Resources List:

**Websites & Phone Numbers**

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

[www.cancer.org](http://www.cancer.org) - The American Cancer Society, 1-800-ACS-2345

[www.cancer.gov](http://www.cancer.gov) or [http://cancernet.nci.nih.gov](http://cancernet.nci.nih.gov) - National Cancer Institute, 1-800-4-CANCER

[www.oncolink.com](http://www.oncolink.com) – a resource of the University of Pennsylvania Cancer Center, general information

[www.cancercare.org](http://www.cancercare.org) – a national nonprofit organization, 1-800-813-HOPE

[www.aicr.org](http://www.aicr.org) – American Institute for Cancer Research, 1-800-843-8114

[www.oncologynutrition.org](http://www.oncologynutrition.org) – cancer nutrition resources created by oncology dietitians.

[www.eatright.org](http://www.eatright.org) – The Academy of Nutrition and Dietetics, 1-800-877-1600


[www.caring4cancer.com](http://www.caring4cancer.com) – well-integrated health and medical resource developed by health care professionals

[www.ewg.org](http://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](http://www.aicr.org) (see contact info above)

Environmental Nutrition: [www.environmentalnutrition.com](http://www.environmentalnutrition.com) 1-800-829-5384

Tufts University Health & Nutrition Letter: [www.healthletter.tufts.edu](http://www.healthletter.tufts.edu) 1-800-274-7581

Nutrition Action Health Letter: Center for Science in the Public Interest, [www.cspinet.org](http://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


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. Szafrenski 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](http://www.cookinglight.com) - reduced calorie recipes

[www.vegetariantimes.com](http://www.vegetariantimes.com) - plant-based recipes

[www.foodfit.com](http://www.foodfit.com) - website for general nutrition info and great recipes

[www.EatingWell.com](http://www.EatingWell.com) - website and magazine with great health tips & recipes

[www.101Cookbooks.com](http://www.101Cookbooks.com) – local, seasonal, and healthy plant-based recipes

**Other Books & Resources**


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