The Royal Marsden Cancer Cookbook, by Clare Shaw

For cancer patients and their families, the simple act of cooking a meal may be daunting. Poor appetite, changes in taste, nausea, sore and dry mouth, weight loss but also the fear of interfering with cancer growth and cancer treatments are frequent obstacles to an enjoyable and nourishing meal.

"The Royal Marsden Cancer Cookbook", by Dr. Clare Shaw, addresses these issues and helps the reader navigate the facts and myths about nutrition and cancer.  
More than just a cookbook, its thoughtful introduction is written in a pleasant to read and didactic style explaining some of the staples on cancer and food and nutrition therapy.

This first section is then followed by a selection of tasty and nutritious recipes for during and after cancer treatments. The recipes are designed to serve smaller portions, two people as well as families. The reader will also find useful budget tips.

“One meal fits all family” may be one the philosophies of this cookbook. One doesn't always have to cook a special separate meal for a cancer patient: the rest of the family may eat in the same way, saving not only money but also time and energy, while encouraging a healthier diet for all.

The book, with its careful presentation, is a feast to the eyes. These are apprentice chef friendly and doable recipes, an important factor either for those preparing their own meals while dealing with poor appetite and fatigue or for those who want to prepare a creative meal for someone facing serious food challenges.

Chilled avocado soup, one-pot roasted fish with new potatoes, baked apples with toasted oats and honey are just a few of the great recipes you may find in this cookbook.

I highly recommend the reading of this book. The recipes’ sophisticated simplicity will inspire healthy eating and help not only cancer patients, family and caregivers, but also dietitians and other health professionals.

"The Royal Marsden Cancer Cookbook" (ISBN number 0857832328) will reach many dietitian around Europe as it has been translated for the following countries: Czech Republic, Estonia, France, Hungary, Poland, Portugal and Spain.

Reviewed by Carolina Bento, EFAD ESDN Oncology Committee member