

Recommended References

Nutrition and Cancer



These references are provided to help you explore your areas of interest. Choose one or two that interest you, and know you don't need to read everything!

Books

- Eat, Drink and Be Healthy, Walter Willett and Eat Well for Optimum Health, Andrew Weil. *Occasionally zealous, but offers information on "good nutrition" including the benefits of fruits and vegetables, good fats, carbohydrates and the glycemic index.*
- Anticancer: A New Way of Life, David Servan-Schreiber MD, 2007
Looks at many therapies from a physician's point of view, and how they impacted his own cancer.
- Food, Nutrition, Physical Activity and the Prevention of Cancer, A Global Perspective, American Institute for Cancer Research. 2007.
Summary of prior 10 years of research
- A Dietitian's Cancer Story, Diana Dyer, MS RD. 6th Edition, 2002.
A dietitian's recommendations on nutrition and survivorship; specific and concise.
- How to Prevent and Treat Cancer with Natural Medicine, M. Murray, et al. 2002
One of the best alternative medicine book; supplement recommendations are controversial.
- The Detox Revolution, Thomas Slaga PhD.
Review of the foods that help with the natural detoxification processes in the body.
- Tell Me What to Eat Before, During and After Cancer Treatment: Nutritional Guidelines for Patients and Their Loved Ones, Jodi Buckman Weinstein MS RD. 2010.
Includes recipes, shopping lists and answers to questions on nutrition and side-effects of treatment.
- American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer, Barbara Grant MS RD, Abby Bloch MD RD, Kathryn Hamilton RD, Cynthia Thomson MD RD 2010.
Hot topics, supplements and healthy eating written in an easy-to-read style. Winner of the Mom's Choice Award for 2010.

Symptom Management Booklets: *Free!*

- Nutrition for the Person with Cancer. ACS www.cancer.org
- Eating Hints for Cancer Patients. NIH www.cancer.gov call 1-800-4-Cancer

Cookbooks

- Eat Well, Stay Nourished. Recipe guide for coping with eating challenges www.Spohnc.org; 1-800-377-0928. Support for head and neck cancer patients
- The American Plate, the American Institute for Cancer Research www.aicr.org
- One Bite at a Time and The Cancer Fighting Kitchen both by Rebecca Katz; www.innercook.com
- Cancer Lifeline Cookbook, Kimberly Mathai RD; www.cancerlifeline.org
- Lickety Split Meals for Health Conscious People on the Go, Zonya Foco, RD
- The Food You Crave: Luscious Recipes for a Healthy Life, Ellie Krieger RD
 - Checkout the website for healthy recipes www.healthylivingwithellie.com
- Eating Well Through Cancer, Holly Clegg, Gerald Miletello, David Humphreys.
 - Simple recipes tailored to side-effects of treatment.

- Quick Flip to Delicious Dinners, Eileen Faughey.
 - *Easy, healthy recipes with international variations. Includes pantry and shopping lists.*
- Easy to Swallow, Easy to Chew and The Cancer Survival Cookbook both by Donna Weihofen, MS RD.

Newsletters

- American Institute for Cancer Research. **Free!** 800-843-8114 or www.aicr.org
 - *Free weekly email recipes, pamphlets, quarterly newsletter.*
- Cancer Updates, Research, Education. **Free!** 800-210-2873(CURE) www.curetoday.com
- Environmental Nutrition. 800-829-5384 <http://environmentalnutrition.com/>
- Dr Weil's Weekly Wellness at www.drweil.com **Free!**
 - *Tips on exercise, fitness and stress relief.*

Internet

Evaluate everything on the Internet with a critical mind. Be cautious and consider who is funding the web site and how this may influence the information that is presented.

www.caring4cancer.com **Suzanne Dixon, MS MPH RD** *Symptom control information, recipes, free analysis of the latest research on cancer and nutrition.*

www.cancerrd.com **Diana Dyer, MS RD** *This site provides two weeks of menus with recipes, frequently asked questions, and 13 pages of "useful links" for direct connection to other web sites for specific cancers and related subjects.*

www.aicr.org **American Institute of Cancer Research.**

Numerous free pamphlets can be ordered from AICR or downloaded off the computer.

www.cancer.org **American Cancer Society**

www.eatright.org **American Dietetic Association** *General information and help locating dietitians in private practice by location & zip code.*

www.consumerlab.com *Discusses independent testing results of health and nutritional products.*

www.naturaldatabase.com *Database of herbs and supplements, updated continuously. Patient education handouts can be printed directly. Individual subscription or free use on site at the Health Sciences Center Library at Fitzsimons.*

<http://ods.od.nih.gov> *Office of dietary supplements gives information on use and safety of products.*

www.vrg.org *Vegetarian Resource Group.*

www.quackwatch.org *Quack Watch, Stephen Barrett's anti-quackery site.*



Other Resources

American Cancer Society, check for your local chapter in the phone book

Several cancer centers have an ACS Navigator on site to assist you with locating information

National Cancer Institute 800-4-Cancer

University of Colorado Hospital Anschutz Cancer Center, Cancer Resource Center Room

2015, (720) 848 0316 or www.uccc.info/support

Colleen Gill, MS, RD, CSO
Registered Dietitian

Nutrition Foundations
4770 E. Iliff, Suite 225; Denver, CO 80222
303-810-8612 colleen@nutrition-foundations.com