

# EATING WELL THROUGH CANCER

*Easy Recipes & Tips to Guide You Through Cancer Treatment and Prevention*

Holly Clegg with Lee Jackson, RDN, LDN

**#TeamHolly and Southwestern Publishing House release the revised 3rd edition of *Eating Well Through Cancer*.**

Cancer patients worldwide rely on this best-selling cookbook as a resource for what to eat to maintain strength and appetite during cancer treatment. Holly Clegg's *Eating Well Through Cancer: Easy Recipes & Tips to Guide You Through Cancer Treatment and Prevention* is in the **3<sup>rd</sup> edition with over 1.2 million copies sold to date.**

This newest version of *Eating Well Through Cancer* cookbook is published in loving memory of Holly, who passed away on November 1, 2019, surrounded by her family after a long, courageous battle with stage four gastric cancer.

For two decades, oncology dietitians across the country have recommended and have provided *Eating Well Through Cancer* to their patients as an invaluable resource on what to eat while undergoing chemotherapy, radiation therapy, or surgery. Nutrition and appetite are often concerns for someone recently diagnosed with cancer, and this cookbook is the perfect guide for patients and caregivers, providing tips, information, and recipes. The book includes:

- **175 nourishing recipes with beautiful, appetizing photographs**
- **Recipes are categorized by common side effects of cancer as well as nutritional needs and helpful information for caregivers**
- **Easy-to-read recipes as well as Terrific Tips and Nutrition Information**
- **Diabetic, Gluten-free, Vegetarian, and Freezer-friendly recipes**

## Specifications

- 3<sup>rd</sup> edition, released in 2016 with additional updates in 2019
- 8 x 10, softcover, 202 full-color pages
- Retail Price: \$24.95

## Cancer Center Special Pricing

- 10-30 copies (1–3 cases) 40% off (\$14.95)
  - 40-60 copies (4–6 cases) 45% off (\$13.72)
  - 70 copies and above 50% off (\$12.48)
- Plus Shipping

**For more information and to order, contact:**

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<https://www.swphbooks.com/eating-well-through-cancer.html>

