

Nutrition and Breast Cancer: Links

The lists below are links to web sites and resources that you may find helpful.

Websites

- Alberta Health Services
 - Nutrition Education (Handouts) (ahs.ca/NutritionHandouts)
 - Cancer Care Alberta: Patients and Families (ahs.ca/cancer/Page16299.aspx)
- American Institute for Cancer Research (aicr.org/)
- BC Cancer Agency (bccancer.bc.ca/)
- Canadian Cancer Society: Eat Well (cancer.ca/en/cancer-information/reduce-your-risk/eat-well)
- Dietitians of Canada (unlockfood.ca)
- Health Canada (canada.ca)
 - Food and Nutrition (canada.ca/en/health-canada/services/food-nutrition.html)
 - Food Safety (canada.ca/en/health-canada/services/food-nutrition/food-safety.html)
- Osteoporosis Canada: Calcium Calculator (osteoporosis.ca/calcium-calculator/)
- Wellspring Cancer Support (wellspring.ca/)

Recipes and meal ideas

- Alberta Health Services
 - Recipes (ahs.ca/recipes)
 - Get Enough Calories and Protein (ahs.ca/MoreProteinRecipes)
- Nourish (nourishonline.ca/recipes/)
- The High Protein Cookbook for Muscle Health During Cancer Treatment (era.library.ualberta.ca/items/a5fd6960-db6d-4682-9190-1a92659cca73)

Workshops & classes

- Alberta Health Services
 - Alberta Healthy Living Program: Find Workshops & Classes (ahs.ca/AHLPWorkshops)
 - Cancer Care Alberta: Patient Education (ahs.ca/book-cancerpatiented)
 - Find Nutrition Workshops & Classes
 - Wellness Kitchen (ahs.ca/shc/Page14847.aspx), click on Program Guide



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