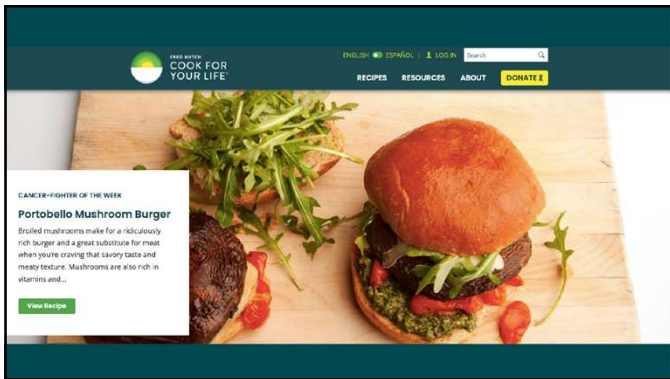


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Access
CookforYourLife.org





Break & Lunch
recipes from CFYL

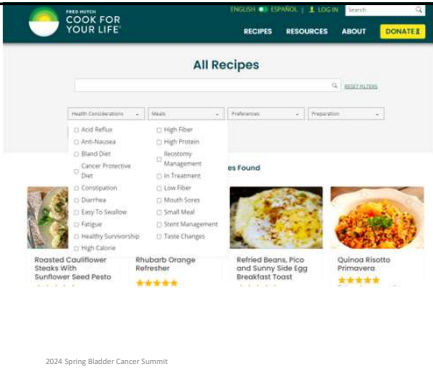



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4




Searching
for recipes



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5



Nutrition still matters, even with a bladder cancer diagnosis.

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6

Prevention
Start here to make a game plan for improving your health and reducing your cancer risk.

In Treatment
Find simple, soothing ways to nourish yourself while managing treatment side effects.

Survivorship
Reach your goals of living a longer, more fulfilling life while reducing your risk of recurrence.

Food is an important and often challenging part of the cancer experience – which is why Cook for Your Life exists. There are countless food and health sites online – we are the only free bilingual cooking resource teaching **healthy eating to people affected by cancer.**

7

Discovering Foods Rich in Phytonutrients

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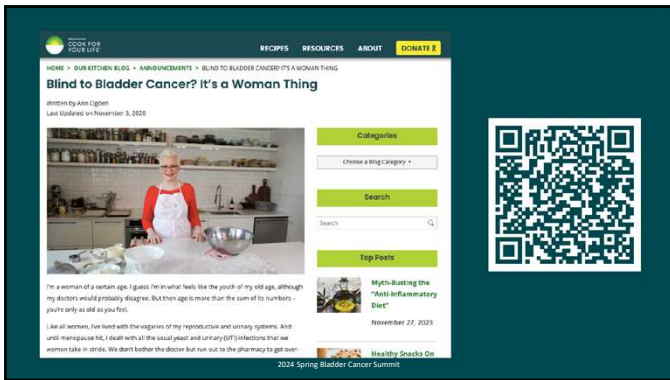
Eating Well on a Budget

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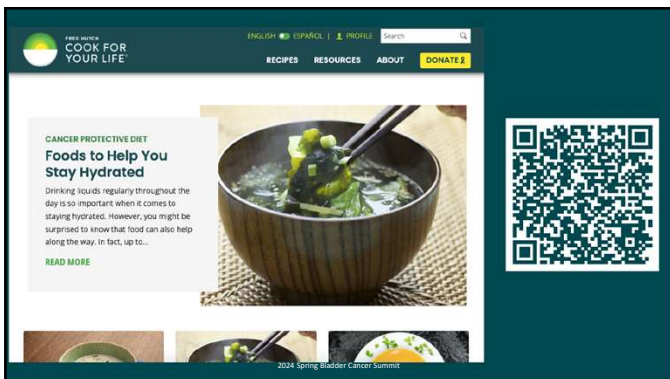
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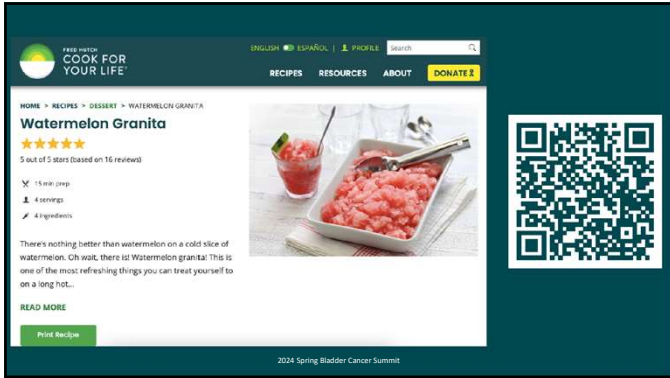
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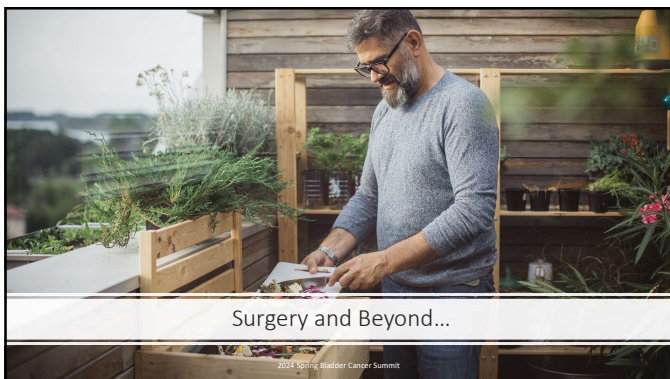
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14



15

COOK FOR YOUR LIFE RECIPES RESOURCES ABOUT DONATE

The Role of Protein During Cancer Treatment

Written by Cook for Your Life Staff
Last Updated on March 5, 2024

Receiving a cancer diagnosis turns your world upside down. That initial shock is usually accompanied by a search for information regarding your diagnosis. What you should or shouldn't put in your mouth will almost always show up in your search results. And as you dig deeper, the choices you make when it comes to your diet can appear daunting and overwhelming.

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High Protein

Health Constraints: Meats Preferences Preparation

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17

COOK FOR YOUR LIFE RECIPES RESOURCES ABOUT DONATE

Microbiome: Your Gut Instincts

Written by Cook for Your Life Staff
Last Updated on April 16, 2021

The microbiome is defined as a community of microorganisms, including fungi, viruses, and bacteria, which inhabit our bodies and can be found anywhere from our skin to intestines. Yes, you're covered in them. We are carrying trillions of...

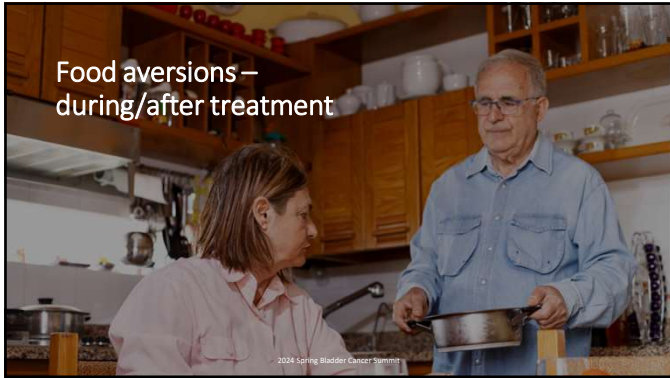
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18




19

COOK FOR YOUR LIFE RECIPES RESOURCES ABOUT **DONATE**

Here are some suggestions for things to try if you are experiencing taste changes:

- **Metallic taste:** Try adding a sweetener like maple syrup, and acids like lemon or lime, or your favorite vinegar. Adding lemon or lime to water can be a game-changer to help you increase fluid intake during treatment.
- **Overly sweet:** Try adding an acid like lemon or lime juice or even balsamic vinegar or other vinegars until the sweet taste goes away.
- **Too salty:** Try adding an acid like lemon or lime juice to help reduce the salty flavor.
- **Very bitter:** Try adding a sweetener like maple syrup or honey or a little sugar.
- **Bland and tasteless:** Try adding salt once your food is plated, a little at a time, until the flavors start to appear.

If you use seasoned cast-iron cookware, it may be a good idea to shelve it, as it can add to the metallic taste. If things get really bad, avoid canned foods and use plastic or wooden utensils instead of stainless steel. My best piece of advice is that if something you normally enjoy eating starts to taste weird, leave it alone and try something new. It is never going to taste how it should until treatment is over, no matter what you cook it in or eat it with, and by chasing the taste you may set yourself up for a lifelong aversion.



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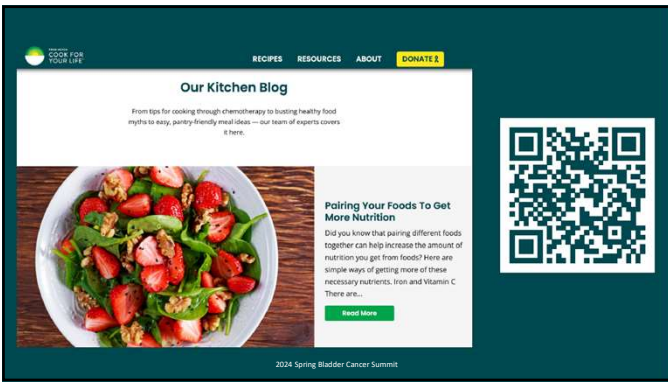
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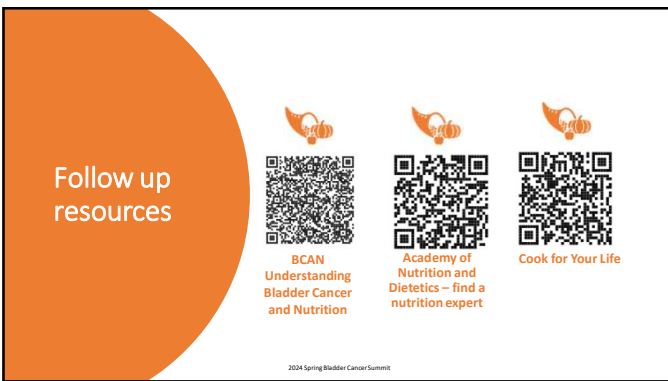
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22



23



24



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Questions?



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