prepare recipes that not only taste delicious but also mitigate the many side effects of cancer treatment. Recipes are organized by meal as well as by side effect, allowing you to easily find meals suited to your particular health needs.

Websites

BC Cancer Agency

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/nutrition-support>

The nutrition section of this site has great resources on topics like cancer's effect on appetite and eating habits, and what to eat after a cancer diagnosis. Much of the information is available in pamphlet/brochure form and is formatted for downloading and printing for those who are interested.

Canada's Food Guide

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

Updated in 2019, the online edition of this resource includes healthy eating recommendations, a food guide snapshot, recipes, and many other handy features and tools.

Canadian Cancer Society

www.cancer.ca

The CCS has excellent, current information about coping with cancer including special nutrition needs, food safety, eating well after treatment, and much more. Recipes to make during treatment can be found under the "Support and Services" tab. A copy of "Eating Well When You Have Cancer" can be found here:

<http://www.cancer.ca/~media/cancer.ca/CW/publications/Eating%20well%20when%20you%20have%20cancer/32062-1-NO.pdf>

Dietitians of Canada

<http://www.dietitians.ca/>

This site has lots of interesting and helpful features aimed at helping you eat and live well. The Eating + Activity Tracker, Recipe Analyzer, and other tools help you decipher food labels, put together a healthy meal, and plan menus – all online. This is an excellent resource with lots of potential.

Nourish: Canada's Nutrition Companion for Oncology Patients and Caregivers

<http://www.nourishonline.ca/>

Endorsed by the Dietitians of Canada Oncology Network, this site offers answers to common questions about diet and nutrition during treatment, suggestions to manage common cancer treatment-related symptoms, advice on how to manage eating-related difficulties, and easy recipes for nutritious foods. Visitors to the site can also register to view the Nourish Online magazine for more tips, recipes and articles.

Nutrition Myths about Cancer

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/NutritionMythsAboutCancer-trh.pdf>

This Hamilton Health Sciences publication looks at common myths about cancer and cancer prevention. It discusses topics such as organic foods, cleanses, vitamins, superfoods and artificial sweeteners. In this handout, some of the common myths and misconceptions about nutrition and cancer are "busted", while giving useful information and links to resources for further research.