

Nutrition

A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please consult your health care provider to discuss your specific concerns.

The Learning Center locations give a wide range of materials, and each site's resources are different. Please call ahead to learn which location contains the resources you need. The Learning Center staff provides skilled, individualized service and will be happy to help you.

For more information, or if you have questions, please call, e-mail or visit The Learning Center.

Levit Family Learning Center Mays Clinic

Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010

<http://www.mdanderson.org/tlc>

E-mail: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center Main Building

Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

Eating Hints for Cancer Patients: Before, During, and After Treatment. National Cancer Institute. 1997.

Eating Smart for Cancer Prevention. American Institute for Cancer Research. 2008.

The New American Plate Series. American Institute for Cancer Research. 2007.

Nutrition for the Person With Cancer During Treatment: A Guide for Patients and Families. American Cancer Society. 2008.

Nutrition of the Cancer Patient. American Institute for Cancer Research. 2007.

Periodicals

American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention: Reducing the Risk of Cancer With Healthy Food Choices and Physical Activity. American Cancer Society.

American Institute for Cancer Research Newsletter. American Institute for Cancer Research.
Environmental Nutrition. Environmental Nutrition.

Nutrition and Physical Activity During and After Cancer Treatment: An American Cancer Society Guide for Informed Choices. American Cancer Society.
Tufts Health and Nutrition Letter. Tufts Media.

Books

- An Apple a Day: The Myths, Misconceptions, and Truths About the Foods We Eat. Schwarcz J. QU 145 S399a 2009.
- *Bowe's & Church's Food Values of Portions Commonly Used. Pennington J. QU 145 P414b 2005.
- ChefMD's Big Book of Culinary Medicine: A Food Lover's Road Map to Losing Weight, Preventing Disease, and Getting Really Healthy. La Puma J. QU 145 L317c 2008.
- The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health. Campbell T. QT 235 C191c 2005.
- Eating Well, Staying Well: During and After Cancer. American Cancer Society. QU 145 E14 2004.
- Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment. Clegg H. WB 405 C624e 2006.
- Food Matters: A Guide to Conscious Eating With More Than 75 Recipes. Bittman M. QU 145 B625f 2009.
- *Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective. World Cancer Research Fund/American Institute for Cancer Research. Ref QZ 266 F686 2007.
- *Foods That Harm, Foods That Heal: An A-Z Guide to Safe and Healthy Eating. Reader's Digest Association. QU 145 F686 2004.
- Foods to Fight Cancer. Béliveau R, et al. QZ 200 B431f 2007.
- Goes Down Easy: Recipes to Help You Cope With the Challenge of Eating During Cancer Treatment. Mecklinger E. WB 405 M487g 2006.
- The Great American Eat-Right Cookbook: 140 Great-Tasting, Good-for-You Recipes. Besser J. WB 405 B557g 2007.
- Healthy Eating: A Guide to the New Nutrition. Sacks F. QU 145 H4342 2006
- How to Cook Everything Vegetarian: Simple Meatless Meals for Great Food. Bittman M. WB 405 B624h 2007.
- In Defense of Food: An Eater's Manifesto. Pollan M. QU 145 P771i 2008.
- *Integrating Therapeutic and Complementary Nutrition. Marian M, et al. QU 145 I608 2007.
- *Modern Nutrition in Health and Disease. Shils M. QU 145 M689 2006.
- The New American Plate Cookbook. American Institute for Cancer Research. WB 405 N5325 2005.
- *Nutrient-Drug Interactions. Meckling KA. QV 38 N976 2007.
- *Nutrition in the Prevention and Treatment of Disease. Coulston A. QU 145 N9789 2008.
- *Indicates reference only (unavailable for check out)

- *Nutritional Issues in Cancer Care. Kogut V, Luthringer S. QU 145 N9774 2005
- *Nutritional Oncology. Heber D. QZ 266 N9763 2006.
- The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why. Bowden J. QU 145 B785t 2007.
- The Survivor's Handbook: Eating Right for Cancer Survival. Barnard N. QU 145 B259s 2006.
- Three Hundred and Sixty Five Days of Healthy Eating from the American Dietetic Association. Hoboken D. QU 145 D988t 2004.
- The Top 100 Immunity Boosters. Haigh C. QU 145 H149t 2005.
- *Vegetarian Nutrition. Sabetel J. Ref QU 145 V422 2001.
- What to Eat. Nestle M. QU 145 N468w 2006.
- What to Eat: The Ten Things You Really Ought to Know to Eat Well and Be Healthy. Light L. QU 145 L723w 2006.
- You: The Owner's Manual: An Insider's Guide to the Body That Will Make You Healthier and Younger. Roizen M. WB 130 R741y 2008.

Audio

- The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health. Campbell T. QT 235 C191c 2005.
- Superfoods Audio Collection. Pratt S. QU 145 P917sa 2006 CD.

Video

- Evidence-Based Nutrition in Cancer Care: Current Evidence and Controversies. Abrams D. QZ 266 DVD 4059 2009.
- Food for the Fight: Guidelines for Healthy Nutrition During and After Cancer Treatment. American Institute for Cancer Research. QZ 200 DVD 4014 2008.
- Dr. Andrew Weil's Guide to Eating Well. Weil A. QU 145 DVD 3850 2007.
- Healthy Body, Healthy Mind: Nutrition and Exercise. Krichmar P. QU 145 DVD 1229 2006.
- Nutrition and Cancer. The University of Texas M. D. Anderson Cancer Center. QZ 200 DVD 1228 2005.

*Indicates reference only (unavailable for check out)

Web Sites

The University of Texas M. D. Anderson Cancer Center, Department of Clinical Nutrition

<http://www.mdanderson.org/education-and-research/departments-programs-and-labs/departments-and-divisions/clinical-nutrition/index.html>

The Department of Clinical Nutrition's Web site gives information for the public and cancer patients. The site includes links to *Food-Drug Interactions* and *Cancer Prevention*. The link to *Education* gives information on side effects, recipes and nutrition for cancer patients.

American Diabetes Association

<http://www.diabetes.org/>

This Web site is committed to providing updated information on diabetes care and research. It features information about diet, exercise, risk factors and support. It also has a search feature and links to more resources.

The American Dietetic Association Home Page

<http://www.eatright.org/>

The home page of the nation's largest organization of food and nutrition professionals gives objective food and nutrition information for optimal nutrition, health and well-being. Although partially restricted to ADA members, consumers may search for healthy lifestyle tips and use online tools, brochures, reading lists and links to other nutrition resources.

American Cancer Society

<http://www.cancer.org/>

This comprehensive cancer site gives nutrition information for the cancer patient. Use the search bar and type "nutrition" to find information. Topics include nutrition for the cancer patient and cancer survivor, nutrition during and after treatment, handling side effects and much more. Search "cooking smart" to find general information and tips on healthy cooking.

American Institute for Cancer Research

<http://aicr.org>

AICR fosters research on diet and cancer prevention and educates the public about the results. This site contains valuable research-based information. Subscribe to a free e-newsletter and weekly healthy recipes. Access the Nutrition Hotline online or by telephone where you can submit questions to an AICR registered dietician.

Center for Disease Control and Prevention - Fruits and Veggies Matter

<http://www.fruitsandveggiesmatter.gov>

<http://www.fruitsandveggiesmorematters.org>

These sites feature information about the National Fruit & Vegetable Program whose goal is to promote health through increased consumption of fruits and vegetables. Fruits & Veggies – More Matters is a national public health initiative created to encourage Americans to eat more fruits

and vegetables. The sites offer meal planning assistance, recipes, a fruit and vegetable nutrition database and links to additional nutrition resources.

National Institutes of Health – Office of Dietary Supplements

<http://dietary-supplements.info.nih.gov>

See *Health Information* to find overviews and fact sheets on dietary, vitamin, mineral and botanical supplements. This link includes consumer information, such as FDA warnings and FTC false advertising claims. The Department of Agriculture’s Food Consumption Database is also available.

National Cancer Institute

The following are links to the “Nutrition in Cancer Care (PDQ[®])” found on the NCI Web site. This document is available in patient and health professional versions. The health professional version gives references with links to PubMed. These documents are also available in Spanish by using the “En español” tab.

Patient Version

<http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/patient>

Health Professional Version

<http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/HealthProfessional>

Nutrition.gov

www.nutrition.gov

This site gives access to food and nutrition information from across the federal government. It is a gateway to reliable information on nutrition, healthy eating, physical activity and food safety for consumers. Specialized nutrition information is provided about infants, children, teens, adult women and men, and seniors. Find practical information on healthy eating, dietary supplements, fitness and food safety.

Nutrition Data

<http://www.nutritiondata.com>

In addition to tools like the Daily Needs Calculator and the Nutrient Search Tool, NutritionData gives a complete nutrient analysis for any food or recipe and helps you select foods that best match your dietary needs.