



The Princess Margaret  
Hospital Foundation  
University Health Network

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MEDIA CONTACT: Jane Finlayson, Director of Communications, Princess Margaret Hospital Foundation, 1-416-946-2898, [cookbook@pmhf.ca](mailto:cookbook@pmhf.ca)

## **GOES DOWN EASY**

**RECIPES TO HELP YOU COPE WITH THE CHALLENGE OF EATING DURING CANCER TREATMENT**  
by Elise Mecklinger with the Princess Margaret Hospital Dietitians

**Toronto, Canada, May 2006** – More and more people’s lives are being touched by cancer – you, a family member, friends and neighbours. Good nutrition during treatment is key to maintaining strength and energy, as well as aiding in recovery.

Cookbook author Elise Mecklinger worked closely with a team of six registered dietitians at Princess Margaret Hospital, led by Daniela Fierini, to develop the recipes for **Goes Down Easy – the first cookbook of its kind in Canada**. Inspired by patients’ requests for easy, practical recipes to deal with certain nutrition problems, **Goes Down Easy** is a practical guide for people living with cancer, their families and caregivers. Some of the most frequently asked questions are “What should I eat? What should I avoid eating? and “How will I manage meals?”

The beautifully designed **Goes Down Easy** cookbook, which contains over 100 recipes, is organized by symptom, so the appropriate recipe is easy to find when you need it. Each chapter includes advice from dietitians from Princess Margaret Hospital specializing in cancer, a sample meal plan, suggestions to maintain weight and strength, to keep well hydrated, and to ensure meal plans include enough calories, protein, and fluid. Because cancer patients may experience extreme fatigue, recipes require no fancy ingredients, extra shopping or preparation time.

To obtain more information or to arrange an interview with author Elise Mecklinger and Princess Margaret Hospital dietitian Daniela Fierini, please contact Jane Finlayson, Director of Communications at [cookbook@pmhf.ca](mailto:cookbook@pmhf.ca) or at 416-946-2898. Attached please find a PDF of the cover of **Goes Down Easy, bios, FAQs and two sample recipes with photos for publication or use.**

Proceeds for the sale of the book go to the **Princess Margaret Hospital Foundation** in support of Canada’s leading cancer research hospital.

The Princess Margaret Hospital Foundation at University Health Network raises funds for research, education and the enhancement of patient care at Canada's leading cancer research hospital, Princess Margaret Hospital and its research arm, the Ontario Cancer Institute. For more information, please visit us at [www.pmf.ca](http://www.pmf.ca). University Health Network consists of Princess Margaret, Toronto General and Toronto Western Hospitals, and is a teaching hospital affiliated with the University of Toronto.

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**Goes Down Easy** is **\$24.95 CDN** plus shipping, handling and taxes.

**TO ORDER FROM ANYWHERE:**

Visit [www.pmf.ca](http://www.pmf.ca). Click on Online Store. All major credit cards.

By phone: call 1-866-YES-PMHF or 1-866-937-7643 toll free  
In Toronto 416-946-6560

**Goes Down Easy**

will also be available at **Indigo & Chapters** stores across Canada,  
and at [www.indigo.chapters.ca](http://www.indigo.chapters.ca).