



NUTRITION AND BREAST CANCER

RESOURCE LIST

Books

What to Eat if You Have Cancer, by Maureen Keane and Daniella Chace (McGraw-Hill, 2007)

Foods that Fight Cancer: Preventing Cancer through Diet, by Richard Béliveau and Denis Gingras (McClelland & Stewart, 2006)

Eating Well, Staying Well During and After Cancer, edited by Abby Bloch et al. (American Cancer Society, 2004)

Beating Cancer with Nutrition: Combining the Best of Science and Nature for Healing in the 21st Century, by Patrick Quillin and Noreen Quillin (Nutrition Times Press, 2005)

A Dietitian's Cancer Story: Information & Inspiration for Recovery & Healing From a 3 Time Cancer Survivor, by Diana Dyer (Swan Press, 2000)

** COOKBOOKS **

The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Recovery, by Rebecca Katz with Mat Edelson (Celestial Arts, 2009)

What to Eat During Cancer Treatment: 100 Great-Tasting, Family-Friendly Recipes to Help You Cope, by Jeanne Besser, Kristina Ratley, Sheri Knecht and Michele Szafranski (American Cancer Society, 2009)

Cooking with Foods that Fight Cancer, by Richard Béliveau and Denis Gingras (McClelland & Stewart, 2007)

Staying Alive! Cookbook for Cancer Free Living. Real Survivors...Real Recipes...Real Results, by Sally Errey and Trevor Simpson (Belissimo Books, 2004)

Goes Down Easy: Recipes to Help You Cope with the Challenge of Eating During Cancer Treatment, by Elise Mecklinger with the Princess Margaret Hospital Dietitians (The Princess Margaret Hospital Foundation, 2006)

Online Resources

American Institute for Cancer Research

www.aicr.org

Nutrition

Breastcancer.org

www.breastcancer.org/tips/nutrition

Eating Well When You Have Cancer: A Guide to Good Nutrition

Canadian Cancer Society

[www.cancer.ca/Canada-](http://www.cancer.ca/Canada-wide/Publications/Alphabetical%20list%20of%20publications/Eating%20well%20when%20you%20have%20cancer%20A%20guide%20to%20good%20nutrition.aspx)

[wide/Publications/Alphabetical%20list%20of%20publications/Eating%20well%20when%20you%20have%20cancer%20A%20guide%20to%20good%20nutrition.aspx](http://www.cancer.ca/Canada-wide/Publications/Alphabetical%20list%20of%20publications/Eating%20well%20when%20you%20have%20cancer%20A%20guide%20to%20good%20nutrition.aspx)

Nutrition for Cancer Survivors

American Cancer Society

www.cancer.org/docroot/MH/MH_1.asp?sitearea=MH&level=1

Nutrition in Cancer Care

National Cancer Institute

www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/

Eating Hints for Cancer Patients: Before, During, and After Treatment

National Cancer Institute

www.cancer.gov/cancertopics/eatinghints

Nutrition during Treatment

OncoLink, Abramson Cancer Center of the University of Pennsylvania

www.oncolink.org/coping/coping.cfm?c=3