



Appetite Pathfinder

*Information for Patients
and Caregivers*

Books and e-Books

- **American Cancer Society complete guide to nutrition for cancer survivors: eating well, staying well during and after cancer**
(Barbara L Grant et al, 2010)
- **Cook for your life: delicious, nourishing recipes for before, during, and after cancer treatment**
(Ann Ogden Gaffney)
- **Cooking through cancer treatment to recovery: easy, flavorful recipes to prevent and decrease side effects at every stage of conventional therapy**
(Susan Gins, MA, MS, CN & Lisa A. Price)
- **Eating well through cancer: easy recipes & tips to guide you through treatment and cancer prevention**
(Holly Clegg & Gerald Miletello, M.D, 2016)
- **Goes down easy: recipes to help you cope with the challenge of eating during cancer treatment**
(Elise Mecklinger with the Princess Margaret Hospital dietitians)
- **The breast cancer cookbook: over 100 easy recipes to nourish and boost health during and after treatment**
(Mohammed Keshtgar, with Dr. Claire Robertson and Dr. Miriam)
- **The essential cancer treatment nutrition guide & cookbook: includes 150 healthy & delicious recipes**
(Jean LaMantia with Neil Berinstein)

Pamphlets

- **Cancer Care Ontario**
How to Manage your Loss of Appetite
How to Manage your Nausea and Vomiting

- **Canadian Cancer Society**
Eating well when you have cancer
- **Waterloo Wellington Regional Cancer Program**
When you should see a community dietitian- Community Referral Guide

Videos

- **Nutrition During Cancer Treatment**
https://www.youtube.com/watch?v=BgaE_SA78-w

Websites

- **American Cancer Society**
Benefits of Good Nutrition during Cancer Treatment
<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/benefits.html>

Eating Well during Treatment
<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/once-treatment-starts.html>

Managing Eating Problems Caused by Cancer Treatments
<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/common-problems.html>
- **BC Cancer Agency**
Nutrition Handouts
<http://www.bccancer.bc.ca/health-professionals/clinical-resources/nutrition/nutrition-handouts#Managing--eating--difficulties>
- **Canadian Cancer Society**
Loss of Appetite
<https://www.cancer.ca/en/cancer-information/diagnosis-and-treatment/managing-side-effects/loss-of-appetite/?region=on>

Cook for your Life <https://www.cookforyourlife.org/>

Nourish <https://www.nourishonline.ca/>

Additional Websites

- **Grand River Hospital – Waterloo Wellington Regional Cancer Program**
<http://www.grhosp.on.ca/care/services-departments/cancer/waterloo-wellington-regional-cancer-program>
- **Cancer Care Ontario**
<https://www.cancercareontario.ca/en>
- **BC Cancer Agency**
<http://www.bccancer.bc.ca>