Nutrition during Cancer Treatment

The purpose of this guide is to help patients and families find sources of information and support. This list is meant to provide links to authoritative, up-to-date information sources for patients, families, and caregivers.

The materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center B2 lobby. Visit us online at: http://www.mcancer.org/support/learning-about-cancer/education-resource-center

Brochures, Fact Sheets


- National Cancer Institute (NCI). Eating Hints for Cancer Patients: Before, During and After Treatment. A printable version is also available online at: http://www.cancer.gov/cancertopics/coping/eatinghints.pdf

Books


• Herbert, Mike. *The Chemotherapy Diet: 5 Steps to Staying Healthy During Cancer Treatment*


Audiovisual Resources

- American Institute for Cancer Research. **Food for the Fight.** Washington D.C.: AICR, 2013. On this 2 part DVD experts provide clear-cut answers on how to manage the dietary challenges associated with treatment, maintain a stable weight, and even enjoy satisfying meals. View online at: [http://www.aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html](http://www.aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html)

- University of Michigan Comprehensive Cancer Center Nutrition Program. **Making Every Bite Count.** Ann Arbor, MI: Regents of the University of Michigan, 2010.

Web Resources

- **American Cancer Society: Nutrition for Patients and Survivors**
  An extensive section with information on managing nutrition during cancer treatment. Includes recipes and advice on the use of herbals, vitamins, minerals and supplements.
  [http://www.cancer.org](http://www.cancer.org)
  → Click on the heading “Find Support & Treatment”
  → Scroll down and click on “Nutrition for People with Cancer”

- **American Institute for Cancer Research**
  → Scroll down to the “Survivors & Patients” heading
  → Click on “Nutrition Information”
  This site provides many recipes as well as a list of foods that fight cancer and a guide to the Nutrition Facts label. They also have a Nutrition Hotline that connects you directly to a registered dietitian.

- **CancerRD**
  The website of registered dietitian Diane Dyer, a 3-time cancer survivor provides nutrition information and low fat, light recipes.

- **National Cancer Institute: Nutrition in Cancer Care  PDQ**
  This site explains the effects of cancer and treatment on nutrition and provides information to help maintain a healthy diet.
  → Click on "Cancer topics"
  → Click on "Coping with Cancer"
  → Click on "Managing Physical Effects”
  → Click on “Nutrition”
• **The Nutrition Source** by the Harvard T.H. Chan School of Public Health
  [http://www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)
  Provides up-to-date information on a variety of nutrition topics including healthy eating, disease prevention, weight control and sustainability. Also has an “Ask the Expert” feature which allows you to ask nutrition questions.

• **Oncology Nutrition Dietetic Practice Group**
  → Click on “Eat Right to Fight Cancer” on the banner at the top of the screen
  Provides information on eating during treatment, hot topics, recipes and resources.

• **SELF Nutrition Data**
  This site, maintained by SELF Magazine, provides nutrition facts, calorie counts, and nutrient data for foods and recipes.

• **United States Department of Agriculture National Agricultural Library**
  This site provides credible nutrition resources for consumers and health care professionals.

**University of Michigan Resources**

• **Cancer Nutrition Services at the University of Michigan Comprehensive Cancer Center**
  Managing nutrition problems, nutrition tips and recipes provided by UMCCC registered cancer dietitians.