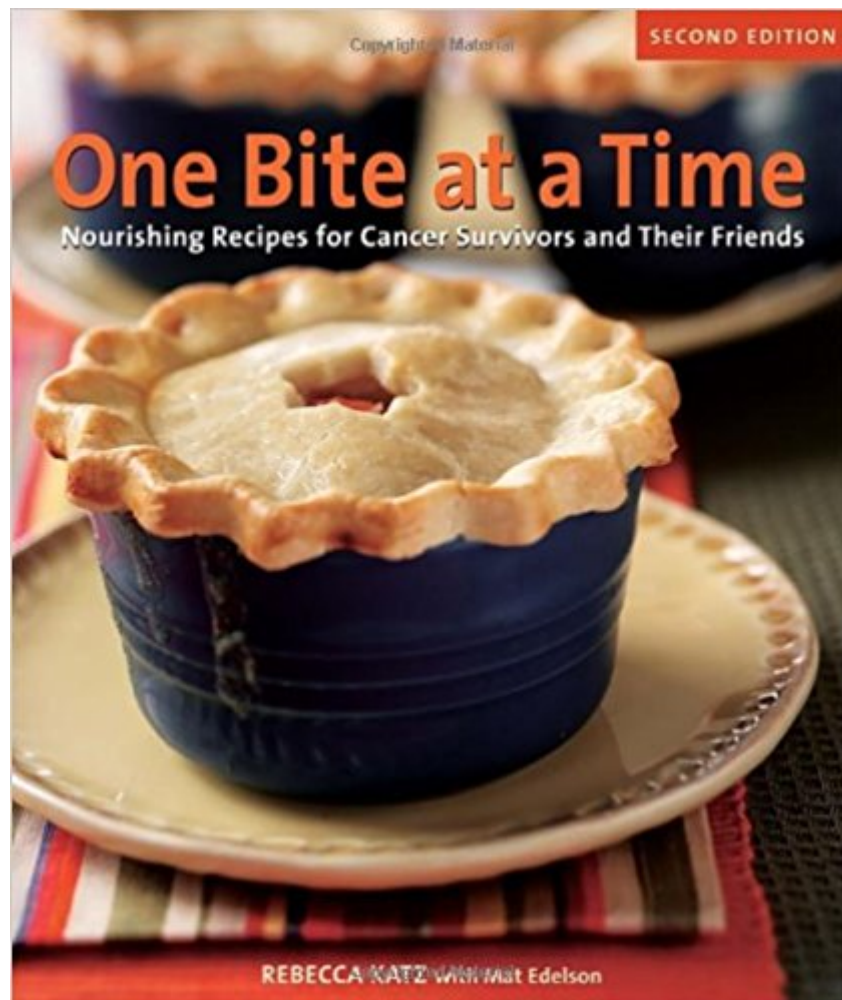




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# One Bite At A Time, Revised: Nourishing Recipes For Cancer Survivors And Their Friends



## Synopsis

A cookbook for cancer patients with more than 85 recipes, featuring full nutritional analysis and anecdotes from cancer survivors. Chef Rebecca Katz shares delicious, nourishing recipes for cancer patients, who often experience culinary ups and downs because of sudden dietary restrictions and poor appetite due to damaged taste buds from harsh treatments. Revised and updated with 10 new recipes, this second edition provides caretakers with a tangible way to nurture loved ones through easy-to-digest meals that offer maximum flavor while boosting the immune system. **•**

Reviews **•** “Rebecca Katz is a culinary genius who is also profoundly devoted to providing great, healthy food for people with cancer. Her meals receive the highest

praise. **•** Michael Lerner, cofounder of the Commonweal Cancer Help Program and

author of *Choices in Healing* **•** “A gem. **•** Mary Beth Regan, Baltimore Sun

**•** “This book is an instant turn-on to good, nourishing food. **•** Share

Guide **•** “Fare that puts delicious back into health food. **•** **•** Sweat magazine

## Book Information

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## Customer Reviews

A cookbook for cancer patients with more than 85 recipes, featuring full nutritional analysis and anecdotes from cancer survivors. \* Featuring a new introduction and a new appendix cross-referencing the most beneficial, sustaining recipes for various cancers and treatment regimens. \* Up to 80 percent of cancer patients are undernourished.

REBECCA KATZ is the founder of the Inner Cook and senior chef at Commonweal Cancer Help

Program in Marin County, California. **THE AUTHOR SCOOP** If you had to boil your book's message down to one sentence, what would it be? Good nutrition and great taste don't have to sit at opposite ends of the table! What are you working on now? I'm working on a second book for people undergoing cancer treatment that will cross reference specific symptoms and cancer types with foods that will bolster the effectiveness and outcome of their treatment. Do you eat your vegetables? I love my veggies. Especially the stud vegetable, broccoli! I even love my dark leafy greens, sautéed in a bath of olive oil and garlic. Tell me something that other people might not know about you. I'm a certified food fonder. Have any good pet stories? Bella is my 4 year old Portuguese Water Dog. She is the ultimate kitchen dog with an amazing nose. Currently, she has a job every Monday, I bring her to a clinic in San Anselmo where she is a part of the second Canine Cancer Scent Study in the country. A dog's olfactory senses are 800% more sensitive than humans. A dog can smell cancerous molecules through the breath, even before a scan can diagnose the presence of cancer in the body. Dogs are redefining the "Pet Scan." She works for treats. Her nose is so sensitive, that if I am making one of my regular dishes, and I forget to add the carrots, she will take her paw and scratch my leg to remind me.

We live rural. That means we've searched 5 grocery stores and can't find many of the ingredients, not even shallots, so many of the ingredients just weren't available to us. I must also admit that I'm 60 yrs old and only own 2 other cookbooks; so I was greatly confused by directions such as "the aroma will tell you when it's ready" (Yukon Gold Potato Leek Soup) and "simmer until the full richness of the vegetables can be tasted" (Magic Mineral Broth - still don't understand throwing away the ingredients you've just spent hours simmering) After much online ordering of whatever ingredients I could find online and then simmering, baking, and pureeing for hours my mom's reaction was to ask if I could add some meat to the soup, so I added some sausage and she was much happier. I do appreciate that this forced me to try several other new recipes I found online to use up the unusual ingredients I had to stock. But if your "patient" is more of a red meat eater you may have problems. This also tilts towards an Asian flavor profile, which mom didn't appreciate. Another recommendation would be to cross index in both directions. The Yukon Potato Leek Soup did refer to the Mineral Broth recipe as the base BUT it would have helped to have listed under the Mineral Broth the other recipes that used that as a base. Same for other base recipes such as pesto.

I bought this cookbook because my brother was going through chemo and I wanted to know what I could cook for him that he would enjoy. The recipes in it were so delicious and flavorful that I immediately bought a second cookbook for me to cook from at home. The recipes are gourmet-level delectable, healthy, easy to cook, and look beautiful. There's a lot of tips included about how to adapt recipes and what the principles behind the delicious flavor combinations are. This is a great cookbook for anyone, not just people going through cancer.

While I really do like this cookbook, it has some pretty fancy recipes with some interesting, not often seen ingredients. (at least not often seen in Wyoming, lol!) While I am going through chemo, I will probably not find myself making many of these recipes, but once I am feeling better, I will dig in. I think if you are not quite Iron Chef, the other book "Cancer Fighting Kitchen" may be a better choice. The recipes seem to be more like every day foods than fancier fare. Both are wonderful!

These recipes are really really tasty! I got the book to make food for a friend with cancer, didn't expect to use it for cooking for my own family, but I will. The discussion on FASS (fat, acid, salt, sweet) was a great reminder for me and I think would be revelatory for anyone who hasn't heard it before. I'd recommend this book for anyone who's cooked something that turned out bland and didn't know what to do about it as well as anyone who is cooking for someone who is having a hard time getting enough food (due to illness, chemo, etc.), as well as anyone who wants to know how to make a bizarrely delicious & buttery shortbread crust without using any butter. I also enjoy the discussions of making healthy foods where "healthy" isn't a code word for "lower calorie" or "low fat."

This book was just not for us. Not our taste at all. Recipes were much too involved. Too many ingredients we would never have on hand. Too many steps and too many pots and pans. I did find the other information helpful. But actually, the first time we went to the cancer center they gave us a beautiful free cookbook - also with a lot of other info in it, and it seems more to our liking.

I bought this, originally, because of a friend who had cancer: the recipes are so tempting, the thought and care behind each ingredient so clearly explained and so well tested - - all I can say is, we got the new edition for ourselves, because the food you can create with Rebecca Katz's cookbook is unbelievably yummy!!

This was a gift for a friend who unfortunately passed away after her third battle with cancer. I know she liked the food from some of the recipes because her husband who had been doing the cooking, told me so. He also said that the recipes were easy to follow, even for a novice cook like himself. He said he didn't have to worry a lot about food or her eating when he used the recipes.

Excellent. It contains not only great recipes but it also helps plan portions and recommendations for things like "not fixing your favourites on bad chemo days so that you don't associate favourite foods with bad days" Things a lot of people wouldn't think about. I highly recommend this book.

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