

Reliable Nutrition Information for People Living with Cancer

Caring 4 Cancer

www.caring4cancer.com/go/cancer/nutrition

This is an excellent website on nutrition for people across the cancer continuum. It contains tips for food planning before treatment, healthy recipes, symptom support (including loss of appetite, early fullness, sore mouth, nausea, diarrhea, constipation), avoiding weight loss, avoiding weight gain, nutrition and medications, and more.

American Institute for Cancer Research

<http://www.aicr.org>

Excellent resources for cancer patients and survivors including nutrition, healthy recipes and physical activity. There is a special section with tips for handling nutrition related side effects of treatment including loss of appetite, nausea, diarrhea, constipation, etc.

http://www.aicr.org/site/PageServer?pagename=patients_survivors_cancer_treatment_nutrition

The American Dietetic Association

www.eatright.org

The American Dietetic Association provides nutritional recommendations for cancer patients and survivors. <http://www.eatright.org/Public/content.aspx?id=5541>

The Cancer Project / A Nutrition and Cancer Nonprofit Organization

www.cancerproject.org

The Cancer Project is a nonprofit organization dedicated to cancer prevention and survival through nutrition education and research. The Cancer Project promotes a Vegetarian/Vegan diet. Good information on their site regarding the importance of eating a wide variety of fruits and vegetables. EAT A RAINBOW!!!

The World Cancer Research Fund and American Institute for Cancer Research

www.dietandcancerreport.org

The World Cancer Research Fund and American Institute for Cancer Research provide an opportunity to obtain a free report on scientifically proven recommendations for food, nutrition, physical activity, and cancer prevention.

University of Pennsylvania Abramson Cancer Center

www.oncolink.org

University of Pennsylvania Abramson Cancer Center provides a link specifically for nutrition resources and supportive care for cancer patients, survivors, and professionals here. <http://oncolink.org/coping/coping.cfm?c=3>

Diana Dyer – Dietician and cancer survivor

www.cancerrd.com

This is a website geared to cancer patients and survivors with healthy recipes and links to nutritional information.

Memorial Sloan Kettering Cancer Center

www.mskcc.org/mskcc/html/11570.cfm

Website focused on evidence-based information on herbs and botanical nutritional supplements. Learn which supplements may harm you, which may dangerously interact with your anti-coagulant medications, which may interfere with the metabolism of certain medications, and more.

National Cancer Institute

www.Cancer.gov/cam

The National Cancer Institute provides links for patients related to complementary and alternative medicine.