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, Karolyn A. Gazella (2013)

**Cookbooks**


- 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](http://www.aicr.org)
- UCSF Cancer Resource Center and Cancer Center Nutrition Program: [http://cancer.ucsf.edu/crc](http://cancer.ucsf.edu/crc)
- Dana-Farber Cancer Institute - Ask the Nutritionist: Recipes for Fighting Cancer: [http://www.dana-farber.org/nutrition-app.aspx](http://www.dana-farber.org/nutrition-app.aspx)
General Nutrition

Books


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)

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


Websites/Newsletters:
- The Nutrition Source from Harvard School of Public Health: [http://www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)
- Center for Science in the Public Interest – Nutrition Action Healthletter: [https://cspinet.org/nutrition-action-healthletter](https://cspinet.org/nutrition-action-healthletter)
- Environmental Working Group - Provides information about the environment and health: [http://www.ewg.org](http://www.ewg.org)
- Rebecca Katz: [http://www.rebeccakatz.com](http://www.rebeccakatz.com)
Meal Planning & Diet Tracking

- **Meal Planning Websites**
  - Cooking Light: [http://www.cookinglight.com](http://www.cookinglight.com)

- **Diet Tracking**
  - MyFitnessPal: [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/)

Dietary Supplements

- National Institutes of Health – Office of Dietary Supplements: [https://ods.od.nih.gov/factsheets/list-all/](https://ods.od.nih.gov/factsheets/list-all/)
- Medline Plus - Supplements: [https://medlineplus.gov/druginfo/herb_All.html](https://medlineplus.gov/druginfo/herb_All.html)
- Consumer Lab – Evaluates quality of over-the-counter supplements - [http://www.consumerlab.com](http://www.consumerlab.com)