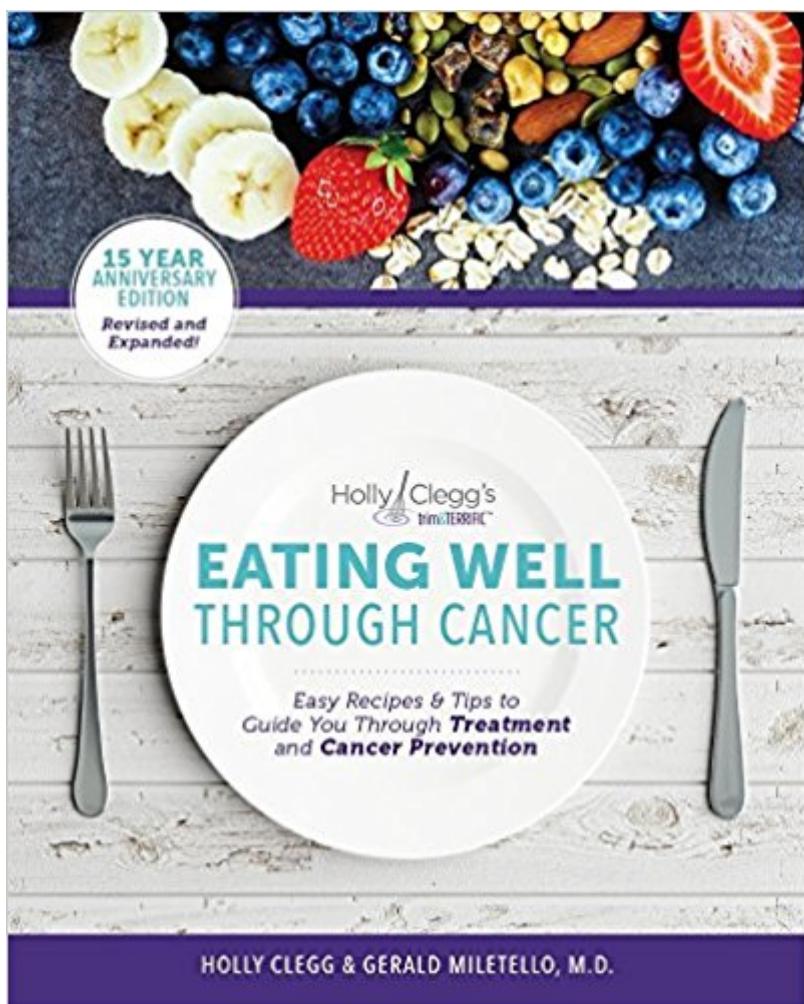


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# Eating Well Through Cancer: Easy Recipes & Tips To Guide You Through Treatment And Cancer Prevention



## Synopsis

Best-selling cancer cookbook for cancer patients highlights. "What can I eat when going through cancer treatment?" This newly revised and expanded 15-year anniversary edition includes chapters on nourishing foods that are best tolerated to ease common side effects such as nausea, sore mouth and throat, taste changes, neutropenia and weight loss. With easy everyday recipes using familiar ingredients, you'll find this book an invaluable recipe resource for cancer prevention.  Featured on The 700 Club, CBN. Cancer patients worldwide rely on this iconic cancer cookbook with recipes to guide them what to eat so as to maintain strength and appetite during cancer treatment. Easy to read, with simple, nutritious recipes, beautiful photographs, tips and information, the cancer cookbook highlights diabetic, gluten-free, vegetarian and freezer-friendly recipes and guides patients on what to eat while undergoing treatment. The new edition brings together 175 recipes with crisp photographs and chapters classified as per the side effects and symptoms observed. Most of the recipes are simple, everyday dishes with a healthy twist, where Clegg's "never sacrifice taste" philosophy is paramount. Clegg, best-selling national healthy cookbook author believes, "Food that is good for you can be delicious and easy-to-prepare." "Nutrition is important for cancer prevention and sustaining a healthy lifestyle." Dr. Miletello, oncologist and cancer researcher, has always been interested in helping patients maintain good nutrition while undergoing chemotherapy. "Although no diet has been proven to prevent cancer, health authorities agree that a properly chosen diet can reduce the risk of developing certain cancers," says Dr. Miletello. We also feel that a properly chosen diet can help you to fight cancer once you have developed it. "We have found 'Eating Well Through Cancer' to be the perfect resource for our patients and their family members," said Megan Doyle Battaglia of the Roswell Park Cancer Institute. "Patients and caregivers love it. We have provided 'Eating Well Through Cancer' for our patients for about 8 years. It is a terrific resource for patients throughout their journey," observed Gay Prescott, Vice President of Development, Hope Cancer Resources.

## Book Information

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## Customer Reviews

"I wanted Holly to know how fantastic I think her book "Eating Well Through Cancer" is. I am a registered dietitian and teach a nutrition class for cancer patients. I was given the book as a reference from one of the nurses I work with. It is excellent!!! I will highly recommend it to the patients I teach and also plan to promote her other books and website through the American Dietetic Association Weight Management practice group." --Marci Anderson, Registered Dietitian Wellness Institute, Provo, Utah

The number one subject cancer patients request information on is nutrition. We have found "Eating Well Through Cancer" by Holly Clegg to be the perfect resource for our patients and their family members. The cookbook not only offers delicious and nutritious recipes but the book is organized by how the cancer patients feels and what they need. This book has become an invaluable tool for our patients and their families. Many patients continue to use this book years after their diagnosis." --Megan Doyle Battaglia Roswell Park Cancer Institute Buffalo, NY

Eating Well Through Cancer has been a wonderful resource for our patients. It is informative, and it is practical. Patients and caregivers love it. We have provided this for our patients for about 8 years. We were thrilled last fall when the Spanish version was published. It is a terrific resource for patients throughout their journey. --Gay Prescott Vice President of Development Hope Cancer Resources

A Note from Holly: The first edition of Eating Well Through Cancer came out in 2001 and was updated in 2006. Still, one of the best-selling cancer cookbooks, I felt it was time to update and expand the cookbook with a ten year anniversary edition. As author of the trim&TERRIFIC® cookbook series, and my more health focused Eating Well series, I have sold over 1 million cookbooks! My hope is that these easy, healthy everyday cookbooks have helped people during challenging times and to lead an overall healthier lifestyle. Years ago, Dr. Miletello pointed out to me that one of the most often asked questions by cancer patients was, "What can I eat?"

Because of my love of food, this cancer cookbook was an opportunity for me to use my expertise in recipe development to create appropriate and best tolerated food addressing the side effects of cancer treatment. **PEOPLE WITH CANCER STILL NEED TO EAT!** My challenge was to provide appealing EASY recipes that ease specific side effects during treatment. The chapters are organized into these different side effects with approachable simple, realistic nourishing recipes using familiar ingredients, but with an awareness of what a person can eat at each stage of treatment.

This book became very personal as my father was diagnosed with larynx cancer and had to undergo treatment. I better understood the everyday challenges he faced with eating. Fifteen years later, he speaks with an artificial larynx; and still looks forward to my cooking. We hope our book will help guide you through treatment, support the caregiver and be a recipe resource for a healthy kitchen for cancer prevention. Eating is a necessity and we hope these simple, super-satisfying recipes will make treatment a little easier with the comfort of food.

**ANote from Gerald Miletello, MD** Cancer is an uncontrolled growth of cells that destroys the function of normal cells. Cancer can involve one organ of the body or every organ, including the blood. Once your treatment for cancer begins, you will likely notice a change in your appetite and your sense of taste and smell. The changes are secondary to normal cells being destroyed, as well as cancer cells. The goal of cancer treatment is to destroy the cancer cells and allow the good cells to flourish. The loss of appetite, called anorexia, is one of the most common side-effects of chemotherapy. Trying to maintain adequate calorie intake during this time can be very difficult for the patient or caregiver who is trying to prepare food. You have to maintain your nutrition in order to maintain your health and strength to enable you to fight the cancer. Certain foods that you once loved may no longer appeal to you. Your taste and craving may change from day to day and hour to hour. You may also develop side effects from the treatment or from the medication. We hope that we can offer suggestions for food and drinks that will appeal to you, as well as suggestions for foods that will assist in managing some of the side-effects of chemotherapy. Although no diet has been proven to prevent cancer, health authorities agree that a properly chosen diet can reduce the risk of developing certain cancers and can help you to fight cancer.

Our older daughter is recovering from cancer and is in chemo. Not everything is appealing to her. There are enough good recipes in this book that she can find one or more appropriate ones for just about any occasion.

This book has quality recipes and quality color printing and format. I recommended this resource to 3 of our local cancer support groups.

All Good

Excellent delicious easy recipes.

Very good and easy recipes. And good advise.

A lot of ingredients my cancer sufferer will not eat. Good ideas in the advice sections

We wish we would have read this book sooner.

Good healthy recipes.

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