

Pathfinder Series: Nutrition and Cancer

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

Beat Cancer Kitchen: Deliciously Simple Plant-Based Anticancer Recipes / Chris Wark and Micah Wark Call number: 8.5.14 2021

- delectable, delicious, easy-to-make recipes
- whole-foods and plant-based meals, bowls, smoothies, and juices

Cancer Diet for the Newly Diagnosed: An Integrative Guide and Cookbook for Treatment and Recovery / Tamar Rothenberg Call number: 8.5.23 2022

- easy, healthy, balanced, tasty recipes
- learn how meals can help you maintain strength, soothe your body, and improve treatment

Cancer-Free with Food: A Step-By-Step Plan with 100+ Recipes to Fight Disease, Nourish Your Body & Restore Your Health / Liana Werner-Gray Call number: 8.1.13 2019

- 195 simple and tested recipes created to boost your immune system and promote healing
- can be tailored for a gluten-free, keto, vegan, and paleo diet

Cooking Through Cancer: 90 Easy and Delicious Recipes for Treatment and Recovery / Richard Lombardi Call number: 8.5.4 2020

- nutrient-rich recipes powered with cancer-fighting ingredients
- recipes from professional chefs and celebrities who have joined the fight against cancer

The Cancer Diet Cookbook: Comforting Recipes for Treatment and Recovery / Dionne Detraz Call number: 8.5.18 2020

- healthy and tasty meal options
- every recipe can be made in under 30 minutes or with 5 simple ingredients or all in one pot

What to Eat During Cancer Treatment / Jeanne Besser Call number: 8.5.33 2019

- 102 new dishes, beautiful, full-color photographs, tips for caregivers, food safety basics
- evidence-based research and clinical information about the seven most common eating-related side effects of cancer treatment 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>

- benefits of good nutrition, food safety
- how to prepare for treatment, eat well during treatment, etc.
- managing eating problems caused by cancer treatments



BC Cancer Agency

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

- guides, handouts, and presentations about diabetes, difficulty chewing or swallowing, poor appetite, taste changes, and more
- addresses common nutrition questions and includes recipes



Canada's Food Guide

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

- updated in 2019
- healthy eating tips, food guide snapshot, recipes, tools, etc.



Canadian Cancer Society

www.cancer.ca

- current information special nutrition needs, food safety, eating well after treatment, and more



A copy of the booklet, "*Eating Well When You Have Cancer*" can be found here:

<https://cancer.ca/en/cancer-information/resources/publications/eating-well-when-you-have-cancer> or get a print copy from the JCC Patient & Family Resource Centre



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

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

- answers common questions about diet and nutrition during treatment
- suggestions to manage common cancer treatment-related symptoms
- advice on how to manage eating-related difficulties
- easy recipes for nutritious foods



Nutrition Myths about Cancer

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

- Hamilton Health Sciences publication
- addresses common myths and misconceptions about nutrition and cancer
- sugar, artificial sweeteners, superfoods, organic foods, cleanses, vitamins, and more

