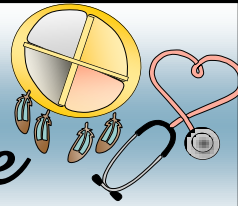




# Nutrition Information Guide

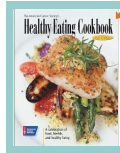


## Patient Library

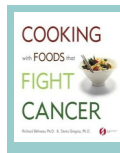
41 Ramsey Lake Rd  
Sudbury, Ontario P3E 5J1  
705-523-7100  
Ext: 2351

## Books

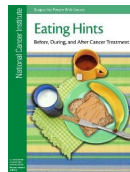
**The American Cancer Society's Healthy Eating Cookbook**



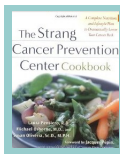
**Cooking With Foods That Fight Cancer**



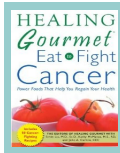
**Eating hints: before, during and after Cancer**



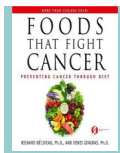
**The Strang Cancer Prevention Center Cookbook**



**Healing Gourmet, Eat to Fight Cancer**



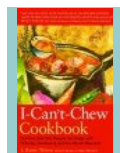
**Foods that Fight Cancer: Preventing Cancer Through Diet**



**Goes Down Easy: Recipes to Help You Cope with the Challenge of Eating During Cancer Treatment**



**I Can't Chew Cookbook**



**Simply Great Food**



## Community Services

**Northeast Cancer Centre  
Health Sciences North**

41 Ramsey Lake Road, Sudbury ON P3E 5J1  
Telephone: (705) 522-6237

## Education Events

### Nutrition After Treatment

Learn what to eat to reduce your risk of recurrence of your disease, basic strategies to manage your weight as well as accurate information about vitamins and herbal supplements  
For More Information  
Call (705)522-6337 Ext. 2175

### Nutrition During Treatment

Learn what to eat to maintain your energy and get the maximum benefit from the treatments, as well as how to manage side effects.  
For More Information  
Call (705)522-6237 Ext. 2175

## Websites

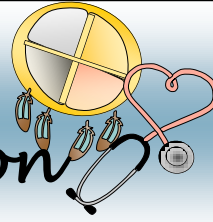
**Canadian Cancer Society**  
[www.cancer.ca](http://www.cancer.ca)

**National Cancer Institute**  
[www.cancer.gov](http://www.cancer.gov)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)



# Alimentation Guide d'information

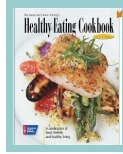


## Bibliothèque pour patients

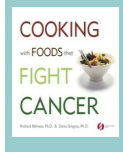
41, chemin du lac Ramsey  
Sudbury, Ontario P3E 5J1  
(705) 523-7100  
poste 2351

## Livres

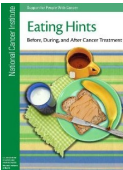
**The American Cancer Society's  
Healthy Eating Cookbook**



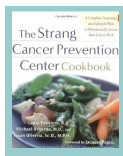
**Cooking With Foods That Fight  
Cancer**



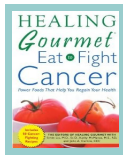
**Eating hints: before, during and  
after Cancer**



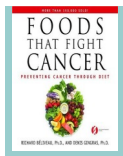
**The Strang Cancer  
Prevention Center Cookbook**



**Healing gourmet, Eat to Fight  
Cancer**



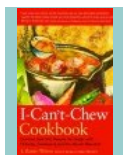
**Foods that Fight Cancer:  
Preventing Cancer Through Diet**



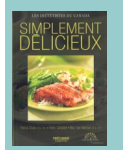
**Goes Down Easy: Recipes to Help  
You Cope with the Challenge of  
Eating During Cancer Treatment**



**I Cant Chew Cookbook**



**Simplement délicieux**



## Services communautaires

**Centre de cancérologie Nord-Est  
Horizon Santé-Nord**

41, chemin du lac Ramsey Sudbury ON P3E 5J1  
Téléphone: (705) 522-6237

## Activités d'éducation

### Nutrition After Treatment

Apprenez quoi manager pour réduire le risqué de réapparition de votre maladie ainsi que des strategies fondamentales à adopter pour maîtriser votre poids. De plus, obtenez des renseignements exacts concernant les vitamins et les suppléments à base d'herbes médicinales. Les cours se donnent tous les trios mois dans la section du Prodgramme de soins de soutien. Téléphone: (705) 522-6237, poste 2175

### Nutrition During Treatment

Apprenez quoi manager pour conserver votre énergie et tirer pleinement parti des traitements ainsi que des façons de gérer les effets secondaires. Les cours se donnent une fois par mois dans la section du Programme des soins de soutien. Téléphone: (705) 522-6237, poste 2175

## Sites Internet

**Canadian Cancer Society**  
[www.cancer.ca](http://www.cancer.ca)

**National Cancer Institute**  
[www.cancer.gov](http://www.cancer.gov)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)