

PUBLICATIONS SUR LA NUTRITION



Cette fiche d'information porte sur la nutrition et la salubrité alimentaire.

https://educationdespatientscusc.ca/DATA/GUIDE/834_fr~v~la-nutrition-et-la-salubrite-alimentaire.pdf



La salubrité des aliments pour LES Personnes au système immunitaire affaibli

https://publications.gc.ca/collections/collection_2016/sc-hc/H14-55-3-1-2015-fra.pdf



Bien s'alimenter lorsqu'on a le cancer

https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/eating-well-when-you-have-cancer/32428-eating-well-when-you-have-cancer-fr_v2.pdf?rev=8d6ce97af4ac4f27a4874a3e461cafb&hash=81AB5BCE49D81F6D7639A7F0B323FB4A



ALIMENTATION

https://www.cancersdusang.ca/sites/default/files/2021-09/2020%20LLSC%20Caregiver%20Fact%20Sheet-Nutrition_Final_FR.pdf

NAUSÉES et VOMISSEMENTS

<https://www.cancersdusang.ca/sites/default/files/2023-11/naus%C3%A9es-et-vomissements.pdf>

DIARRHÉE et CONSTIPATION

<https://www.cancersdusang.ca/sites/default/files/2023-11/Diarrh%C3%A9e-et-constipation.pdf>

MANQUE d'APPÉTIT et PERTE de POIDS

<https://www.cancersdusang.ca/sites/default/files/2024-03/lls1567-f-fs-appetite-weightloss-f04.pdf>



Immunothérapie et santé intestinale

<https://www.savourersante.ca/wp-content/uploads/Immunotherapie.pdf>

À propos de l'anémie

<https://www.savourersante.ca/wp-content/uploads/NS-Anemia-Card1-Anemia-FR-WEB.pdf>

Sources alimentaires de fer

<https://www.savourersante.ca/wp-content/uploads/NS-Anemia-Card2-Iron-FR-WEB.pdf>

Fer provenant de sources végétales

<https://www.savourersante.ca/wp-content/uploads/NS-Anemia-Card3-plant-sources-FR-WEB.pdf>

Conseils pour gérer la fatigue

<https://www.savourersante.ca/wp-content/uploads/Card1-Oncolo-Fatigue-FR-F-WEB.pdf>

Conseils pour conserver votre énergie

<https://www.savourersante.ca/wp-content/uploads/Card2-Oncolo-SaveEnergy-FR-F-WEB.pdf>

Repas à préparer d'avance

<https://www.savourersante.ca/wp-content/uploads/Card3-Oncolo-Make-Ahead-FR-F-WEB.pdf>

Repas et collations rapides

<https://www.savourersante.ca/wp-content/uploads/Card4-Oncolo-Snacks-FR-F-WEB.pdf>

Nausées à l'heure du déjeuner

<https://www.savourersante.ca/wp-content/uploads/carte1.pdf>

Hydratation

<https://www.savourersante.ca/wp-content/uploads/carte2.pdf>

Conseils pour lutter contre les nausées

<https://www.savourersante.ca/wp-content/uploads/carte3.pdf>

Collations et grignotines

<https://www.savourersante.ca/wp-content/uploads/carte4.pdf>



QUOI MANGER ET QUOI BOIRE APRÈS LA CRÉATION D'UNE STOMIE PAR VOIE CHIRURGICALE

<https://www.savourersante.ca/wp-content/uploads/SSE-stomie.pdf>

PRENDRE EN CHARGE LES EFFETS INDÉSIRABLES LIÉS À L'ALIMENTATION

<https://www.savourersante.ca/wp-content/uploads/SSEindesirablesColo.pdf>

BIEN MANGER APRÈS LE TRAITEMENT

<https://www.savourersante.ca/wp-content/uploads/SSEbienColo.pdf>

CONSEILS POUR UNE Saine ALIMENTATION AUX HOMMES ATTEINTS DE CANCER DE LA PROSTATE - 1re partie : Préparer des repas efficaces

<https://www.savourersante.ca/wp-content/uploads/2018/06/SavourerSant%C3%A9ProstCancerA2E.pdf>



Bibliothèque de ressources numériques CanSupport des Cèdres

PUBLICATIONS SUR LA NUTRITION



CONSEILS POUR UNE SAINTE ALIMENTATION AUX HOMMES ATTEINTS DE CANCER DE LA PROSTATE - 2e partie : Planifier les repas
<https://www.savourersante.ca/wp-content/uploads/2018/11/ProstCancer2FR.pdf>

CONSEILS POUR UNE SAINTE ALIMENTATION AUX HOMMES ATTEINTS DE CANCER DE LA PROSTATE - 3e partie : Manger sainement
<https://www.savourersante.ca/wp-content/uploads/2019/07/SavourerFRpt3cl.pdf>

CONSEILS POUR UNE SAINTE ALIMENTATION AUX HOMMES ATTEINTS DE CANCER DE LA PROSTATE - 4e partie : Ostéoporose
<https://www.savourersante.ca/wp-content/uploads/SSEExtraProstFRpt04.pdf>

CONSEILS POUR UNE SAINTE ALIMENTATION AUX HOMMES ATTEINTS DE CANCER DE LA PROSTATE - 5e partie : Au-delà de l'assiette
<https://www.savourersante.ca/wp-content/uploads/SSEExtraProstFRpt05.pdf>

L'ABC+ DE LA SANTÉ INTESTINALE (1re PARTIE) SAVOIR COMPOSER AVEC LES MALAISES DIGESTIFS.
<https://www.savourersante.ca/wp-content/uploads/2017/06/ssHGG01.pdf>

L'ABC+ DE LA SANTÉ INTESTINALE (2e PARTIE) SAVOIR COMPOSER AVEC LES MALAISES DIGESTIFS.
<https://www.savourersante.ca/wp-content/uploads/2018/09/ssHGG02new.pdf>

CUISINER AVEC PLAISIR - RECETTES NUTRITIVES POUR LES PERSONNES ATTEINTES D'UN CANCER DE L'ESTOMAC
<https://www.savourersante.ca/wp-content/uploads/CuisinerAvecPlaisirOct2020.pdf>

Savourer Santé Volume 1, Numéro 1 - Guide canadien de nutrition pour les patients et les soignants en oncologie
<https://www.savourersante.ca/wp-content/uploads/2014/11/Savourersantev1Cr.pdf>

Savourer Santé Volume 1, Numéro 2 - Guide canadien de nutrition pour les patients et les soignants en oncologie
<https://www.savourersante.ca/wp-content/uploads/2015/08/NourishVol1Issue2cl.pdf>



Cuisiner pour diminuer son risque de développer un cancer colorectal
<https://www.colorectalcancercanada.com/fr/document/cuisiner-pour-diminuer-son-risque-de-developper-un-cancer-colorectal/>

Les Aliments Contre le Cancer - Recettes
<https://www.foodsthatfightcancer.ca/fr/recettes/>



GUIDE POUR UN MODE DE VIE SAIN - Pour les personnes touchées par le cancer de la vessie
https://bladdercancercanada.org/wp-content/uploads/2025/01/Bladder-Cancer-Healthy-Living-Guidebook_FR_final.pdf



MANGER AVEC PLAISIR, TOUJOURS.
https://www.mcgill.ca/palliativecare/files/palliativecare/pal2024_recipe_book_french.pdf



Ma cuisine à la saveur des saisons
<https://www.cancerdurein.ca/ma-cuisine-a-la-saveur-des-saisons/>



Cuisine et santé rénale
<https://www.kidneycommunitykitchen.ca/fr/>





NUTRITION PUBLICATIONS



This fact sheet is about nutrition and food safety.

https://muhcpatienteducation.ca/DATA/GUIDE/834_en~v~nutrition-and-food-safety.pdf



Safe Food Handling for immunocompromised individuals

https://publications.gc.ca/collections/collection_2016/sc-hc/H14-55-3-1-2015-eng.pdf



Eating Well When You Have Cancer

https://cdn.cancer.ca/-/media/files/cancer-information/resources/publications/eating-well-when-you-have-cancer/32428-eating-well-when-you-have-cancer-en_v2.pdf?rev=eb8506f96ada4002870f68b436f240fa&hash=622EFF73F37F32CFFC3596AD1B3A6393



NUTRITION

https://www.bloodcancers.ca/sites/default/files/2021-07/2020%20LLSC%20Caregiver%20Fact%20Sheet-Nutrition_Final_EN.pdf

NAUSEA and VOMITING

<https://www.bloodcancers.ca/sites/default/files/2023-11/LLS1571-F-FS-Nausea-Vomiting-E02.pdf>

DIARRHEA and CONSTIPATION

<https://www.bloodcancers.ca/sites/default/files/2023-11/LLS1570-C-FS-Diarrhea-Constipation-E03.pdf>

LOW APPETITE and WEIGHT LOSS

<https://www.bloodcancers.ca/sites/default/files/2024-03/lls1567-f-fs-appetite-weightloss-e07.pdf>

Nourish

Immunotherapy and gut health

<https://www.nourishonline.ca/wp-content/uploads/Immunotherapy-Nutrition-Guide.pdf>

About Anemia

<https://www.nourishonline.ca/wp-content/uploads/NS-Anemia-Card1-Anemia-EN-WEB.pdf>

Getting iron from food

<https://www.nourishonline.ca/wp-content/uploads/NS-Anemia-Card2-Iron-EN-WEB.pdf>

Getting iron from plant sources

<https://www.nourishonline.ca/wp-content/uploads/NS-Anemia-Card3-plant-sources-EN-WEB.pdf>

Tips to manage fatigue

<https://www.nourishonline.ca/wp-content/uploads/Card1-Oncolo-Fatigue-EN-F-WEB.pdf>

Tips to save energy

<https://www.nourishonline.ca/wp-content/uploads/Card2-Oncolo-SaveEnergy-EN-F-WEB.pdf>

Meals to make ahead

<https://www.nourishonline.ca/wp-content/uploads/Card3-Oncolo-Make-Ahead-EN-F-WEB.pdf>

Quick meals and snacks

<https://www.nourishonline.ca/wp-content/uploads/Card4-Oncolo-Snacks-EN-F-WEB.pdf>

Tips to ease nausea at breakfast time

<https://www.nourishonline.ca/wp-content/uploads/CARD-1-Breakfast-EN.pdf>

Hydration Tips

<https://www.nourishonline.ca/wp-content/uploads/CARD-2-hydration-EN.pdf>

Tips for fighting nausea

<https://www.nourishonline.ca/wp-content/uploads/CARD-3-Tips-EN.pdf>

Snacks and small bites

<https://www.nourishonline.ca/wp-content/uploads/CARD-4-Snacks-EN.pdf>

Nourish
EXTRA

WHAT TO EAT AND DRINK AFTER OSTOMY SURGERY

<https://www.nourishonline.ca/wp-content/uploads/NourishExtraOstomy.pdf>

MANAGING NUTRITIONRELATED SIDE EFFECTS

<https://www.nourishonline.ca/wp-content/uploads/NEManageColorectalr.pdf>

EAT WELL AFTER TREATMENT

<https://www.nourishonline.ca/wp-content/uploads/NEColorectalEatWell.pdf>

EAT WELL TIPS FOR MEN WITH PROSTATE CANCER - Part 1: Building Meals that work

<https://www.nourishonline.ca/wp-content/uploads/2018/06/NourishExtraProstCancerEnCL.pdf>





NUTRITION PUBLICATIONS



EAT WELL TIPS FOR MEN WITH PROSTATE CANCER - Part 2: Meal planning
<https://www.nourishonline.ca/wp-content/uploads/2018/11/ProstCancer2ENcl.pdf>

EAT WELL TIPS FOR MEN WITH PROSTATE CANCER - Part 3: Eating for overall health
<https://www.nourishonline.ca/wp-content/uploads/2019/07/NourishENpt3cl.pdf>

EAT WELL TIPS FOR MEN WITH PROSTATE CANCER - Part 4: Osteoporosis
<https://www.nourishonline.ca/wp-content/uploads/NourishExtraProstENpt04.pdf>

EAT WELL TIPS FOR MEN WITH PROSTATE CANCER - Part 5: Beyond the plate
<https://www.nourishonline.ca/wp-content/uploads/NourishExtraProstENpt05.pdf>

THE HEALTHY GUT GUIDE: PART 1 MANAGING GI HEALTH
<https://www.nourishonline.ca/wp-content/uploads/2017/06/HGG1.pdf>

THE HEALTHY GUT GUIDE: PART 2 MANAGING GI DISTRESS
<https://www.nourishonline.ca/wp-content/uploads/2017/06/HGG2En.pdf>

COOKING WITH JOY - NUTRITIOUS RECIPES FOR PEOPLE WITH GASTRIC CANCER
<https://www.nourishonline.ca/wp-content/uploads/CookingWithJoyOct2020.pdf>

VOLUME 1, ISSUE 1 Nourish - Canada's Nutrition Companion for Oncology Patients and Caregivers
<https://www.nourishonline.ca/wp-content/uploads/2014/08/Nourishv1Cr.pdf>

VOLUME 1, ISSUE 2 Nourish - Canada's Nutrition Companion for Oncology Patients and Caregivers
<https://www.nourishonline.ca/wp-content/uploads/2014/08/Nourishv1Cr.pdf>



Cooking to Reduce Your Risk of Developing Colorectal Cancer
<https://www.colorectalcancercanada.com/document/cooking-and-reduce-your-risk-of-developing-colorectal-cancer/>

Food That Fight Cancer - RECIPES
<https://www.foodsthatfightcancer.ca/recipes/>



Healthy Living Guidebook: For people living with or beyond a bladder cancer diagnosis
https://bladdercancercanada.org/wp-content/uploads/2025/01/Bladder-Cancer-Healthy-Living-Guidebook_EN_final.pdf



EATING WELL, ALWAYS
https://www.mcgill.ca/palliativecare/files/palliativecare/pal2024_recipe_book_english.pdf



SEASONAL RECIPES - Cuisine that celebrates seasonal flavours and ingredients
<https://www.kidneycancercanada.ca/cuisine-that-celebrates-seasonal-flavours-and-ingredients/>

KIDNEY CANCER DIET AND NUTRITION
<https://online.fliphtml5.com/fexz/enyr/#p=1>



Kidney Kitchen Recipes
<https://www.kidneycommunitykitchen.ca/kkcookbook/recipes/>

The High Protein Cookbook for Muscle Health During Cancer Treatment
<https://pressbooks.openeducationalberta.ca/proteincookbookforcancer/>



MD ANDERSON - Nutrition Basics for Patients and Caregivers
<https://www.mdanderson.org/documents/Departments-and-Divisions/Clinical-Nutrition/Nutrition-Basics-for-Patients-and-Caregivers.pdf>



DANA FARBER NUTRITION RESOURCES
<https://myzakim.dana-farber.org/nutrition>

