



# **Alimentándose Bien Durante El Cáncer (Spanish Edition)**

*Holly Clegg*

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Alimentándose bien durante el cáncer: Recetas fáciles y recomendaciones durante y después del tratamiento. Es un libro de recetas que mejora la calidad de vida para pacientes con cáncer. Pacientes y cuidadores tienen ahora las herramientas necesarias para crear versiones más saludables de sus comidas favoritas, con recetas enfocadas en contrarrestar los efectos del tratamiento. Cada capítulo se enfoca en un efecto secundario durante el tratamiento. Con sugerencias muy útiles para cuidadores y para después del tratamiento. Incluye lista de compras y consejos para cada síntoma. También se presentan recetas específicas para diabéticos, sin gluten, fáciles de congelar y para vegetarianos.

Los capítulos incluyen información sobre:

Quimioterapia, neutropenia, diarrea, estreñimiento, dolores en la boca, alimentos altos en proteínas, aumento de peso, aperitivos, cuidadores y qué hacer después del tratamiento.

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