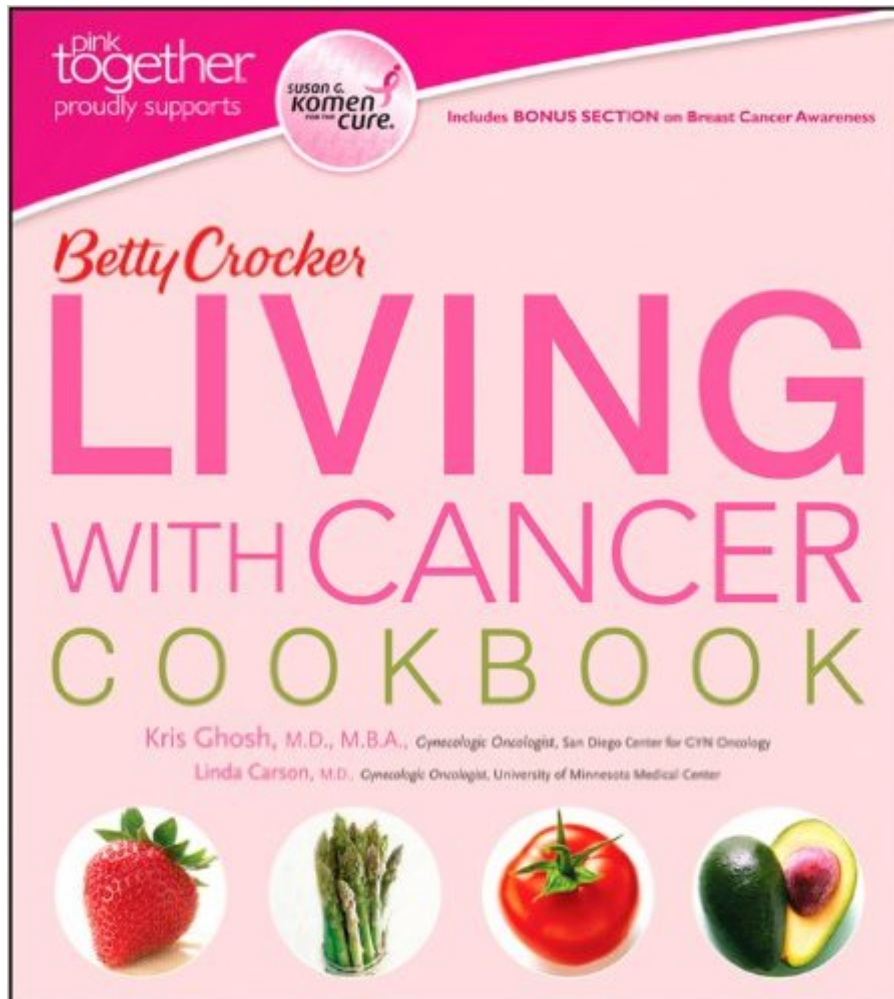


The book was found

Betty Crocker Living With Cancer Cookbook (Betty Crocker Cooking)



Synopsis

An inspiring special edition published in partnership with Pink Together General Mills's Pink Together initiative is a supportive online community that links 500,000 cancer survivors and their supporters, letting them share photos, personal stories, and recipes. Now, in partnership with Pink Together, this new edition of the Living with Cancer Cookbook has been updated and revised to include the inspirational stories of Pink Together community members. Like the first edition, this special edition includes 130 recipes that are specially designed for those undergoing cancer treatments and the loved ones who care for them. Bonus 32-page section on the Pink Together initiative, an online community to support women with breast cancer. Features all-new photographs and uplifting quotes, anecdotes, and practical tips from cancer survivors. Recipes flagged to show which ones can help mitigate the common side effects of cancer treatment. Includes a simple, 7-day menu plan that is perfect for anyone currently undergoing treatment, based on six small meals and snacks spread throughout the day. Foreword by Nancy G. Brinker, the founder of Susan G. Komen for the Cure®, the global leader of the breast cancer support movement. Nutrition is a critical factor in the fight against cancer. The Living with Cancer Pink Together Cookbook combines the nutritious recipes and health information that patients need with personal stories of survival that can inspire them to keep fighting and winning. Please note that the e-book version of this title does not include the Bonus Breast Cancer Awareness section.

Book Information

Series: Betty Crocker Cooking

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Product Dimensions: 9.1 x 0.8 x 10.1 inches

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Average Customer Review: 4.2 out of 5 stars Â See all reviews Â (31 customer reviews)

Best Sellers Rank: #534,324 in Books (See Top 100 in Books) #81 in Â Books > Cookbooks, Food & Wine > Special Diet > Cancer #4344 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

This is not just a cookbook. It is a bit of a resource as well, as there is commentary both from cancer specialists and cancer patients. In addition to giving general advice and pointers in the early sections, the physicians comment upon why each recipe can be helpful in dealing with various aspects of cancer, while patients comment on when and why they found certain recipes comforting and/or useful. The recipes are "tagged" according to what sort of side effects of cancer and/or treatments for which they will be helpful, whether it be nausea, diarrhea, mouth sores, neutropenia, etc. There are pages included for coping, such as "Humor and Healing," and an entire chapter aimed at "bringing back the joy of eating." The recipes are grouped helpfully, with the first chapter being entirely for recipes designed for coping with side effects. The chapters include, among others, a chapter of quickly prepared meals for when your strength is minimal or someone with limited kitchen experience needs to cook for you, and another on make-ahead meals so that you can prepare in advance for those times you know you won't be feeling much like cooking, and yet another is devoted to comfort food. So many appetizing recipes are included, and the cookbook is aimed at helping patients renew appetites that are lagging. In addition, many of the tips included help encourage patients to eat by helping them understand how crucial good nutrition is to us at this time in our lives. This book is a re-publication of the original of the same title which was published in 2001, and which is still available. The original is a hardback version and it is quite heavy, so the one advantage of this edition is that the quality paperback binding is much lighter.

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