

Pathfinder series: Healthy Eating

Websites:

Dieticians of Canada <http://www.dieticians.ca/>

This site has lots of interesting and helpful features aimed at helping you eat and live well. The Eating + Activity Tracker, Virtual Grocery Store, Recipe Analyzer and other tools help you decipher food labels, put together a healthy meal and plan menus- all online. This is an excellent resource with lots of potential.

EatRight Ontario <http://www.eatrightontario.ca/en/default.aspx>

Lots of good information on a wide variety of nutritional topics including disease prevention, healthy eating, menu planning, vitamins and mineral and more. The site also includes a toll-free number to speak with a Registered Dietician about any questions or nutritional concerns.

Eating Well with Canada's Food Guide

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

The online edition of this resource includes the interactive "My Food Guide" which allows user to personalize the guide, a servings tracker to ensure you are getting the right number of servings each day, as well as many other handy features and tools.

Canadian Cancer Society <http://www.cancer.ca/> (choose "About Cancer" from the toolbar, then "Coping With Cancer")

The CCS has excellent, current information about coping with cancer including special nutrition needs, food safety, eating well after treatment, healthy recipes and more.

BC Cancer Agency <http://www.bccancer.bc.ca/>

The "Patient/ Public Info" section of this site has great resources on topics like coping with cancer- which includes things like nutrition and complementary and alternative therapies, emotional support and managing symptoms. Much of the information is available in pamphlet/ brochure form and is formatted for downloading and printing for those who are interested.

American Institute for Cancer Research <http://www.aicr.org/>

The AICR was the first research organization to focus on the link between diet and cancer, and their website is a useful tool for cancer patients and survivors looking for information on healthy eating, physical activity, prevention and more. Recipes, understanding food labels, a list of cancer-fighting foods and much more is included.

Memorial Sloan Kettering Cancer Center- About Herbs, Botanicals and Other Products <http://www.mskcc.org/mskcc/html/11570.cfm>

This is an extremely comprehensive, valuable and objective list of vitamins, herbs, supplements and many other complementary therapies that may be used in cancer treatment. MSKCC Integrative Medicine Department staff evaluate each item and provide information about uses, warnings, herb-drug interactions, adverse reactions, side effects and more. This site should be used as a guide, and as is the case with all complementary therapies, users should make sure that their primary healthcare team is aware of any supplements they are currently taking or are planning to take.

Books/videos your local librarian may be able to help you find:

The cancer-fighting kitchen: Nourishing, big flavour recipes for cancer treatment and recovery / Rebecca Katz

This book features 150 science based, nutrient-rich recipes that are easy to prepare and designed to give patients a much needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, taste changes and weight loss.

Books available from Central library, St. Catharines:

	<p>Foods that fight cancer: preventing cancer through diet / Richard Béliveau, Denis Gingras; translated by Miléna Stojanac, McClelland & Stewart, Pub. date: c2006, Call No.: 616.9940654 Bel</p> <p>Current research is showing that elements in particular foods may significantly reduce the risk of cancer in healthy individuals, and slow its progress in those already suffering from the disease. Information coming through the popular media is confusing and often hard to understand. The authors help us understand the therapeutic benefits of food and why it is so critical to add certain foods to our diet.</p>
	<p>Cooking with Foods That Fight Cancer / Richard Béliveau, Denis Gingras ; translated by Miléna Stojanac and Gordon McBride, M & S, Pub. date: c2007 Call No.: 641.5631 Bel</p> <p>This is the companion cookbook to Foods That Fight Cancer and in it the authors review the ways a healthy diet may assist in well-being and the prevention of disease. They offer concrete ways of putting these principles into practice on a daily basis with quick, easy and delicious recipes.</p>
	<p>Foods that fight disease: a nutrition guide to staying healthy for life/Leslie Beck ; Michelle Gelok, recipe development and nutritional analysis. Penguin, Canada, Pub. Date 2008, Call No.: 613.2 Bec</p> <p>Eating the right foods- and excluding certain foods- can significantly help you reduce the risk of disease and stay healthy, active, and energetic for life. The author explains which foods to eat and how to add them to your diet in easy and delicious ways. She also provides tips for buying, storing, preparing and incorporating power foods into your meals and snacks.</p>
	<p>Anticancer : a new way of life / David Servan-Schreiber, Viking, Pub. date: c2009, Call No.: 616.99405 Ser</p> <p>This book is the author's personal story, the story of the cases he has encountered and the medical and scientific story of the disease and its mechanisms. He pays particular attention to the relationship between a body and its cancer: to the immune system; and the influence of environmental toxins, nutrition, emotions and physical activity on cancer.</p>
	<p>One bite at a time : nourishing recipes for people with cancer, survivors, and their caregivers / Rebecca Katz with Marsha Tomassi and Mat Edelson, Celestial Arts, Pub date: 2004, Call No.: 616.994065 Kat</p> <p>The author of this book is a professional chef who teaches creative culinary solutions to people navigating the after-effects of cancer treatments. She shares delicious, immune-boosting recipes for people living with cancer, their caregivers and the ever growing number of cancer survivors.</p>