



UR
MEDICINE

WILMOT
CANCER INSTITUTE

Cancer Nutrition Information

Your nutritional needs will change as you progress through the various stages of cancer, from diagnosis to active treatment to recovery. For personalized guidance, please contact your center's Registered Dietitian. Highland Hospital: 585-341-8013

Pluta Cancer Center: 585-486-0654 Wilmot Cancer Center: 585-275-5823

<p>American Institute for Cancer Research: www.aicr.org Cancer nutrition info Recipes Cookbooks Weekly recipes via email</p> <p>www.fruitsandveggiesmorematters.org Recipes Nutrition info Storage tips</p> <p>American Cancer Society: www.cancer.org Reducing cancer risk Treatment and recovery Research</p> <p>www.oncologynutrition.org (Click on <i>Eat Right to Fight Cancer</i>) Eating Well When Unwell Healthy Nutrition Now Recipes, Menus, Diets</p> <p>www.foodsafety.gov Food recalls Food storage Recommended cooking temperatures</p> <p>www.pcrm.org/health/cancer-resources Cancer nutrition info Recipes Weekly recipes via email Survivor conferences</p> <p>www.cancer.gov/about-cancer Cancer basics Treatments</p>	<p>www.cookforyourlife.org In treatment recipes Survivorship recipes Blog</p> <p>Rochester Area Vegan Society www.rochesterveg.org Monthly meetings Recipes Newsletters</p> <p>www.cancerdietitian.com Prevention and survivorship Recipes Webinars & videos</p> <p>www.seafoodwatch.org Sustainable seafood sources Recipes</p> <p>www.seafoodhealthfacts.org Nutritional benefits Food safety</p> <p>www.rebeccakatz.com Recipes Cookbooks Videos</p> <p>www.oley.org Tube feeding supply exchange Tube feeding support</p> <p>Wilmot Cancer Institute www.Wilmot/urmc.edu/nutrition Cancer nutrition information Recipes</p>
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Cooking Class:

Cooking for Wellness, a collaboration of the Wilmot Cancer Institute and the Pluta Cancer Center Foundation. This FREE hands-on class usually occurs the 3rd Thursday of each month (except July and December) at a local teaching kitchen. Menus feature whole foods, plant-based recipes including legumes, whole grains and seasonal produce. For more information, please call 486-0654, or visit: www.wilmot/urmc.edu/cooking

Recipe websites:

VeganChef.com

VeganCooking.com

tastespotting.com

VegForLife.org

VeganRecipes.com

wegmans.com

TryVeg.com

MeatoutMondays.org

DeliciousTV.com

ChooseVeg.com

vegkit.org

www.isachandra.com

VegWeb.com

VeganOutreach.org

Books for Cancer Nutrition/Recipes:

FREE DOWNLOADS:

Eating Hints Before, During and After Cancer Treatment, National Cancer Institute
(76 pages) <https://www.cancer.gov/publications/patient-education/eatinghints.pdf>

Nutrition for the Person with Cancer During Treatment, American Cancer Society
<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/nutrition-during-treatment.html>

H.E.A.L. Well: A Cancer Nutrition Guide, American Institute for Cancer Research,
LIVESTRONG Foundation, Savor Health (31 pages)
<http://www.aicr.org/assets/docs/pdf/education/heal-well-guide.pdf>

Food For Thought Healing Foods to Savor, by Sheila Kealey, Vicky Newman, and Susan Faerber.
University of California, San Diego

Cooking with Foods that Fight Cancer, by Richard Beliveau & Denis Gingras

Cancer Fighting Kitchen, by Rebecca Katz

One Bite at a Time, by Rebecca Katz

What to Eat During Cancer Treatment, by American Cancer Society

Living with Cancer, by Betty Crocker

Eating Well Through Cancer, by Holly Clegg and Gerald Miletello

The Cancer Survivor's Guide, by Neal Barnard, MD & Jennifer Reilly, RD

The New American Plate Cookbook, by American Institute for Cancer Research