The purpose of this guide is to help you find information and support on nutrition and cancer prevention. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

**Brochures and Fact Sheets**

- American Institute for Cancer Research
  - 10 Ways to Reduce Your Cancer Risk
  - Eat Well to Reduce Your Cancer Risk
  - Move More
  - The New American Plate
  - Nutrition and the Cancer Survivor
  - Reach Your Healthy Weight

Printable versions of AICR publications are available online at: [http://aicr.org/publications/brochures/](http://aicr.org/publications/brochures/)

All PDFs are available to you once you register for the site. You can also request brochures be mailed to you, at no expense.

**Books**


Audiovisual Resources
- American Institute for Cancer Research. Experts talk about reshaping your meals, increasing your level of physical activity, and managing your weight during and after treatment.
  Accessible online at: https://www.youtube.com/user/aicrwebmaster/videos?disable_polymer=1

Web Resources
- American Cancer Society: Guidelines on Nutrition and Physical Activity for Cancer Prevention
  http://cancer.org
  - Click “Stay Healthy”
  - Click “Eat Healthy and Get Active”
- American Institute for Cancer Research: Foods that Fight Cancer
  http://aicr.org/foods-that-fight-cancer
  A wealth of information on lifestyle and diet changes for cancer prevention based on research funded by this organization. Includes recipes and the printable versions of their publications.
- CancerRD
  http://cancerrd.com
  The website of registered dietitian Diane Dyer, a 3-time cancer survivor. The site provides nutrition information and light/low-fat recipes.
University of Michigan Resources

- Cancer Nutrition Services at the University of Michigan Rogel Cancer Center
  This site has information provided by UMCCC-registered cancer dietitians. There is a section that focuses on nutrition and cancer prevention. Also included is a collection of recipes to help people get the recommended daily amount of fruit and vegetables in their diet.