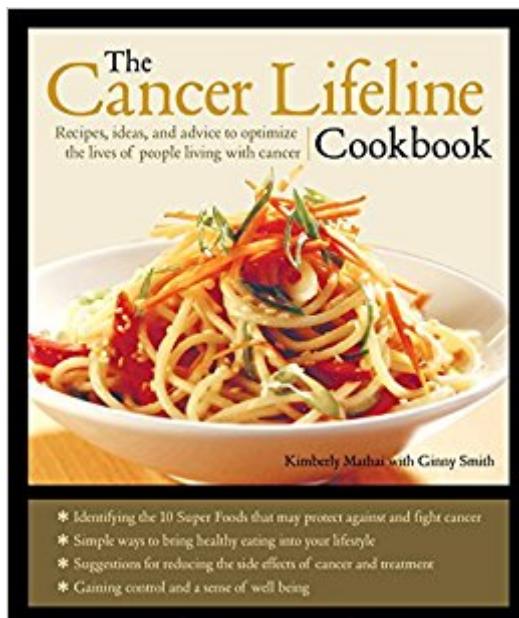


The book was found

The Cancer Lifeline Cookbook



Synopsis

After 30 years of providing counseling and support for people living with cancer, the Cancer Lifeline organization knows that one of the main areas of interest for patients and their families is food and nutrition. What foods have been shown to help prevent the spread of cancer? What are the nutritional "rules" for people with cancer? In answer, this new edition of the organization's cookbook presents up-to-date nutritional information (including the Top Ten Super Foods that may protect and fight against cancer) along with practical strategies for making healthy eating a daily practice and suggestions for reducing the side effects of treatment. It features 100 easy-to-make recipes from the nation's top chefs and from some cancer patients and survivors, including Blueberry Breakfast Cake, Honey-Glazed Green Beans with Almonds, and Citrus Chicken. These resources and more make it a natural choice for cancer survivors, people living with cancer, and those interested in a health-conscious diet.

Book Information

Paperback: 248 pages

Publisher: Sasquatch Books; 2nd edition (May 11, 2004)

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Product Dimensions: 8 x 6.8 x 0.7 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 3.9 out of 5 stars 12 customer reviews

Best Sellers Rank: #702,596 in Books (See Top 100 in Books) #116 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #77475 in Books > Health, Fitness & Dieting

Customer Reviews

"Proper nutrition is essential for cancer patients to maintain the quality of their lives and fight their cancer. Cancer Lifeline's new edition of Cancer Lifeline's cookbook is a terrific evidence-based resource of nutritional information as well as spe

Ginny Smith is coauthor of the previous edition, *What to Eat Now*. She and Kimberly Mathai live in Seattle, where Cancer Lifeline is based.

Recipes are delicious and easy. Love the Thai Chicken Soup, Ray's Cafe Seafood Margarita and

the Berry Fruit Crisp. The info in the beginning of the book is beneficial, especially the top ten "Super Foods", the Sources of Protein with measurements. There is a chapter on how to cope with possible side effects of cancer treatments such as food choices for nausea, diarrhea, sore throat, canker sores and more. Notes to caregivers etc. it is interesting and helpful at the same time!

When you or a loved one get a cancer diagnosis - EVERYTHING is so overwhelming. There is so much information to process and so many decisions to make. This book is a very quick read and can help you quickly start changing your diet to one that is more healthy. It includes information on managing the side effects of cancer treatment. More than half the book is quick, easy recipes to help you get started. I highly recommend this book as your "healthy-eating starter" book. Then once you aren't so overwhelmed you can purchase a larger, more in-depth book on cancer prevention nutrition.

I've bought multiple copies of this, first for myself (spouse is a cancer patient) and then for friends who have cancer or cook for a patient. Great photos make the food look wonderful. Good recipes, good tips. My only hesitation is that you can't get all the ingredients in our small town grocery stores. The sweet potato fries alone are worth the price of the book at the "used" price - all of mine have been less than half the marked price and only one was actually used, lightly.

this book offers healthy dishes for cancer patients. The helpful information on the value of the certain foods for specific ailments offers comfort when preparing for a cancer patient. I can't help noticing that these well-balanced offerings can be good for anyone, especially if gaining or losing weight is an objective. So I'm pleased to have this cookbook to help out my friend, and it may benefit my chubby self as well.

The Cancer Lifeline Cookbook: Recipes, Ideas, and Advice to Optimize the Lives of People Living with Cancer
A great book for a person or persons to learn what to eat to stay healthy with Cancer. Half of the book talks about why and more info about the foods and half has recipes.

A source that is useful and needs updating. I like the guidance it gives about foods that are more beneficial particularly for the cancer patient.

HAVE READ 15 BOOKS AND COULD HAVE SKIPPED 14 OF THEM. THIS ONE HAS SO MUCH

IN IT THAT IS VALUABLE TO A PERSON DIAGNOSED WITH CANCER.A BOOK WORTH THE MONEY.

This book is great, it has answers to a lot of questions I had after I found out I had cancer.

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