

# Nutrition and Cancer



UCSF Helen Diller Family  
Comprehensive  
Cancer Center

The **UCSF Patient and Family Cancer Support Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at <https://cancer.ucsf.edu/support/crc/patient-support-center>

The **Cancer Support Center at Mission Bay** is located at 1825 4th St., 1st Floor, Room M-1210. The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1st Floor, Room B-101.

The complete list of Patient Education Resource Pages is available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

## UCSF Resources

### UCSF Cancer Resource Center

Video and audio podcasts, and links to patient education materials developed by UCSF clinicians. Scroll to the bottom and click "View Additional Materials" to find links to the full-length booklets "Nutrition and Breast Cancer" and "Nutrition and Prostate Cancer."

Website: <http://cancer.ucsf.edu/support/crc/nutrition-counseling-and-workshops>

### UCSF Osher Center for Integrative Medicine

General information about cancer and nutrition; links to informational articles, websites, pamphlets and books.

Website: <http://www.osher.ucsf.edu/patient-care/self-care-resources/cancer-and-nutrition>

## Publications

American Cancer Society:

- "Preparing for Treatment with Good Nutrition"

<https://www.cancer.org/cancer/survivorship/coping/nutrition/before-treatment-begins.html>

- "Nutrition for People with Cancer" (also in Spanish)

[www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html](http://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html)

American Institute for Cancer Research: “*Heal Well: A Cancer Nutrition Guide*” Website: [www.aicr.org/assets/docs/pdf/education/heal-well-guide.pdf](http://www.aicr.org/assets/docs/pdf/education/heal-well-guide.pdf)

National Cancer Institute: “*Eating Hints: Before, During and After Cancer Treatment*” (also in Spanish)  
Website: [www.cancer.gov/publications/patient-education/eating-hints](http://www.cancer.gov/publications/patient-education/eating-hints)

## **Websites for Nutrition Information**

Academy of Nutrition and Dietetics

Provides information on healthy weight loss, food suggestions, disease management, and food safety. Clinical guides to oncology nutrition and other published materials.

Website: [www.eatright.org](http://www.eatright.org) Phone Number: 800-877-1600

American Institute for Cancer Research

Provides information on diet and exercise for cancer risk reduction and cancer survivorship. Numerous online brochures with recipes and nutrition suggestions are available.

Website: [www.aicr.org](http://www.aicr.org) Phone Number: 800-843-8114

The Nutrition Source from Harvard School of Public Health

Provides evidence-based diet and nutrition information for clinicians, health professionals, and the public. Website: [www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Nutrient Data Lab from USDA National Agricultural Library

Provides a search tool to find out the extensive nutritional information for various food items.

Website: <https://www.nal.usda.gov/fnic/usda-nutrient-data-laboratory>

Oncology Nutrition, A Dietetics Practice Group of the Academy of Nutrition and Dietetics

Provides information on nutrition during cancer treatment, healthy nutrition, and oncology nutrition topics. Can search by state, zip code, or country for an oncology dietitian.

Website: [www.oncologynutrition.org](http://www.oncologynutrition.org)

## **Websites for Dietary Supplement Information**

Dietary Supplements Label Database

A Joint Effort of National Institutes of Health (NIH), Office of Dietary Supplements (ODS) and National Library of Medicine (NLM). Offers information on dietary supplements and their active ingredients, product recalls, and answers to frequently asked questions.

Website: [https://ods.od.nih.gov/Research/Dietary\\_Supplement\\_Label\\_Database.aspx](https://ods.od.nih.gov/Research/Dietary_Supplement_Label_Database.aspx)

Office of Dietary Supplements of the National Institutes of Health

Provides extensive information on dietary supplements, factsheets, nutrient recommendations and answers to frequently asked questions.

Website: <http://ods.od.nih.gov>

*This information is intended to offer credible and reliable education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available.*