

New American Cancer Society Cookbook Offers More Than 130 Recipes to Help Patients Cope with Nutrition Challenges While Undergoing Treatment

ATLANTA, Sept. 25, 2018 /[PRNewswire](#)/ -- The American Cancer Society will release the second edition of *What to Eat During Cancer Treatment* on Oct. 1. This new cookbook provides more than 130 simple, easy-to-prepare recipes along with practical advice focused on a cancer patient's specific needs, helping them cope with treatment-related side effects.

"This is the second edition of what has become our most popular cookbook, and its expanded content is based on years of experience working with patients, helping them navigate nutrition challenges they may face during the treatment process," said Colleen Doyle, MS, RD, managing director of nutrition and physical activity at the American Cancer Society. "Each chapter's recipes focus on a specific treatment-related side effect and while they are geared to a person who is undergoing treatment, others will enjoy as well."

What to Eat During Cancer Treatment is cowritten by authors Jeanne Besser, oncology dietitian Barbara Grant, MS, RDN, CSO, and the American Cancer Society. Chapters are organized by seven common eating-related side effects of cancer treatment:

- Nausea
- Trouble Swallowing
- Unintentional Weight Loss
- Diarrhea
- Sore Mouth or Throat
- Taste Changes
- Constipation

"A well-cooked meal brings comfort and nourishment when you aren't feeling well. Soothing, healthy food can help sustain patients through difficult treatments," said Besser. "This expanded edition of *What to Eat During Cancer Treatment* will help cancer patients and those caring for them create appetizing meals and snacks that will provide essential nutrition during treatment."

"Balance is key to satisfying the nutritional needs of someone going through cancer treatments," said Grant. "These recipes take into consideration the limitations imposed by side effects, making it easier for caregivers and family members to cater to their loved ones' needs. There are no rules about how to eat during treatment, but this offers a great guide and various options to choose from."

Each chapter begins with information on managing one side effect, based on evidence-based research and sound clinical experience. Symbols are used throughout the book to flag recipes that apply to more than one side effect, making the book a versatile resource for different phases and types of cancer treatment. The cookbook also includes extensive advice for caregivers, food safety precautions, answers to common questions, and guidance for eating and living well after

treatment.

What to Eat During Cancer Treatment, Second Edition, is available in both print and eBook formats.

What to Eat During Cancer Treatment, Second Edition

By: Jeanne Besser, Barbara Grant, and the American Cancer Society

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To order this book, go to cancer.org/bookstore.

For help with your order, call the Independent Publishers Group (IPG) at 800-888-4741.

For bulk order requests, e-mail trade.sales@cancer.org.

About the Authors:

Jeanne Besser is a former food columnist for the *Atlanta Journal-Constitution* and author of numerous cookbooks, including *The American Cancer Society New Healthy Eating Cookbook*; *What to Eat During Cancer Treatment*; *The Great American Eat-Right Cookbook*; *The 5:30 Challenge: 5 Ingredients, 30 Minutes, Dinner on the Table*; *Working Mom's Fast and Easy One-Pot Cooking*; and *The First Book of Baking*. Besser also co-authored *Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions* with her husband, Dr. Richard Besser. She is often found on her yoga mat, out for a run, walking her dogs, Lucy and Madge, or cooking for her husband and two sons, Alex and Jack. She resides in Princeton, New Jersey.


Barbara Grant, MS, RDN, CSO, is an outpatient oncology dietitian nutritionist at Saint Alphonsus Cancer Care Center in Boise, Idaho. At Saint Alphonsus, she provides individualized nutritional counseling and survivorship classes for people with cancer. Grant has more than thirty-five years' experience in cancer nutrition and is a Certified Specialist in Oncology Nutrition. She has published and presented on a variety of diet, nutrition, and cancer topics. She has served on national boards, committees, and workgroups of the American Cancer Society, the National Cancer Institute, the American College of Surgeons' Commission on Cancer, and the Association of Community Cancer Centers.

About the American Cancer Society:

The American Cancer Society is a global grassroots force of 1.5 million volunteers dedicated to saving lives, celebrating lives, and leading the fight for a world without cancer. From breakthrough research to free lodging near treatment, a 24/7/365 live helpline, free rides to treatment, and convening powerful activists to create awareness and impact, the Society is attacking cancer from every angle. The ACS publishes books on cancer that support patients, caregivers, and families dealing with a cancer diagnosis, as well as books on nutrition and healthy eating. For more information, go to www.cancer.org.

SOURCE American Cancer Society

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