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 the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- American Cancer Society. *Nutrition for the Person with Cancer during Treatment.* Available at: [http://goo.gl/stiJM7](http://goo.gl/stiJM7)
- American Institute for Cancer Research. *Nutrition during Cancer Treatment.* Available at: [http://goo.gl/LjZ1wF](http://goo.gl/LjZ1wF)

**Books**

Herbert, Mike. *The Chemotherapy Diet: 5 Steps to Staying Healthy During Cancer Treatment*


**Audiovisual Resources**

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.
  [http://cancer.org](http://cancer.org)
  → Click “Find Support & Treatment”
  → Scroll down and click “Nutrition for People with Cancer”

- **American Institute for Cancer Research**
  [http://aicr.org](http://aicr.org)
  → Scroll down to “Survivors & Patients”
  → 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.
  [http://cancer.gov](http://cancer.gov)
  → Click “Cancer Topics”
  → Click “Coping with Cancer”
  → Click “Managing Physical Effects”
  → Click “Nutrition”

**University of Michigan Resources**

- **Cancer Nutrition Services at the University of Michigan Comprehensive Cancer Center**
  [http://cancer.med.umich.edu/support/nutrition.shtml](http://cancer.med.umich.edu/support/nutrition.shtml)
  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.

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