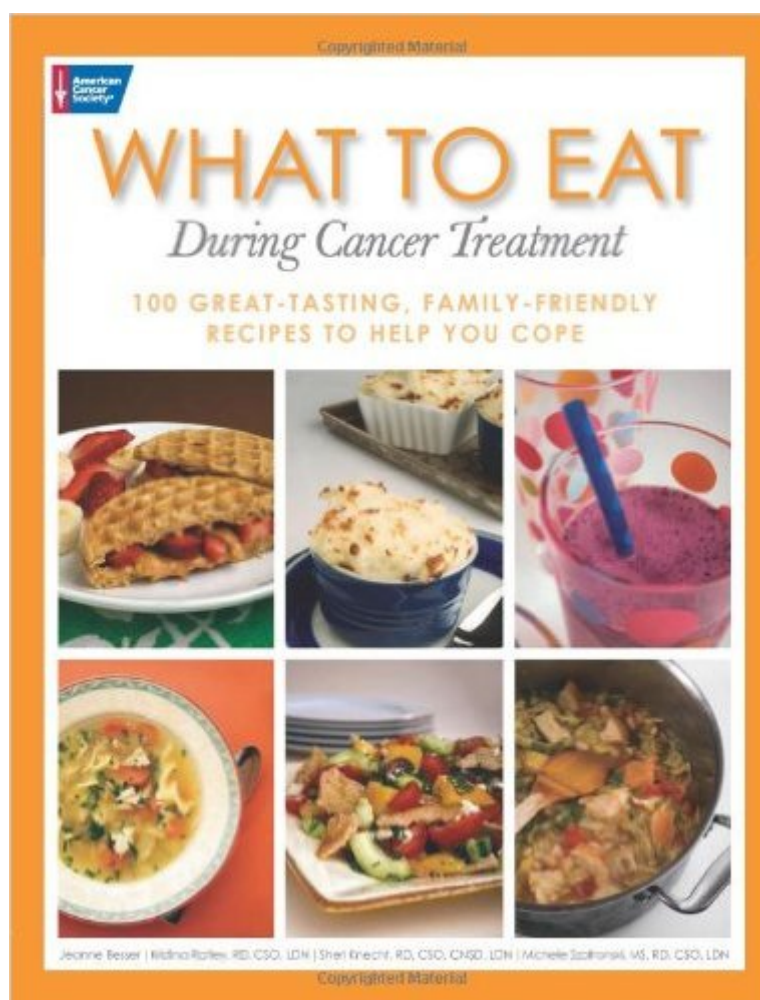


The book was found

# 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)

Language: English

ISBN-10: 1604430052

ISBN-13: 978-1604430059

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 See all reviews (64 customer reviews)

Best Sellers Rank: #46,130 in Books (See Top 100 in Books) #14 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #79 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #254 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

I am a speech pathologist in an acute rehabilitation hospital and I would greatly recommend this cookbook. I work with patients who have a variety of medical issues, but recently we've seen an increase the number of patients with brain tumors, or with a history of cancer. Because I work with the patient's swallowing safety I often discuss their nutrition and eating habits. I had one patient in particular whose sense of smell and taste had been altered due to their chemo treatment a year prior and he had been losing weight steadily since then. I got in contact with a dietitian with the American Cancer Society who referred me to this book. I bought it immediately because I knew it answered many questions that I had been asked by patients in the past and it also gave such great suggestions for different side effects including decreased taste sensation. I showed this recipe book to that patient and his wife and made a copy of one of the recipes (The Blueberry-Peach Crisp) for

them to try. The wife made it and brought it in for the patient the next day. His wife altered it as the book suggested with increased cinnamon and he was able to taste it and enjoyed it. The patient's wife ordered this book that night. On a more personal note, my father went through chemo and radiation and I have seen first hand how difficult it is for the patient and the caregiver to manage eating and maintaining nutrition while undergoing such a harsh treatment which takes away any natural want/yearn for food. I searched many resources at that time to attempt to help him, but nothing I found was organized in such a useful fashion as this cookbook.

I have no idea what the printed book looks like, but the kindle version is not great. They do have hyperlinks in the table of contents (ToC) but that is about it. The premise of this book is that it is organized by the side effect you are trying to counteract. Each recipe applies to more than one side effect. Each side effect is designated by a color circle. In theory, each recipe has color dots to quickly show which side effects it applies to--except that the dots aren't there--at least they are not on the actual recipe pages. They are only on a chart in the front of the book AND the darn chart doesn't have hyperlinks so once you find something of interest on the chart, you can't even click on any link! You have to write it down and then go find it in the ToC. I would consider this an extremely significant flaw. I actually have to go through and manually bookmark each recipe as they only bookmarked the ToC. Manual Bookmarking straight off is important as this appears to be the only way to jump from the reference chart in the front straight to a recipe without going back to the ToC and searching for the hyperlink in the table of contents. Oh yes, one more thing... There's no bookmark for the index and the index isn't hyperlinked either!--05-08-13 I thought I'd add a little follow-up now that I am 1 month out of radiation 3 months past my last chemo dose. The above review was written before my first chemo session as I was prepping to fight the good fight. I actually did go through my copy of the e-book and manually bookmark everything. For this book and others like it, you see the excited "this is great" reviews and the big thumbs down "too much sugar" reviews.

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