

# Nutrition and Cancer

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 [www.cancer.ucsf.edu/crc](http://www.cancer.ucsf.edu/crc).

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

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### 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." <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.

[www.osher.ucsf.edu/patient-care/self-care-resources/cancer-and-nutrition/](http://www.osher.ucsf.edu/patient-care/self-care-resources/cancer-and-nutrition/)

## Publications

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### American Cancer Society:

- "Lifestyle Changes That Make a Difference" (also in Spanish)  
[www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/lifestyle-changes-that-make-a-difference.pdf](http://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/lifestyle-changes-that-make-a-difference.pdf)
- "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"

[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)

[www.cancer.gov/publications/patient-education/eating-hints](http://www.cancer.gov/publications/patient-education/eating-hints)

## Websites for Nutrition Information

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### **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.

[www.eatright.org](http://www.eatright.org)

1-800-877-1600

### **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.

[www.aicr.org](http://www.aicr.org)

1-800-843-8114

### **The Nutrition Source** from Harvard School of Public Health

Provides evidence-based diet and nutrition information for clinicians, health professionals, and the public.

[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.

<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.

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

## Websites for Dietary Supplement Information

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### **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.

<https://dslid.nlm.nih.gov/dslid>

### **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.

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