

Cancer Recovery Resource Sheet

1) Take a multi vitamin with 100% RDA for all vitamins and minerals plus extra selenium, folic acid, 200- 400 IU Vitamin E, 250 – 500 mg Vitamin C

2) Handouts:

- Survivorship Diet
- What's to Eat
- Stocking Your Pantry
- Chemotherapy
- Nausea and Vomiting
- Managing Bowels
- Vitamin Mineral Guide
- Vitamin/Mineral USRDA Reference Chart
- Calcium
- Potassium
- Iron and Anemia

3) Head and Neck Cancer Handout

- Books for recipes:

One Bite at a Time (Rebecca Katz)

The I Can't Chew Cookbook; Recipes for People With Chewing, Swallowing and Dry Mouth Disorders (Mark Piper and Randy Wilson)

So What If You Can't Chew, Eat Hearty! (Phyllis Goldberg)