

# The Cancer Wellness

*Smart Nutrition and Delicious Recipes  
for People Living with Cancer*

**COOKBOOK**



**KIMBERLY MATHAI, MS, RD**  
*and the Staff of Cancer Lifeline*

- \* Eat the right foods that may protect against and fight cancer
- \* Suggestions for reducing the side effects of cancer treatment
- \* Easy ways to incorporate healthy eating in your lifestyle
- \* Smart nutrition for living after cancer

# The Lowrisk Cancer Cookbook

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