

Cancer Supportive Care Program



Nutrition
All classes are free

Nutrition Resources for the Cancer Patient

Websites & Phone Numbers:

www.cancer.stanford.edu/cancersupportivecare – Stanford Cancer Center; Cancer Supportive Care Program
www.cancer.org - The American Cancer Society, 1-800-ACS-2345
www.cancer.gov or <http://cancernet.nci.nih.gov> - National Cancer Institute, 1-800-4-CANCER
www.oncolink.com – a resource of the University of Pennsylvania Cancer Center, general information
www.cancercare.org - a national nonprofit organization, 1-800-813-HOPE
www.aicr.org – American Institute for Cancer Research, 1-800-843-8114
www.oncologynutrition.org – cancer nutrition resources created by oncology dietitians.
www.eatright.org –The Academy of Nutrition and Dietetics, 1-800-877-1600
www.nccam.nih.gov – National Center for Complementary and Alternative Medicine, 1-888-644-6226
www.mskcc.org/cancer-care/integrative-medicine/ –Information on herbs and botanicals
www.fnict.nal.usda.gov/ - Food and nutrition information center (general info)
www.webmd.com – WebMD staff provide helpful articles, news, item, etc along with other experts.
www.caring4cancer.com - well-integrated health and medical resource developed by health care professionals
www.ewg.org - information about reducing our exposure to toxics in the home and our environments

Newsletters:

Newsletter on Diet, Nutrition and Cancer Prevention: www.aicr.org (see contact info above)
Environmental Nutrition: www.environmentalnutrition.com 1-800-829-5384
Tufts University Health & Nutrition Letter: www.healthletter.tufts.edu 1-800-274-7581
Nutrition Action Health Letter: Center for Science in the Public Interest, www.cspinet.org

Cook Books & Recipe Websites

Cancer Fighting Kitchen, Rebecca Katz, 2009
One Bite at a Time, 2nd Ed, Rebecca Katz, 2008
The Essential Cancer Treatment Nutrition Guide and Cookbook, Jean LaMantia RD, 2012.
What to Eat During Cancer Treatment: 100 Great-Tasting, Family Friendly Recipes to Help You Cope, J. Besser, K. Ratley RD, CSO, LDN, S. Knecht RD, CSO, LDN, M. Szafranski RD, CSO, LDN
Betty Crocker’s Living with Cancer Cookbook: Easy Recipes & Tips through Treatment & Beyond, K. Ghosh, et al, 2007
The Cancer Lifeline Cookbook: Recipes, Ideas & Advice to Optimize the Lives of People Living with Cancer, K. Mathai, MS. RD & G. Smith, 2004
Eating Well Through Cancer, Holly Clegg & Gerald Miletello, MD
The Cancer Survival Cookbook, Donna Weihofen & Christina Marino, 1998
Cooking Light: www.cookinglight.com 1-800-336-0125
Vegetarian Times Magazine/Website, www.vegetariantimes.com
Food Fit website for general nutrition info and great recipes = www.foodfit.com
Eating Well: website and magazine with great health tips & recipes = www.EatingWell.com
www.101Cookbooks.com – local, seasonal and healthy recipes

Other Books & Resources:

Supportive Cancer Care, The Complete Guide for Patients and Their Families, Ernest H. Rosenbaum, MD, Isadora Rosenbaum, MA, 1998, 2001
A Guide to Good Nutrition During and After Chemotherapy and Radiation, 3rd Edition. Fred Hutchinson Cancer Research Center, Seattle, WA; 1998

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