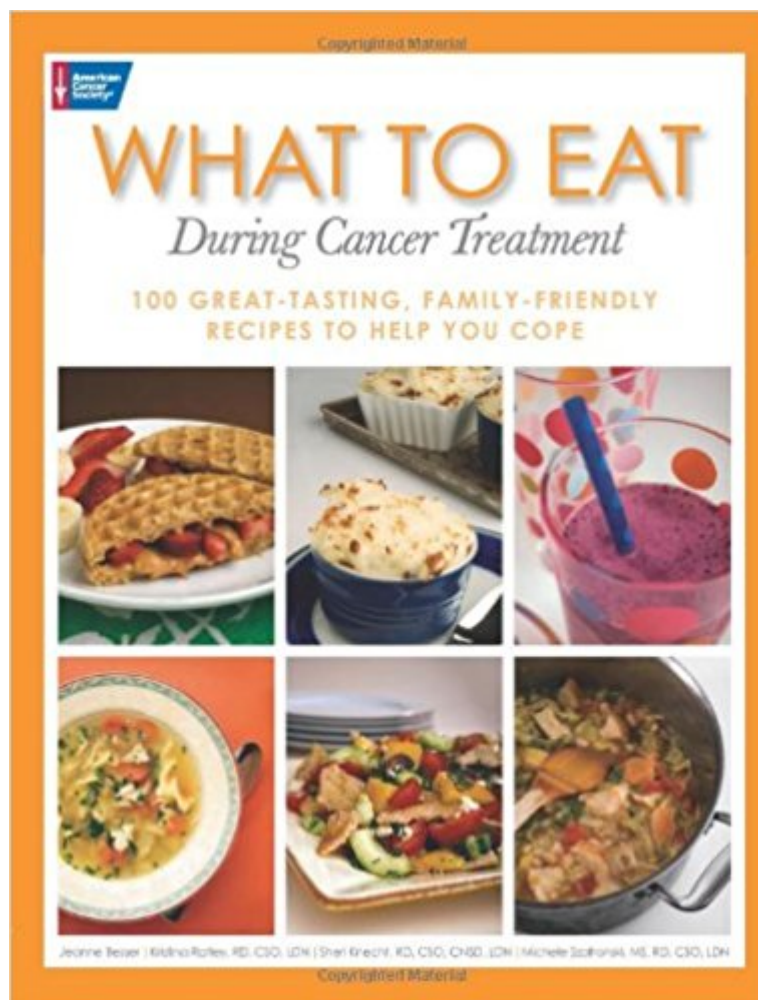




The book was found

# What To Eat During Cancer Treatment: 100 Great-Tasting, Family-Friendly Recipes To Help You Cope



## Synopsis

Winner: 2010 National Health Information Award, Gold; 2010 AM&P Snap/EXCEL Award, Silver; 2010 Mom's Choice Award, Gold, Adult Books - Cooking, Food & Wine; 2009 Association TRENDS All Media Contest, Silver; Finalist: 2010 National Indie Excellent Award, Cookbooks; 2009 USA Best Book Award, Cookbooks - General • This cookbook contains 100 fast, flavorful recipes to help both patient and caregiver prepare satisfying meals to combat some of the side effects of treatment. Recipes are organized by side effects and include Brie and Apple Grilled Cheese to deal with nausea, Lemon Egg-Drop Soup for diarrhea, Blueberry-Peach Crisp for constipation, a Sherbet Shake for sore mouth, and Honey-Teriyaki Salmon for taste alterations.

## Book Information

Paperback: 158 pages

Publisher: American Cancer Society; 1 edition (July 1, 2009)

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Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 73 customer reviews

Best Sellers Rank: #35,652 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #50 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #142 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Author and Atlanta-based food columnist Besser (The First Book of Baking, The Great American Eat-Right Cookbook) teams up with three registered dieticians to create this handy reference guide for cancer patients and caregivers. More than 100 recipes are included, classified by the side effects they help abate-nausea, weight loss, taste alterations, digestive issues, difficulty swallowing and others (most dishes apply to multiple symptoms). Besser emphasizes the familiar and comforting (chicken noodle soup, shepherd's pie, tuna melts, mac and cheese), but dozens of suggestions for each symptom ensure patients will find something satisfying. A simple Honey-Teriyaki Salmon may jolt taste buds out of a funk; Rosemary Beef with Shallot Cream provides valuable protein and

nutrients for the underweight, while a lush, creamy roasted cauliflower soup soothes a sore mouth. Each recipe is written clearly, with nutritional information as well as suggestions for substitutions and leftovers (extra mashed potatoes from Mashed Potato-Chicken Patties? Use them in a Shepherd's Pie). Besser closes with thoughtful ideas for a portable survival kit, including drinks, crave-busting snacks and tips for dining out. Approved by the American Cancer Society, this collection serves as a welcome reference and comfort for those living with illness. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Gold Recipient, Mom's Choice Awards 2010, Adult Books: Cooking, Food & Wine

I saw this book at the hematologist's office while waiting for the doctor. I purchased it for a friend who was diagnosed with Breast Cancer. It is a great book with great information and recipes during treatment.

Helpful guidance for eating during a time when food tastes off and the medicines make you less hungry. The book breaks down the recipes by symptoms. So far the twice baked potatoes have been a favorite. They indicate that they are good when nauseous, have a sore mouth or are experiencing unintentional weight loss. The book is published by the American Cancer Society so they should have a lot of experience feeding the cancer patient.

This is a great book whether for Cancer Treatment or just to have on hand for other illnesses. And you can adapt the recipes for later if you find one you particularly like. The recipes make small amounts because when you don't feel well you often don't want to eat. And this permits the individual to have a nourishing meal and not a lot of left overs to worry about. I recommend this book as a staple for your basic cookbook library.

I've purchased this book twice-while my husband was going through chemo, and then for another family. It's a small, concise recipe book, and recipes are well organized by symptoms. We didn't get to try out many of the recipes during that time, but there are a number I'll make at some other point. It's a good resource to have during a pretty crummy time.

Another book I purchased for my niece as she goes through having Cancer and her chemotherapy treatments, etc. She indicated the recipes in this book was helpful and easy to make. So happy

eating for her.

Unfortunately when you go through chemo what you can eat becomes a personal preference. Some of these recipes fit some didn't.

Love the pictures and love the fact that they put it together based on symptoms. Very smart.

very helpful & informative during my husband's chemo.

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