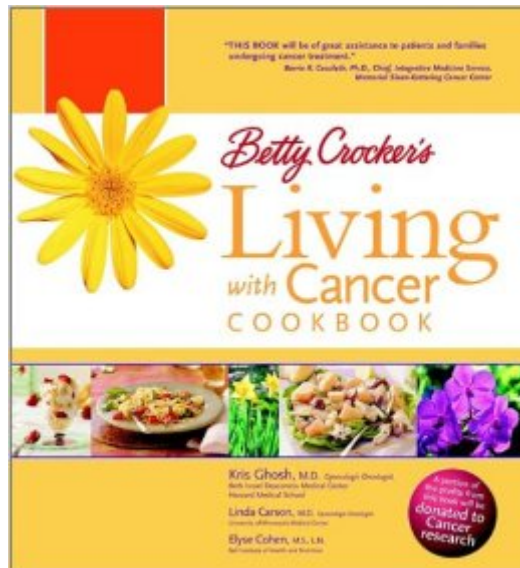


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# Betty Crocker's Living With Cancer Cookbook: Easy Recipes And Tips Through Treatment And Beyond



## Synopsis

Good nutrition is vital to people undergoing cancer treatment, yet treatment side effects can make eating seem unappealing. Now Betty Crocker, two oncologists, and a nutritionist bring back the joy of eating to people undergoing cancer treatment with delicious recipes that are nutritious and easy to make. A thoughtful, practical gift for patients and families coping with cancer, the book includes:

- \* 130 recipes, from breakfasts and snacks to dinners and desserts, like Extra-Easy Baked Ziti, Fettuccine with Asparagus and Mushrooms and Country Blueberry Cobbler\*
- \* Advice from cancer patients, from coping with the emotional roller coaster to making recipes more appealing\*
- \* Recipes tagged to show which are helpful for the most common side effects of cancer treatment, plus special diet menus to help with them\*
- \* "Q and A" between Dr. Ghosh and cancer patients about how to handle the effects of cancer treatment\*
- \* An easy 7-day menu plan based on eating small meals six times a day -- just right for patients in treatment\*
- \* Cancer resource guide, nutrition and medical glossary

"This book will be of great assistance to patients and families undergoing cancer treatment. It is a creative guide to the use of pleasant and easy menus to help alleviate difficult, commonly experienced side effects." --Dr. Barrie R. Cassileth, Chief, Integrative Medicine, Memorial Sloan-Kettering Cancer Center

## Book Information

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## Customer Reviews

Having lived with cancer for 8 years and having had over one hundred treatments so far, I am thrilled to find a book that really talks to patients from patients who have lived through the same

thing I am going through. This book shares real world recipes that are easy to eat and easy to make. In addition, the recipes have been eaten by patients who have the same problems I have had namely nausea, constipation, mouth sores, diarrhea and special diets such as neutropenia and low residue. The lists of recipes on pages 48 & 49 help me and family members chose food that I can eat AND that will benefit me for the side effects I am going through. This is incredibly encouraging!!! I especially appreciate the Q & A section from Dr. Ghosh and the diet plans for the special diets in the back of the book. Another great feature that I love are the special tips pages such as Snacks (p109), Humor and Healing (p149), Food during Treatments (p207), and Great Gifts (p223). I think this book would be the best gift to give to a cancer patient going through treatment. The best part of this book are the real quotes from real patients on nearly every recipe in the book. This book is a both a manual for Living with Cancer AND an excellent cookbook with tried and true recipes. Thanks Betty Crocker!!!

I actually do not have cancer but am going through chemotherapy treatments for Hepatitis C, and found this book wonderfully encouraging and helpful. I have all the possible side effects and so I have lots of trouble eating. I am on a weekly treatment for a year so there are some days each week when I can't eat. What I found the best about the book are the great easy recipes and the comments by patients and Dr. Ghosh. I found many recipes which I have already tried and my family loved the results. The recipes are easy and you probably already have the items at home or they are readily available. The book has helped encourage me to continue treatments and given me lots of easy food to prepare for my family.

Not only does Dr. Ghosh give good advise and explanations to what is happening to a cancer patient, his recipies are great too. He explains why some things happen and what to do to combat them. This cookbook is not only good for the patient but for the family as well. The notes and question and answer section will help everyone involved with a cancer patient understand the issues surrounding the disease much better.

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I gave this book to my grandmother. It has tips on dealing with nausea, how to prepare food so it doesn't taste metallic, etc... Lots of real and useful information for getting proper nutrition. My grandmother wasn't in the right frame of mind to accept the information. Good food will greatly contribute to our health and well being, I'm sad she could not allow herself this. It is a great book without being too new agey- after all it's by America's kitchen sweetheart, Betty Crocker. How more traditional can you get? Best of health to you and yours.

This is more than a cookbook. It is wonderful for the one who is preparing meals for a loved one who is battling cancer. I've given it as a gift to several of my friends in the same position. What a great book full of great recipes and information.

This is a GREAT book. It would be the most helpful for a cancer patient at the beginning of treatment, as it gives very helpful tips, advice, and things to be prepared for during chemo or radiation. I didn't get this book until after six months of chemo and had to learn about much of the book's recommendations on my own. Even so the recipes are very helpful, mostly healthy and easy, and divided into specific areas of treatment effects. I recommend this book.

I purchased this cookbook many years back. It has been shared with many friends who have cancer. The book is organized well and the tips are beyond great! Since my book is usually being used by someone else, I decided to purchase a few more to share. I noticed that Betty Crocker had a newer cancer cookbook, but it did not seem to be organized like this one is. For this cookbook, if you are experiencing nausea, there's a section for that; if you have no appetite, there's a section for that, if you have sores in your mouth.... you guessed it, there's a section for that. This cookbook is recommended for everyone (even if you don't have cancer). The food tastes great!

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