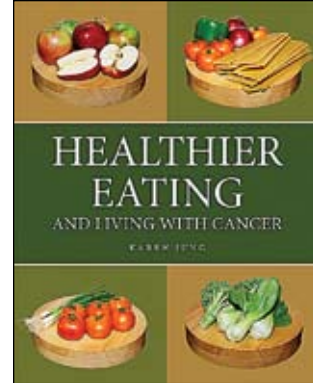


# Healthier Eating and Living With Cancer

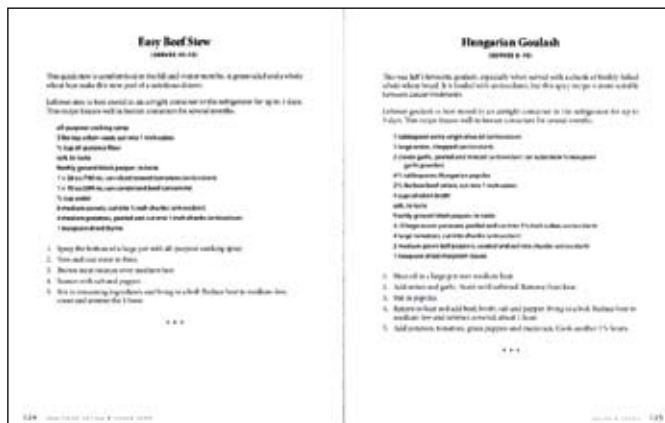
Karen Jung

**P**rotecting against cancer and promoting healthy lifestyles is of utmost importance, but accurate information can be hard to find. For patients undergoing cancer treatments, proper diet is crucial. This extensively researched and tested cookbook is a valuable resource for people who need to prepare and cook meals for an individual living with cancer and/or a family going through a lifestyle change. The book is also a helpful and practical gift for people diagnosed with cancer and their family members and caregivers.

The collection of 162 simple, delicious recipes, complete with easy step-by-step instructions, uses cancer-fighting, antioxidant-abundant foods and spices as well as high-fibre foods, potassium-rich foods and calcium-enriched foods. Some recipes are designed to maintain or increase weight during cancer treatments and post-treatment recovery. Low-fat recipes are also included. In addition to it being useful in helping a loved one recover from cancer, this cookbook features healthier, lower-fat and fun foods which are perfect for sharing with all family, relatives and friends.



*Karen Jung has fully enjoyed planning and preparing meals for her family and friends for over 25 years. Her passion for cooking came from her mother, and her father and grandfather who were both restaurant cooks. With Karen's help, her husband Jeff overcame food challenges during cancer treatments and post-treatment recovery. During his recuperation, they entertained guests with these healthy and appetizing meals. As a proper diet is essential for anyone undergoing cancer treatments, Jeff encouraged Karen to share her culinary experience and ideas with other people living with cancer. Karen served for 12 years as Director of Human Resources in several large hospitals and a residential care facility in British Columbia. She was born and raised in Vancouver, BC.*



Cookbook/Health 8" x 10" 240 pages 8 pages of colour photos Table and menu suggestions  
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