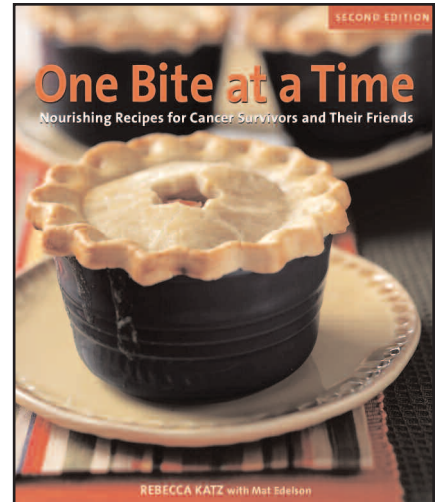


# ONE BITE AT A TIME

*Nourishing Recipes for Cancer Survivors and Their Friends, 2nd Edition*

Rebecca Katz  
with Mat Edelson



When her father, who was suffering from throat cancer, said that eating was no longer a joy, chef Rebecca Katz decided to do something about it. Her cookbook, *One Bite at a Time*, offers delectable recipes created with a daughter’s love, setting itself apart by acknowledging that eating is first and foremost based in pleasure. To ease the struggles resulting from dietary restrictions, damaged taste buds, nausea, and poor appetite, this edition of *One Bite at a Time* features recipes revised for stronger, more pleasing flavors and meals that are easier to digest than ever, plus tempting new photos to help stimulate the appetite.

*One Bite at a Time* is the essential resource for anyone who’s fighting cancer — patient or caretaker — because sadly, 1/3 of cancer deaths are related to lifestyle factors such as malnutrition. Katz’s recipes use simple flavorings chosen specifically to compensate for the taste changes and sensitivities experienced by many going through cancer treatments. Each recipe now includes a complete nutritional analysis so readers can easily flip to the dishes that match their specific regimens. Due to popular demand, Katz includes a wider selection of gluten-free and dairy-free options, plus plenty of notes on the best organic, pesticide-free ingredients. But nutrition is the last thing on the minds of those who try just one bite of Katz’s tasty dishes, including sweet and peppery Carrot-Ginger Soup with Cashew Cream, zesty Jicama and Red Cabbage Salad with Mint and Cilantro, and comforting Chicken Potpie with a Tender Whole Wheat Pastry Crust.

Those going through cancer treatments often find themselves too physically and emotionally drained to cook or shop. But sometimes life’s greatest pleasures lie in the simplest actions, and chief among these is sharing a meal. By providing boosters for the immune system *and* the appetite, the 85+ balanced meals in *One Bite at a Time* give caretakers and patients a tangible way to restore the joy of eating with every spoonful.

“Rebecca Katz takes the drudge, burden, and confusion about what to eat off the backs of cancer patients and their caregivers. I cannot recommend this book too highly if you are going through cancer treatment, want to help prevent cancer, or simply love delicious food.”

—Martin L. Rossman, M.D., Department of Medicine, University of California, San Francisco, author of *Fighting Cancer from Within*

**REBECCA KATZ** is the Senior Chef at Commonweal’s Cancer Help Program in San Francisco, which was featured on Bill Moyer’s award-winning PBS series *Healing and the Mind*. She is a graduate of The Natural Gourmet Cookery School’s Institute of Food and Health and founder of The Inner Cook, an organization that teaches how to make healthy connections with food. Find out more about Rebecca at [www.innercook.com](http://www.innercook.com).

**MAT EDELSON** is a national award-winning freelance magazine journalist and past director of the Johns Hopkins Radio Health Newsfeed. He lives in Baltimore, Maryland.

**AUTHORS ARE AVAILABLE FOR INTERVIEWS**

*One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends, 2nd Edition*

by Rebecca Katz with Mat Edelson

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**SEE ALSO: ALTERNATIVE MEDICINE MAGAZINE’S DEFINITIVE GUIDE TO CANCER**

