

High Calorie/ High Protein Snacks

Eating right during cancer treatment is very important. A diet rich in vegetables, fruits, proteins and healthy fats will provide you with the nutrients needed to keep up your strength and energy. A healthy diet will help the body rebuild tissues, maintain muscle mass, and keep your immune system strong to fight off infection and manage treatment side effects. The following are suggestions of healthy food items.

Drinks

Vega One Nutritional Shake or other plant based no sugar, low sodium protein drink
Fruit and Protein Smoothie
Chocolate Peanut Butter Smoothie (see recipe)

Food Items/Snacks

Nuts and Seeds - almonds, walnuts, cashews, peanuts, pepita seeds, sunflower seeds, etc.

Peanut butter or other nut butters:

- In smoothies
- On wholegrain crackers
- Peanut Butter Protein Balls (see recipes)
- Eat with sliced fruits or vegetable sticks (i.e. apples, carrots, celery)
- In a sandwich or on toast with bananas or apple slices

Avocado:

- Homemade guacamole
- Sliced or mashed on whole grain toast or salad
- Avocado hummus - use in place of mayonnaise on sandwiches or wraps
- Add to burrito, tostado, or other Mexican style foods
- Fix avocado salsas and salads (see recipes)

Eggs:

- “Vegetable Egg Muffin” - Baked “scrambled” egg with vegetables (see recipes)
- Vegetable scrambled egg - add protein powder mixed with milk for add'l protein
- Egg salad in lettuce wrap or eaten with wholegrain crackers
- Hard-boiled egg - eat with seasonings or sliced on wholegrain toast or salad

Beans:

- Hummus with veggies or whole grain crackers
- Bean Burrito with refried beans, avocado, lettuce, tomato, onion, olives, peppers on whole wheat tortilla shell.
- Bean dip topped with cheese, lettuce, tomato, onion, olives, peppers eaten with whole grain chips
- “Not Tuna” - vegetarian chickpea tuna salad substitute. Eat like tuna salad in wraps, sandwiches or with crackers as a dip. (see recipes)
- Use hummus in place of mayonnaise on sandwiches or wraps
- 3-bean chili with onions, peppers, blended spinach topped with non-dairy/dairy cheese and avocado

Oils for Cooking and Salads:

- Olive Oil - mix with lemon or lime juice plus favorite seasonings for salad dressing
- Coconut Oil
- Walnut Oil
- Avocado Oil
- Flaxseed Oil

Meat/Dairy:

- Lean Turkey or Chicken - baked or grilled, added to salads, sandwiches or wraps, add to stir fry with vegetables, omelet, quiche, or casserole
- Tuna salad/Chicken Salad - in wrap or sandwich, eat with whole grain crackers, or with vegetables as a “dip”
- Fish/Seafood - baked or grilled, added to salads, sandwiches or wraps, add to stir fry with vegetables, omelet, quiche, or casserole
- Low-fat cheese stick, cheese slice or cube
- Cottage cheese
- Fairlife Milk - Lactose Free, higher protein/lower sugar milk product

Tips for Low Appetite

Treatment for cancer, as well as cancer itself, can cause a loss of appetite and days when you don't feel up to par. You may not feel interested in eating or you "fill up" quickly when you do eat. So what do I do when I don't feel like eating?

- *Eat calorie and nutrient rich meals when you feel most hungry*
- *Eat 4-6 small meals a day*
- *Eat healthy high calorie/high protein foods*
- *Try cold foods or warm foods to determine what works best*
- *Make nutrient dense and protein rich drinks - i.e. smoothies, fresh juices*
- *Exercise. If it stimulates your appetite, exercise just before mealtime.*