The purpose of this guide is to help you find information and support on nutrition during cancer treatment. 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**


  → Scroll midway down left side
  → Click “Request a Sample”


  A need-to-know guide for those who have been diagnosed with cancer

**Books**


Audiovisual Resources

- American Institute for Cancer Research. **Food for the Fight.** Washington D.C.: AICR, 2013. On this 2-part DVD, experts provide clear-cut answers on how to manage the dietary challenges associated with treatment, maintain a stable weight, and even enjoy satisfying meals. Available online at:  
  [http://aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html](http://aicr.org/learn-more-about-cancer/learn_resource_food_for_the_fight_dvd.html)

Web Resources

- **American Cancer Society: Nutrition for Patients and Survivors**
  An extensive section with information on managing nutrition during cancer treatment. Includes recipes and advice on the use of herbals, vitamins, minerals, and supplements.  

- **American Institute for Cancer Research**
  [http://aicr.org](http://aicr.org)
  → Scroll down to “Cancer Patients & Survivors”
  → Click “Nutrition Information”

  This site provides many recipes as well as a list of foods that fight cancer and a guide to the nutrition facts label. They also have a Nutrition Hotline that connects you directly to a registered dietitian.

- **CancerRD**
  [http://cancerrd.com](http://cancerrd.com)
  The website of registered dietitian Diane Dyer, a 3-time cancer survivor, that provides nutrition information and light/low-fat recipes.

- **National Cancer Institute: Nutrition in Cancer Care PDQ**
  This site explains the effects of cancer and treatment on nutrition and provides information to help maintain a healthy diet.  
  → Scroll down right side
  → Click desired section or “View All”
University of Michigan Resources

- Cancer Nutrition Services at the University of Michigan Rogel Cancer Center

  Managing nutrition problems, nutrition tips and recipes provided by UMCCC registered cancer dietitians.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Document #0047/ Compiled by Amy Hyde, MILS, Patient Education Resource Center Librarian

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