**Trusted websites and resources**

[**www.aicr.org**](http://www.aicr.org)

<https://www.aicr.org/research/third-expert-report/>

A summary of research evaluating the impact of lifestyle and nutrition factors on different cancers

[**www.oncologynutrition.org**](http://www.oncologynutrition.org)

**Website for the practice group of dietitians working in oncology nutrition**

<https://www.oncologynutrition.org/resources/nutrition-resources>

American Cancer Society, Survivorship Guidelines, updated in 2022

<https://doi.org/10.3322/caac.21721>

[www.oldwayspt.org](http://www.oldwayspt.org)

Detailed information on the Mediterranean Diet

[**www.karencollinsnutrition.com/smartbytes/**](http://www.karencollinsnutrition.com/smartbytes/)

A dietitian working with the American Institute of Cancer Research, with multiple blogs on nutrition in cancer prevention and for survivors