

Patient Education Resources from UCSF's Cancer Resource Center

UCSF Helen Diller Family
Comprehensive
Cancer Center

Nutrition and Cancer

The **Ida & Joseph Friend Cancer Resource Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at www.cancer.ucsf.edu/crc. You are invited to visit the Cancer Resource Center at 1600 Divisadero St., Suite B-101, just past the Gift Shop.

The **Cancer Resource Center at Mission Bay** is located in the 4th floor lobby of the Gateway Medical Building at 1825 4th St.

The complete list of **Patient Education Resource Sheets** is available to view at <http://cancer.ucsf.edu/support/crc/resource-sheets>.

The **Patient Health Library**, located in A-116 at the Mt. Zion campus, is staffed by professional medical librarians. They can assist in finding in-depth health information resources. UCSFPatientHealthLibrary.org.

UCSF Resources

UCSF Cancer Resource Center

Video and audio podcasts, and links to patient education materials developed by UCSF clinicians. Scroll to the bottom and click "View Additional Materials" to find links to the full length booklets "Nutrition and Breast Cancer" and "Nutrition and Prostate Cancer."

<http://cancer.ucsf.edu/support/crc/nutrition-counseling-and-workshops>

UCSF Osher Center for Integrative Medicine

General information about cancer and nutrition; links to informational articles, websites, pamphlets and books.

<http://www.osher.ucsf.edu/patient-care/self-care-resources/cancer-and-nutrition/>

Publications

"**Eating Hints: Before, During and After Cancer Treatment**" (also in Spanish) from National Cancer Institute

<http://www.cancer.gov/cancertopics/coping/eatinghints>

“Heal Well: Healthy Eating and Activity for Living – A Cancer Nutrition Guide”

(PDF) from American Institute for Cancer Research

<http://www.aicr.org/assets/docs/pdf/education/heal-well-guide.pdf>

Websites for Nutrition Information

Academy of Nutrition and Dietetics

Provides information on healthy weight loss, food suggestions, disease management, and food safety. Also has clinical guides to oncology nutrition and other published materials.

www.eatright.org

American Cancer Society: “Nutrition for People with Cancer”

Provides information on nutrition and physical activity during and after cancer treatment. Also has online classes for Nutrition During Treatment.

<http://www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/index>

American Institute for Cancer Research

Provides information on diet and exercise for cancer risk reduction and cancer survivorship. Numerous online brochures with recipes and nutrition suggestions are available.

www.aicr.org | 1-800-843-8114

Caring4Cancer

Provides information on nutrition and cancer treatment, diet and medications, dietary supplements, and offers recipe suggestions as well. Also has a recipe of the week eNewsletter.

<https://staging.caring4cancer.com>

The Nutrition Source from Harvard School of Public Health

Provides evidence-based diet and nutrition information for clinicians, health professionals and the public.

<http://www.hsph.harvard.edu/nutritionsource>

Nutrient Data Lab from USDA National Agricultural Library

Provides a search tool to find out the extensive nutritional information for various food items.

www.nal.usda.gov/fnic/foodcomp/search

Oncology Nutrition, A Dietetics Practice Group of the Academy of Nutrition and Dietetics

Provides information on nutrition during cancer treatment, healthy nutrition, and oncology nutrition topics. Can search by state, zip code, or country for an oncology dietitian.

<http://www.oncologynutrition.org>

Websites for Dietary Supplement Information

Dietary Supplements Label Database – A Joint Effort of the Office of Dietary Supplements and the US National Library of Medicine

Offers information on dietary supplements and their active ingredients, products recalls and answers to frequently asked questions.

<http://www.dsld.nlm.nih.gov/dsld>

Office of Dietary Supplements of the National Institutes of Health

Provides extensive information on dietary supplements, factsheets, nutrient recommendations and answers to frequently asked questions.

<http://ods.od.nih.gov>

The information on this sheet is intended to offer credible, reliable and relevant education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available.

For comments or corrections, please contact Paul Asfour at paul.asfour@ucsf.edu. Reviewed 8/15.