

# Resources for Cancer Patients, Cancer Survivors, and Their Caregivers

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## Online Resources about Cancer

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**American Cancer Society:** [www.cancer.org](http://www.cancer.org)

Information on specific cancers, treatments, symptoms, and complementary and alternative medicine (CAM).

**American Institute for Cancer Research (AICR):** [www.aicr.org](http://www.aicr.org)

Recipes and information on nutrition and cancer, and cancer prevention.

**Chemocare, Cleveland Clinic Cancer Care Center:** [www.chemocare.com](http://www.chemocare.com)

Information on chemotherapy, side effects, and drugs.

**Memorial Sloan-Kettering Cancer Center:** [www.mskcc.org](http://www.mskcc.org)

Information on cancer diagnosis and treatment and herbal supplements.

**National Cancer Institute:** <http://cancer.gov>

Information on cancer diagnosis, treatment, supportive care, and nutrition.

**Oncolink, Abramson Cancer Center of the University of Pennsylvania:**  
[www.oncolink.org](http://www.oncolink.org)

Information on cancer diagnosis and treatment and symptom management.

# Nutrition Resources

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## Books on Cancer and Nutrition

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American Cancer Society. *Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer*. Atlanta, GA: American Cancer Society; 2010.

Dalzell K. *Challenge Cancer and Win! Step-by-Step Nutrition Action Plans for Your Specific Cancer*. Round Lake, IL: Nutriquest; 2002.

Davis SL, Gunning S. *Thriving after Breast Cancer: Essential Healing and Exercises for Body and Mind*. New World Digital Publishing; 2010.

Dyer D. *A Dietitian's Cancer Story: Information and Inspiration for Recovery and Healing from a Three-Time Cancer Survivor*. Ann Arbor, MI: Swan Press; 2010. (Also available in Spanish.)

National Cancer Institute. *Eating Hints for Cancer Patients: Before, During, and After Treatment*. Rev ed. Bethesda, MD: National Cancer Institute; 2009.

Rann P. *Dinner Through a Straw: A Handbook for Maxillary Trauma*. Murfreesboro, TN: Dethero Enterprises; 1987. [www.dinnerthroughastraw.net](http://www.dinnerthroughastraw.net).

Weldon G. *Dietary Options for Cancer Survivors: A Guide to Research on Food, Food Substances, Herbals, and Dietary Regimens That May Affect Cancer*. Washington, DC: American Institute for Cancer Research; 2002.

## Other Books on Nutrition

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Duyff RL. *American Dietetic Association Complete Food and Nutrition Guide*. 4th ed. Hoboken, NJ: Wiley; 2012.

Heber D, Bowerman S. *What Color Is Your Diet? The 7 Colors of Health*. New York, NY: Regan Books; 2001.

## Online Resources

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**Academy of Nutrition and Dietetics:** [www.eatright.org](http://www.eatright.org)

Current nutrition information on a variety of topics.

**MyPlate:** [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

A comprehensive resource for healthy eating, including guidelines for meal planning based on your age, sex, activity level, and weight goals; information about different foods; and many tools for tracking your food choices.

**Oncology Nutrition Dietetic Practice Group (DPG):**

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

Valuable resources for patients, dietitians, and other health care professionals.

## Cookbooks

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Achilles E. *Dysphagia Cookbook: Great Tasting and Nutritious Recipes for People with Swallowing Difficulties*. Nashville, TN: Cumberland House; 2004.

American Cancer Society. *American Cancer Society's Healthy Eating Cookbook*. 2nd ed. Atlanta, GA: American Cancer Society; 2001.

American Institute for Cancer Research. *The New American Plate Cookbook*. Berkeley: University of California Press; 2005.

Clegg H, Miletello G. *Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment*. Nashville, TN: Favorite Recipes Press; 2006.

Ghosh K, Carson L, Cohen E. *Betty Crocker's Living with Cancer Cookbook*. New York, NY: Wiley; 2001.

Katz R. *One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends*. Berkeley, CA: Celestial Arts; 2008.

Mathai K. *The Cancer Lifeline Cookbook*. Seattle, WA: Sasquatch Books; 2004.

Napier K, ed. *American Dietetic Association Cooking Healthy Across America*. Hoboken, NJ: Wiley; 2005.

Weihofen DL, Marino C. *The Cancer Survival Cookbook: 200 Quick and Easy Recipes with Helpful Eating Hints*. New York, NY: Wiley; 2002

Weihofen DL, Robbins J, Sullivan P. *Easy-to-Swallow, Easy-to-Chew Cookbook*. New York, NY: Wiley; 2002.

# Complementary, Alternative, and Integrative Therapy Resources (Including Dietary Supplements and Herbs)

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## Books

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American Cancer Society. *American Cancer Society's Complete Guide to Complementary and Alternative Cancer Therapies*. Atlanta, GA: American Cancer Society; 2009.

Weldon G. *Dietary Options for Cancer Survivors: A Guide to Research on Food, Food Substances, Herbs, and Dietary Regimens That May Affect Cancer*. Washington, DC: American Institute for Cancer Research; 2002.

## Online Resources

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**Consumerlab:** [www.consumerlab.com](http://www.consumerlab.com)

Subscription service (small fee) for comparative data on popular nutrition products and dietary supplements.

**Longwood Herbal Task Force:** [www.longwoodherbal.org](http://www.longwoodherbal.org)

Detailed information, articles, and educational materials on herbs.

**Medline Plus Drugs, Supplements, and Herbal Information:**

[www.nlm.nih.gov/medlineplus/druginformation.html](http://www.nlm.nih.gov/medlineplus/druginformation.html)

National Institutes of Health's easy-to-browse database. Entries on supplements and herbs include information about effectiveness, usual dosage, and drug interactions.

**National Cancer Institute (NCI) Complementary and Alternative  
Medicine page:** [www.cancer.gov/cancertopics/cam](http://www.cancer.gov/cancertopics/cam)

Information on current research as well as “Thinking About Complementary and Alternative Medicine: A Guide for People With Cancer.”

**National Center for Complementary and Alternative Medicine:**

[www.nccam.nih.gov](http://www.nccam.nih.gov)

In-depth information on complementary and alternative medicine (CAM), evidence-based information on various health topics, and resources to find a CAM practitioner.

**National Institutes of Health Office of Dietary Supplements:**

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

Database and fact sheets on dietary supplements.

**Natural Medicines Comprehensive Database Consumer Version:**

<http://naturaldatabaseconsumer.therapeuticresearch.com>

Easy-to-understand information on natural products.

**Quackwatch:** [www.quackwatch.com](http://www.quackwatch.com)

Guide to information on health fraud, quackery, and unproven therapies.

## Food-Safety Resources

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**Ask Karen:** [www.fsis.usda.gov/ask\\_karen](http://www.fsis.usda.gov/ask_karen)

Answers to frequently asked food-safety questions by experts from the U.S. Department of Agriculture.

**FoodSafety.gov:** [www.foodsafety.gov](http://www.foodsafety.gov)

Gateway to federal government information on food-safety topics.

**Home Food Safety:** <http://homefoodsafety.org>

Information about food poisoning and safe food-handling information and tips.

**Partnership for Food Safety Education:** [www.fightbac.org](http://www.fightbac.org)

Educational materials on food safety for families.