

The purpose of this guide is to help you find information and support on nutrition and cancer prevention. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- **American Institute for Cancer Research (AICR)**
 - 10 Ways to Reduce Your Cancer Risk
 - Eat Well to Reduce Your Cancer Risk
 - Move More
 - The New American Plate
 - Nutrition and the Cancer Survivor
 - Reach Your Healthy Weight

Printable versions of AICR publications are available online at:

<http://aicr.org/publications/brochures/>

All PDFs are available to you once you register for the site. You can also request brochures be mailed to you, at no expense.

Books

- American Institute for Cancer Research. **The New American Plate: Cookbook**. Berkeley, CA: University of California Press, 2005.

- American Institute for Cancer Research. **Nutrition after Cancer: the Role of Diet in Cancer Survivorship**. Washington, DC: American Institute for Cancer Research, 2002.
- Campbell, T. Colin. **The China Study: the Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health**. Dallas, TX: BenBella Books, Revised and Expanded Edition, 2016.
- Joseph, James A. **The Color Code: A Revolutionary Eating Plan for Optimum Health**. New York: Hyperion, 2002.
- Middelmann-Whitney, Connor. **Zest For Life: The Mediterranean Anti-Cancer Diet**. London, UK: Honeybourne Publishing, 2nd ed. 2011.
- Osbourne, Michael, et al. **The Strang Cancer Prevention Center Cookbook: A Complete Nutrition and Lifestyle Plan to Dramatically Lower Your Cancer Risk**. Updated ed. New York, NY: London, England: McGraw-Hill, 2004.
- Greer, Julia B. **The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods**. North Branch, MN: Sunrise River Press, 2008.
- Servan-Schreiber, David. **Anti-Cancer: A New Way of Life**. New York, NY: Viking Books, 2010.

Web Resources

- **American Cancer Society: Guidelines on Nutrition and Physical Activity for Cancer Prevention**
<http://cancer.org>
 - Click “Stay Healthy”
 - Click “Eat Healthy and Get Active”

- **American Institute for Cancer Research: Foods that Fight Cancer**

<http://aicr.org/foods-that-fight-cancer>

A wealth of information on lifestyle and diet changes for cancer prevention based on research funded by this organization. Includes recipes and the printable versions of their publications.

- **CancerRD**

<http://cancerrd.com>

The website of registered dietitian Diane Dyer, a 3-time cancer survivor. The site provides nutrition information and light/low-fat recipes.

University of Michigan Resources

- **Cancer Nutrition Services at the University of Michigan Rogel Cancer Center**

<https://www.rogelcancercenter.org/support/symptoms-and-side-effects/cancer-nutrition-services>

This site has information provided by UMCCC-registered cancer dietitians. There is a section that focuses on nutrition and cancer prevention. Also included is a collection of recipes to help people get the recommended daily amount of fruit and vegetables in their diet.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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