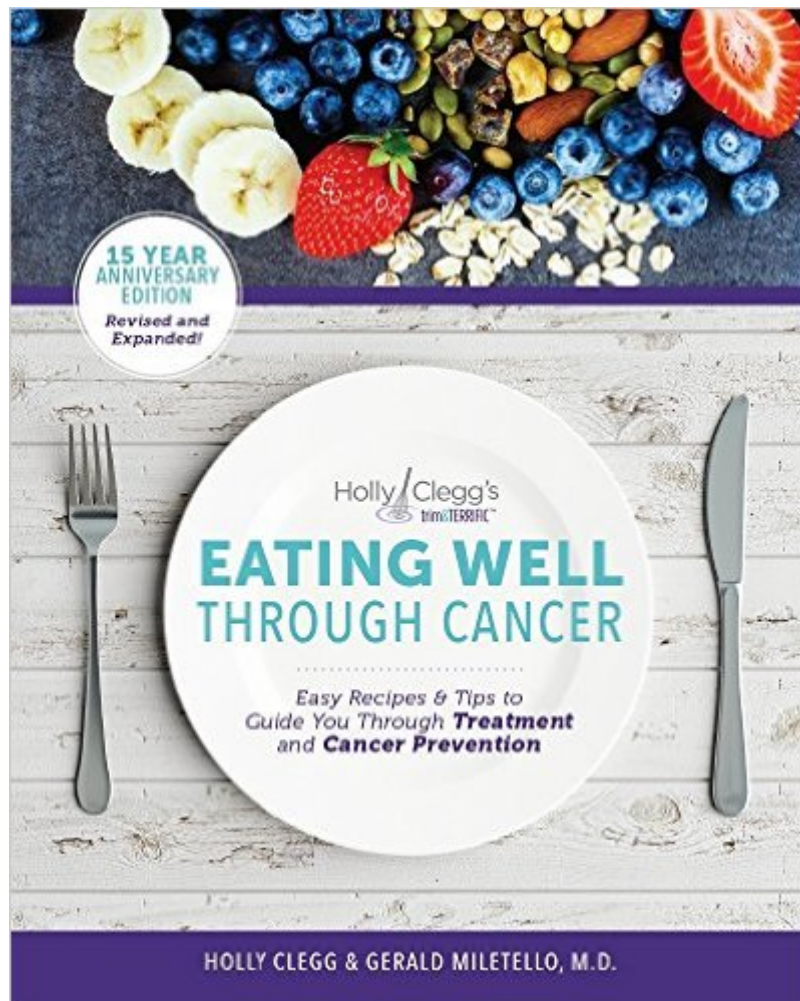


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Eating Well Through Cancer: Easy Recipes & Tips To Guide You Through Treatment And Cancer Prevention



Synopsis

Cancer patients worldwide rely on this iconic cancer cookbook with recipes to guide them what to eat so as to maintain strength and appetite during cancer treatment. *Eating Well Through Cancer: Easy Recipes & Tips to Guide You Through Cancer Prevention* by best-selling national cookbook author, Holly Clegg, and successful cancer researcher and oncologist, Dr. Gerald Miletello, is now celebrating its 15th anniversary with a special expanded and revised edition. The groundbreaking 15-year anniversary edition includes chapters on topics such as nourishing foods that are best tolerated to ease common side effects such as nausea, sore mouth and throat, taste changes, neutropenia and weight loss. The book has served over the years as an invaluable recipe source for cancer prevention as well. Easy to read, with simple, nutritious recipes, beautiful photographs, tips and information, the cancer cookbook highlights diabetic, gluten-free, vegetarian and freezer-friendly recipes and guides patients on what to eat while undergoing. The new edition brings together 175 recipes with crisp photographs and chapters classified as per the side effects and symptoms observed. Most of the recipes are simple everyday dishes with a healthy twist, where Clegg's "never sacrifice taste" philosophy is paramount. "Food that is good for you can be delicious and easy to prepare," says Clegg. "Nutrition is important for the prevention and sustaining a healthy lifestyle." Dr. Miletello has always been interested in helping patients maintain good nutrition while undergoing chemotherapy. "Although no diet has been proven to prevent cancer, health authorities agree that a properly chosen diet can reduce the risk of developing certain cancers," says Dr. Miletello. "We also feel that a properly chosen diet can help you to fight cancer once you have developed it." "We have found *Eating Well Through Cancer* to be the perfect resource for our patients and their family members," said Megan Doyle Battaglia of the Roswell Park Cancer Institute. "Patients and caregivers love it. We have provided *Eating Well Through Cancer* for our patients for about 8 years. It is a terrific resource for patients throughout their journey," observed Gay Prescott, Vice President of Development, Hope Cancer Resources.

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