



# Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment

*Holly Clegg, Gerald Miletello*

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A CANCER COOKBOOK FOR CANCER PATIENTS AND CAREGIVERS WITH EASY-TO-FOLLOW RECIPES AND FOCUS ON FOODS BEST TOLERATED AND TO EASE THE SYMPTOMS DURING CHEMOTHERAPY AND RADIATION. This cancer cookbook includes everyday, healthy recipes to combat side effects such as *day of chemotherapy, sore mouth, neutropenia, nausea, constipation, and weight-loss* with also also chapters for *caregivers, snacks and healthy eating*.

While the book is for cancer patients, the whole family, young and older, will enjoy these scrumptious, 30-minute healthy recipes. With an oncologist's chapter introduction, doc's notes, menu planning, tips, nutritional analysis, diabetic exchanges, the book serves as a guide for nutrition before, during, and after cancer treatment. Chapters

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