

Food Ideas to Help with Decreased Appetite

During cancer treatment, it is important that you are able to eat enough to keep up your strength and help your body heal. There may be times during your treatment when your appetite is decreased. If this happens, the ideas below may be helpful.

General Tips

- **Make every mouthful count** by choosing high calorie, high protein foods.
- **Eat often.** Try a few mouthfuls even if you are not hungry. Try snacking at least every 2 hours.
- **Eat what you feel like eating.** It is okay to eat the same foods over and over again if only a few foods appeal to you.
- **Carry snacks with you** if you are going to be away from home during the day, at treatment or at work.
- **Eat your biggest meal when your appetite is best.** This may be at breakfast time rather than at the traditional evening meal.
- **Take a break from eating** to rest, take a walk or get some fresh air.
- **Ask family and friends to help you** with cooking and shopping.
- **Make eating more enjoyable** by inviting friends and family to eat with you.

High Energy, High Protein Meal Ideas

- French toast, pancakes or waffles with butter and syrup
- Cottage cheese and fruit
- Omelet with cheese and veggies
- Toasted bagel/bread with cream cheese or nut butter
- Hot cereal made with milk, butter, fruit and brown sugar or honey
- Muffin with butter and jam
- Cheese or fruit scone with butter and jam
- Instant soup which contains beans or lentils
- Cream soup made with milk
- Potato, pasta, bean or grain salad
- Sandwiches with your favorite fillings with extra butter and mayonnaise
- Pizza
- Grilled cheese sandwich
- Soft taco with sour cream, cheese, meat, refried beans and vegetables
- Prepared casseroles with meat, fish or chicken
- Canned tuna or salmon
- Pasta dishes with cream sauces, macaroni and cheese
- Frozen entrees such as lasagna or shepherd's pie
- Chili
- Baked beans (use on top of potatoes or toast)

- Perogies, add sour cream, cheese, bacon bits, fried onion
- Deli foods such as meat pies, sausage rolls, samosa
- Frozen burgers (vegetarian, beef, or chicken)
- Barbequed chicken
- Prepared quiche

Super Snacks

- Cheese with apple, celery or crackers
- Cereal bar
- Muffin or scone with butter, peanut butter, jam or cheese
- Toast or bagel with peanut butter, jam or cheese
- Cookies, oatmeal, peanut butter, fig or date bars
- Croissant with butter and jam
- Cereal, dry or with whole milk
- Hard boiled or devilled eggs
- Cottage cheese with fruit
- Pudding – rice, tapioca, milk or soy based
- Baked custard
- Ice Cream or frozen yogurt- in sundaes or floats
- Sweetened dessert tofu with fruit cocktail
- Fruit crisp, cobbler, pie or cheesecake
- Nuts and seeds
- Potato chips, pita bread, or tortilla chips with dip
- Dried fruit
- Trail mix
- Buttered popcorn

Boostin' Beverages

- Milkshakes made with whole milk
- Fruit Smoothies made with yogurt or tofu
- Steamed whole milk or soy milk with honey
- Malted milk or hot chocolate
- Commercial eggnog or milkshakes
- Instant breakfast powder made with whole milk
- Commercial nutritional supplements drinks

If you have tried these ideas and you are unable to eat or are losing weight, ask a member of your care team to refer you to a dietitian.

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