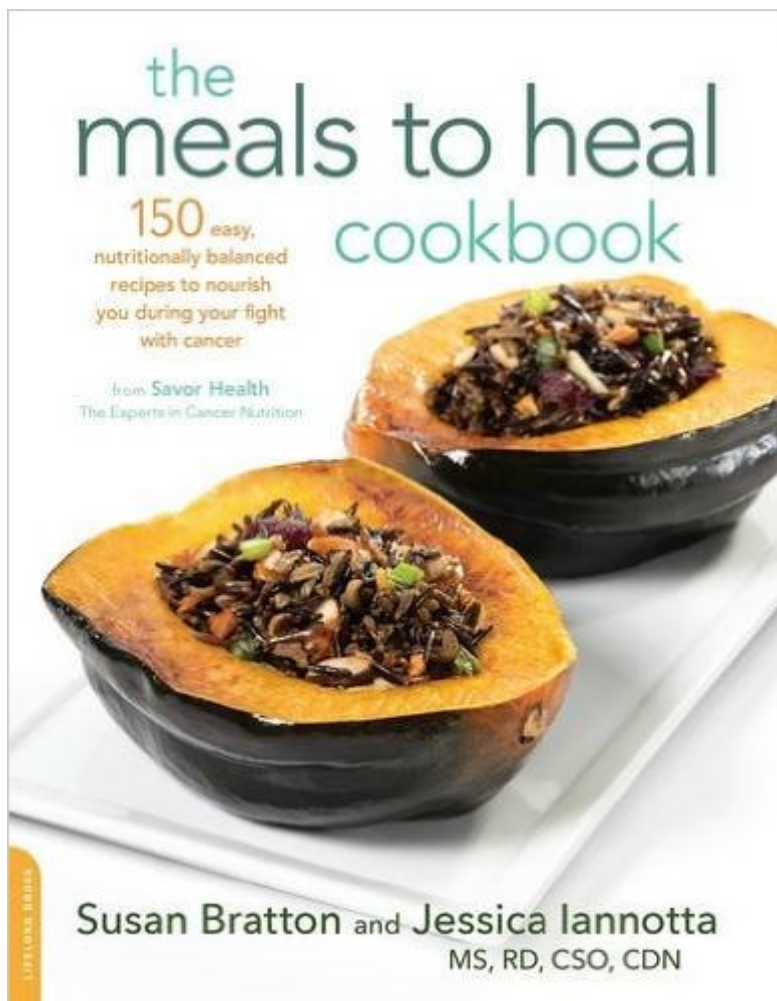


The book was found

The Meals To Heal Cookbook: 150 Easy, Nutritionally Balanced Recipes To Nourish You During Your Fight With Cancer



Synopsis

Nutrition is a vital component of anyone's fight against cancer, but loss of appetite and side effects of treatment can make even the simple act of eating a challenge. Written to meet the unique needs of cancer patients and caregivers, The Meals to Heal Cookbook offers 150 recipes to make eating less stressful, more convenient, and simply more enjoyable. Created by oncology-credentialed registered dietitians, these delicious, nourishing, easy-to-prepare dishes are full of the nutrients you need to maintain strength during treatment. Loaded with essential nutrition info and recipes coded by common symptoms and side effects (including fatigue, nausea, digestive issues, mouth sores, taste and smell aversion, and others).

Book Information

Paperback: 304 pages

Publisher: Da Capo Lifelong Books; 1 edition (April 12, 2016)

Language: English

ISBN-10: 0738218790

ISBN-13: 978-0738218793

Product Dimensions: 6.9 x 1 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #323,537 in Books (See Top 100 in Books) #63 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #5580 in Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

I was quite impressed with all the information it contains

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