

Stanford Cancer Nutrition Services



Resources List:

Websites & Phone Numbers

http://cancer.stanford.edu/patient_care/amenities/cancerPatientServices/supportiveCareServices/ – Stanford Cancer Center; Cancer Supportive Care Program

www.cancer.org - The American Cancer Society, 1-800-ACS-2345

www.cancer.gov or <http://cancernet.nci.nih.gov> - National Cancer Institute, 1-800-4-CANCER

www.oncolink.com – a resource of the University of Pennsylvania Cancer Center, general information

www.cancercares.org - a national nonprofit organization, 1-800-813-HOPE

www.aicr.org – American Institute for Cancer Research, 1-800-843-8114

www.oncologynutrition.org – cancer nutrition resources created by oncology dietitians.

www.eatright.org –The Academy of Nutrition and Dietetics, 1-800-877-1600

www.nccam.nih.gov – National Center for Complementary and Alternative Medicine, 1-888-644-6226

www.mskcc.org/cancer-care/integrative-medicine/ –Information on herbs and botanicals

www.fnic.nal.usda.gov/ - Food and nutrition information center (general nutrition information)

www.caring4cancer.com - well-integrated health and medical resource developed by health care professionals

www.ewg.org - information on organics, safe water, food containers, cooking equipment, cosmetic, and more!

Newsletters

Newsletter on Diet, Nutrition and Cancer Prevention: www.aicr.org (see contact info above)

Environmental Nutrition: www.environmentalnutrition.com 1-800-829-5384

Tufts University Health & Nutrition Letter: www.healthletter.tufts.edu 1-800-274-7581

Nutrition Action Health Letter: Center for Science in the Public Interest, www.cspinet.org

Cook Books & Recipe Websites

The Longevity Kitchen, Rebecca Katz w/Mat Edelson, 2013

Cancer Fighting Kitchen, Rebecca Katz w/Mat Edelson, 2009

One Bite at a Time, 2nd Ed, Rebecca Katz w/Mat Edelson, 2008

The Essential Cancer Treatment Nutrition Guide and Cookbook, Jean LaMantia RD, 2012.

What to Eat During Cancer Treatment: 100 Great-Tasting, Family Friendly Recipes to Help You Cope, J. Besser, K. Ratley RD, CSO, LDN, S. Knecht RD, CSO, LDN, M. Szafranski RD, CSO, LDN

Betty Crocker's Living with Cancer Cookbook: Easy Recipes & Tips through Treatment & Beyond, K. Ghosh, et al, 2007

The Cancer Lifeline Cookbook: Recipes, Ideas & Advice to Optimize the Lives of People Living with Cancer, K. Mathai, MS, RD & G. Smith, 2004

Eating Well Through Cancer, Holly Clegg & Gerald Miletello, MD

Easy to Swallow, Easy to Chew Cookbook, Donna Weihofen, et al, 2002

The Cancer Survival Cookbook, Donna Weihofen & Christina Marino, 1998

www.cookinglight.com - reduced calorie recipes

www.vegetariantimes.com - plant-based recipes

www.foodfit.com - website for general nutrition info and great recipes

www.EatingWell.com - website and magazine with great health tips & recipes

www.101Cookbooks.com – local, seasonal, and healthy plant-based recipes

Other Books & Resources

Supportive Cancer Care, The Complete Guide for Patients and Their Families, Ernest H. Rosenbaum, MD, Isadora Rosenbaum, MA, 1998, 2001

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Stanford Cancer Nutrition Services | 650.498.2512

stanfordhealthcare.org/cancernutrition

