

THE ESSENTIAL COOKBOOK

for People UNDERGOING CANCER TREATMENT

REVISED AND EXPANDED: this second edition of *What to Eat During Cancer Treatment* includes more than 130 simple, easy-to-prepare recipes to help you cope with common eating-related side effects.

- NAUSEA
- DIARRHEA
- CONSTIPATION
- TROUBLE SWALLOWING
- SORE MOUTH OR THROAT
- UNINTENTIONAL WEIGHT LOSS
- TASTE CHANGES

THIS INVALUABLE RESOURCE also delivers practical advice based on extensive evidence and years of sound clinical experience, including:

- Advice for the caregiver
- Food safety precautions and answers to common questions
- Tips for easy meals, staying hydrated, and eating out
- Guidance on eating and living well after treatment



WHAT TO EAT DURING CANCER TREATMENT

More than 130 Recipes to Help You Cope

WHAT TO EAT

DURING CANCER TREATMENT

Joanne Bower and Barbara L. Grant, MS, RDW, PhD
with the American Cancer Society

SECOND EDITION

American
Cancer
Society

The American Cancer Society Cookbook

Chao Zhang



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disease fighting ingredients that are satisfying and sustaining such as Pumpkin Seed Cornbread Stuffing Quinoa Black Bean Salad Salmon Cakes with Mango Salsa Cucumber Gazpacho Roasted Kale Each recipe includes a full nutritional analysis so you can easily make the healthiest choices without sacrificing flavor or flexibility Whether preparing meals for relatives friends or yourself you ll find everything you need to cook your way toward a cancer free life The Brackney Family Cookbook ,1997*

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