

# Pathfinder Series: Healthy Eating

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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

*Cooking Through Cancer: 90 Easy and Delicious Recipes for Treatment and Recovery* / Richard Lombardi

Call Number: 8.5.4 2020

Packed with helpful shortcuts, kitchen basics, a quick-reference list, and a sample grocery list, this book also includes 10 kid-friendly recipes that the whole family can enjoy, plus recipes from professional chefs and celebrities that have joined the fight against cancer, including Jay Leno and Mark DeCarlo.

*The Cancer Diet Cookbook: Comforting Recipes for Treatment and Recovery* / Dionne Detraz

Call number: 8.5.18 2020

This book can help you and your caregivers during treatment and recovery by offering an array of healthy and tasty meal options. Every recipe can be made in either under 30 minutes, or with 5 simple ingredients, or all in one pot. You'll also explore the relationship between cancer and nutrition as well as the crucial roles that compassion and self-care play in the lives of both patients and caregivers.

*The Living Kitchen: Healing Recipes to Support Your Body During Cancer Treatment and Recovery* / Sarah Grossman and Tamara Green

Call number: 8.5.32 2019

From two experts in cancer care cooking comes an informative, inspiring, and empowering guide that will educate cancer patients and their caregivers about the healing power of food. With nearly 100 nourishing recipes designed to combat side effects related to cancer therapy, this book is an essential resource for anyone experiencing cancer, undergoing treatment, or in remission.

*What to Eat During Cancer Treatment* / Jeanne Besser

Call number: 8.5.33 2019

This book offers evidence-based research and clinical information about the seven most common eating-related side effects of cancer treatment--nausea, diarrhea, constipation, trouble swallowing, sore mouth, unintentional weight loss, and taste alterations--and the foods to eat when these side effects occur.

## Websites

### American Cancer Society

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/coping/nutrition.html>

The nutrition section of this site includes the benefits of good nutrition, how to prepare for treatment, eat well during treatment, and more.



### BC Cancer Agency

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

This website has great resources on topics like cancer's effect on appetite and eating habits, as well as what to eat after a cancer diagnosis. Common nutrition questions are addressed and recipes are also included.



### 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](http://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. A copy of "Eating Well When You Have Cancer" can be found here:

<https://cancer.ca/en/cancer-information/resources/publications/eating-well-when-you-have-cancer>



### 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.

