

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library).

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca)). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

## NUTRITION FOR PEOPLE WITH CANCER

A cancer diagnosis can leave you with many questions about if and how this will affect your diet – should I change my diet and what kinds of foods will best help me through treatment? Cancer survivors may have similar types of questions – how do I stay well and eat well after cancer? This Pathfinder has been designed to help your find answers to questions you may have about cancer and nutrition.

### LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer library are listed below. Visit your local BC Cancer library or go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

**American Cancer Society complete guide to nutrition for cancer survivors** (Book) **QZ266 A512g 2010**

Also available online at

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=342727>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 (toll-free) to obtain a username and password from the Library.

**Cancer-fighting kitchen** (Book) **QZ266 N9 K19 2017**

**Cancer survivor's guide: foods that help you fight back** (Book) **QZ266 N9 B259 2008**

**Cancer wellness cookbook** (Book) **QZ266 N9 M426c 2014**

**Cooking with foods that fight cancer** (Book) **QZ266 N9 B431c 2007**

**Eating well with swallowing difficulties** (Online book)

Go to [www.breakthroughcancerresearch.ie](http://www.breakthroughcancerresearch.ie) and click on Books.

**Essential cancer treatment nutrition guide and cookbook** (Book)

**QZ266 N9 L214 2012**

**Foods to fight cancer** (Book)

**QZ266 B431f 2007**

**Good nutrition for cancer recovery** (Online book)

Go to [www.breakthroughcancerresearch.ie](http://www.breakthroughcancerresearch.ie) and click on Books.

**Healthy eating during chemotherapy** (Book)

**QZ266 N9 V217 2008**

**Nutrition education day 2013** (DVD)

**QZ266 N974 2013**

**One bite at a time** (Book)

**QZ266 N9 K20 2008**

**Tell me what to eat before, during and after cancer treatment** (Book)

**QZ266 N9 W424 2010**

**What to eat during cancer treatment** (Book)

**QZ266 N9 W555 2019**

2009 edition available online at <http://site.ebrary.com/l...r.action?docID=10491581>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

## **Cancer Site-Specific Resources**

**Nourishing your body during pancreatic cancer treatment** (Online book)

Go to [www.breakthroughcancerresearch.ie](http://www.breakthroughcancerresearch.ie) and click on Books.

## **MAGAZINES**

This list provides the names of some magazines and newsletters that are available at BC Cancer centres or online.

### **Nourish**

Go to [www.nourishonline.ca](http://www.nourishonline.ca) to view the online magazine.

## PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online. To see all of our BC Cancer nutrition pamphlets go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Nutrition→Nutrition Handouts.

**Eating well when you have cancer** (Canadian Cancer Society)

Go to [www.cancer.ca](http://www.cancer.ca) and click on Support & Services→Publications or pick up a copy from the BC Cancer Library.

### Cancer Site-Specific Pamphlets

**Nutrition and lung cancer** (BC Cancer)

**Nutrition guide for men with prostate cancer** (BC Cancer)

**Nutrition guide for women with breast cancer** (BC Cancer)

**Nutrition, radiation therapy and brain cancer** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Nutrition Support→Nutrition Handouts→Specific Types of Cancer or pick up a copy from the BC Cancer Library.

## RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Nutrition for People with Cancer Websites.

### BC Cancer

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Click on Health Info→Coping with Cancer→Nutrition Support.

Provides information and handouts about nutrition for people with cancer and answers to frequently asked questions.

### American Cancer Society

[www.cancer.org](http://www.cancer.org)

Click Treatment & Support→During and After Treatment→Living Well During Treatment→Nutrition for People with Cancer.

Includes: information about nutrition for the person with cancer and low fibre foods; answers to common questions; as well as online classes and videos.

### American Institute for Cancer Research

[www.aicr.org](http://www.aicr.org)

Includes recommendations for survivors after treatment, dietary & exercise tips and recipes.

### Cook for Your Life

[www.cookforyourlife.org](http://www.cookforyourlife.org)

Teaches healthy cooking to people touched by cancer. Search for recipes based on your side effects, diet requirements and food preferences.

**ELLICSR Kitchen**[www.ellicsr.ca/en/clinics\\_programs/ellicsr\\_kitchen](http://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen)

Offers recipes and video cooking demos for people affected by cancer.

**HealthLinkBC**[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Click on Healthy Eating→For Your Condition→Cancer.

Provides guidelines for healthy eating after a cancer diagnosis. You can also email a dietitian or call 8-1-1 to speak to a dietitian.

**Oncolink**[www.oncolink.com](http://www.oncolink.com)

Click on Patients→Support→Nutrition and Cancer.

Includes articles about nutrition issues, including diarrhea, loss of appetite and more.

**SUPPORT PROGRAMS**

If you are experiencing poor eating and are losing weight, you may wish to make an appointment to speak with a BC Cancer Registered Dietitian.

**HealthLinkBC**[www.healthlinkbc.ca](http://www.healthlinkbc.ca) or call 8-1-1

HealthLinkBC is a free nutrition information service by Registered Dietitians that can provide information on healthy eating.

Ask to speak to the Oncology Dietitian.

*If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.*

**Abbotsford**

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

**Kelowna**

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

**Prince George**

Toll-free 1.888.675.8001, ext. 8001

**Surrey**

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

**Vancouver**

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

**Victoria**

250.519.5517 or toll-free 1.800.670.3322