

Recommended resources

Resources discussed during Cancer Council Victoria webinar, Tuesday 8 September 2015: [Exercise and eating well: managing changes during cancer treatment](#)

Websites

Finding a Psychologist, an Accredited Practising Dietitian, and Accredited Exercise Physiologist, and locating a community health centre:

- [Dietitians Association of Australia \(DAA\)](#)
- [Exercise & Sports Science Australia \(ESSA\)](#)
- [Australian Psychological Society \(APS\)](#)
- [Individual community health centres](#)

Information on nutrition and physical activity during cancer treatment.

- [Cancer Council Victoria – Living with Cancer](#)
- [Peter MacCallum Cancer Centre – Nutrition and Diet](#)
- [iHeard](#)
- [American Cancer Society – Nutrition for People with Cancer](#)
- [Macmillan Cancer Support \(UK\)](#)

Cancer Council information and resources

Information about the impacts of cancer treatment on nutrition and physical activity, and recommendations about setting up an exercise regime:

- [Booklet: Nutrition and Cancer](#)
- [Booklet: Exercise and Cancer](#)
- [Booklet: Emotions and Cancer](#)
- [Factsheet: Understanding malnutrition and cancer](#)
- [Factsheet: Understanding taste and smell changes](#)
- [Factsheet: Coping with cancer fatigue](#)
- [Guidelines for implementing exercise programs for cancer patients](#)

Cancer Council 13 11 20

Call 13 11 20 or email askanurse@cancervic.org.au for reliable information and support about all cancer-related issues.

Position statements from Cancer Council Australia

Evidence-based information about the relationship between certain foods and cancer:

- [Fruit, vegetables and cancer prevention](#)
- [Meat and cancer prevention](#)
- [Fibre, wholegrain and cancer](#)
- [Sugar-sweetened beverages](#)
- [Soy, phyto-oestrogens and cancer prevention](#)
- [Tea and cancer prevention](#)
- [Salt and cancer risk](#)
- [Folate and reducing cancer risk](#)

Australian Guide to Health Eating

A food selection guide from the National Health and Medical Research (NHMRC) which visually represents the proportion of the five food groups recommended for consumption each day.

- [Australian Guide to Healthy Eating](#)

Further reading

These resources are written for health professionals; if you have questions about anything mentioned here, please call Cancer Council 13 11 20 to speak with a cancer nurse.

Hayes S, Spence R, Galvao D, Newton R (2009), [Australian Association for Exercise and Sport Science position stand: Optimising cancer outcomes through exercise.](#) Journal of Science & Medicine in Sport, 12:4, 428-434

[American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer prevention](#) as cited in: (2012) A healthy diet and physical activity help reduce your cancer risk. CA: Cancer Journal for Clinicians, 62: 68-69.

[Malnutrition in Cancer eLearning](#), in association with eviQ, PeterMac and State Government of Victoria

State Government of Victoria, [Malnutrition in Victorian Cancer Services](#)