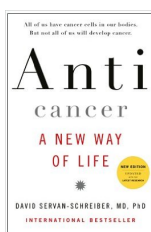


Nutrition: Where to Learn More

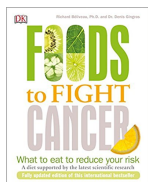


Nutrition & Cancer

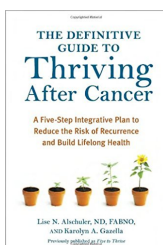
📖 Books



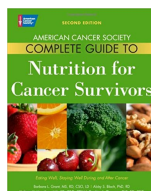
Anticancer: A New Way of Life – by David Servan-Schreiber, MD, PhD (2009)



Foods to Fight Cancer: What to Eat to Reduce Your Risk– by Richard Beliveau, PhD and Denis Gingras PhD (2017)

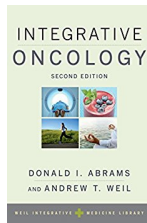


The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health – by Lise N. Alschuler, MD, FASCO, Karolyn A. Gazella (2013)



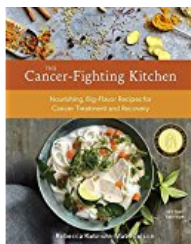
American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Paperback – by Abby S. Bloch PhD RD, Barbara Grant MS RD CSO LD, Kathryn K. Hamilton MA RD CDN CSO, Cynthia A. Thomson PhD RD (2010)



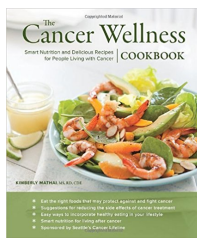


Integrative Oncology, 2nd Edition – written by Donald Abrams, MD and Andrew Weil, MD (2014)

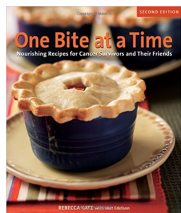
🌀 Cookbooks



The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Recovery, 2nd Edition – written by Rebecca Katz with Mat Edelson (2017)



Cancer Wellness Cookbook: Smart Nutrition and Delicious Recipes for People Living with Cancer – by Kimberly Mathai (2014)



One Bite at a Time, Revised: Nourishing Recipes for Cancer Survivors and Their Friends – by Rebecca Katz with Mat Edelson (2008)

🌀 Websites

- American Institute for Cancer Research: <http://www.aicr.org>
- UCSF Cancer Resource Center and Cancer Center Nutrition Program: <http://cancer.ucsf.edu/crc>
- Osher Center for Integrative Medicine Cancer and Nutrition: <http://www.osher.ucsf.edu/patient-care/self-care-resources/cancer-and-nutrition/>
- Dana-Farber Cancer Institute - Ask the Nutritionist: Recipes for Fighting Cancer: <http://www.dana-farber.org/nutrition-app.aspx>

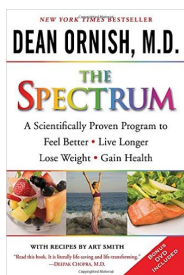


General Nutrition

🌀 Books

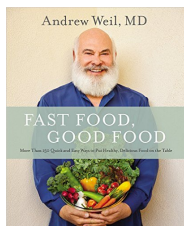


Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, 5th Ed. – by Roberta Larson Duyff, MS, RDN, FAND, CFCS (2017)

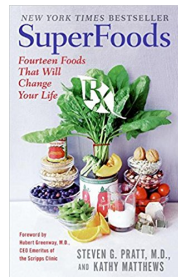


The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health – by Dean Ornish (2008)

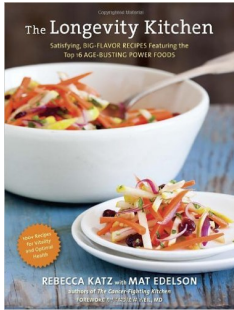
🌀 Cookbooks:



Fast Food, Good Food: More Than 150 Quick and Easy Ways to Put Healthy, Delicious Food on the Table – by Andrew Weil (2015)



SuperFoods Rx: Fourteen Foods That Will Change Your Life - by Steven G., M.D. Pratt, and Kathy Matthews (2006)



The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods – by Rebecca Katz (2013)



Clean Soups: Simple, Nourishing Recipes for Health and Vitality Hardcover – by Rebecca Katz (2016)

Websites/Newsletters:

- The Nutrition Source from Harvard School of Public Health: <http://www.hsph.harvard.edu/nutritionsource>
- Center for Science in the Public Interest – Nutrition Action Healthletter: <https://cspinet.org/nutrition-action-healthletter>
- Environmental Working Group - Provides information about the environment and health: <http://www.ewg.org>
- Rebecca Katz: <http://www.rebeccakatz.com>

Meal Planning & Diet Tracking

☞ **Meal Planning Websites**

- Cooking Light: <http://www.cookinglight.com>
- Eating Well Magazine: <http://www.eatingwell.com>

☞ **Diet Tracking**

- MyFitnessPal: <https://www.myfitnesspal.com/>

Dietary Supplements

- ☞ Memorial Sloan Kettering Cancer Center About Herbs, Botanicals & Other Products: <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>
- ☞ National Institutes of Health – Office of Dietary Supplements: <https://ods.od.nih.gov/factsheets/list-all/>
- ☞ Medline Plus - Supplements: https://medlineplus.gov/druginfo/herb_All.html
- ☞ Consumer Lab – Evaluates quality of over-the-counter supplements - <http://www.consumerlab.com>