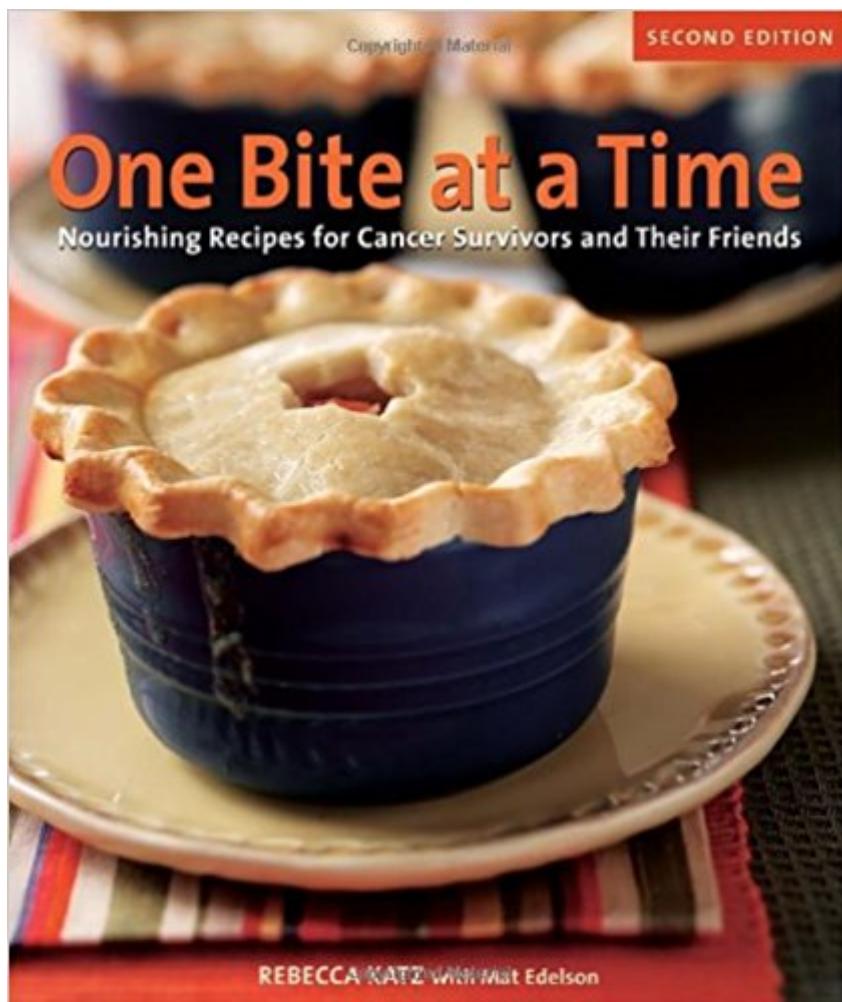


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# One Bite At A Time, Revised: Nourishing Recipes For Cancer Survivors And Their Friends



## 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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Average Customer Review: 4.4 out of 5 stars  
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Best Sellers Rank: #56,507 in Books (See Top 100 in Books) #19 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #101 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #627 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

One Bite at a Time is a cookbook by Rebecca Katz designed for cancer survivors and cancer patients. Its goal is simple yet all too difficult: to create food that fits within the dietary constraints of cancer survivors, nourishes them, and yet tastes so delicious to their altered taste buds and rebellious systems that they'll want to eat it. This food is also designed to be easy for them and their caregivers to make at home. Ms. Katz set out on this course because she had family and friends who were diagnosed with cancer, and whom she wanted to help care for. She noted that many patients didn't know how to convert the limited lists of foods they were given into something they'd

like, so she put her knowledge as a chef to work creating food they would actually enjoy. She does more than that, however. She includes simple instructions for using a few basic ingredients to help you balance the flavors of any dish to your liking, so that however your taste buds have been affected, you'll be able to (with a little practice) make food that tastes good to you. She has incredible understanding of and empathy for the particular food and taste problems cancer survivors suffer, and that shines through in this book. Here's the rub: the recipes in this book are so delicious and flavorful, and so healthy, that I'd recommend EVERYONE go out and buy a copy. That way, not only can you enjoy the benefits of these recipes and the information on flavors, but the next time you find out that a relative, friend, or neighbor has cancer (sadly, an all-too-common occurrence these days), instead of feeling helpless, you'll know exactly what you can do to help a little. We made a fruit tart from this cookbook that was absolutely awesome.

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