

## Health Information Related to Food, Nutrition and Cancer

*Top Picks by CVH Oncology Dietitians - August 2011*

### 1. Websites (Healthy Eating):

Canadian Cancer Society

[www.cancer.ca](http://www.cancer.ca)

Dietitians of Canada

[www.dietitians.ca](http://www.dietitians.ca)

American Dietetic Association

[www.eatright.org](http://www.eatright.org)

Health Canada

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)



### 2. Oncology Guide to Reliable Website

[www.cvh.on.ca/cancer](http://www.cvh.on.ca/cancer)

This guide is available on the CVH Cancer Centre website under Patient Education Library. It is a 20 page guide listing reliable cancer websites.

### 3. American Institute for Cancer Research

[www.aicr.org](http://www.aicr.org)

To access brochures, click on AICR Publications, then AICR Brochures. Free PDF brochures are available on a variety of topics. Just click on the series and browse through the topics.

### 4. National Cancer Institute

[www.cancer.gov](http://www.cancer.gov)

To access nutrition information, enter "NCI Publication Locator" in the search field and click on Nutrition.

Suggested readings:

- Eating Hints: Before, During and After Cancer Treatment. (68 pages)
- Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking. (52 pages)

### 5. Canadian Partnerships for Consumer Food Safety Education

[www.canfightbac.org](http://www.canfightbac.org)

To access, click on Downloads then Factsheets for information on preventing food borne illness.