

During cancer treatment, it is important that you eat enough to keep up your strength and help your body heal. There may be times when your mouth or throat is sore. Liquids and soft, moist foods are often easier to eat. If you have questions, ask your health care team.

Tips for when your appetite is low

- **Eat your biggest meal when your appetite is best.**
- **Make every mouthful count** by choosing high calorie, high protein foods.
- **Drink liquids that give you energy** like milk, smoothies, and juice.
- **Eat often during the day.** Try snacking at least every 2 hours.
- **Eat foods that you like.** It is okay to eat the same foods every day, if you only like a few foods right now.
- **Carry snacks with you** if you are going to be away from home during the day.
- **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 grocery shopping.
- **Make eating more enjoyable** by inviting friends and family to eat with you.

High Calorie, High Protein Meal Ideas

- French toast, pancakes or waffles with butter and syrup
- Cottage cheese and fruit
- Toasted bagel/bread with cream cheese or nut butter
- Hot cereal made with milk, butter, fruit, and brown sugar or honey
- Muffin or croissant with butter and jam
- Cheese or fruit scone with butter and jam
- Instant soup which contains beans or lentils
- Cream soup made with milk or cream
- Potato, pasta, bean, or grain salad
- Pasta dishes with cream sauces, macaroni, and cheese
- Pizza
- Grilled cheese sandwich
- Broth with added egg swirl or tofu
- Stir fry noodles with meat and vegetables
- Soft taco with sour cream, cheese, meat, refried beans, and vegetables
- Casseroles with meat, fish, or chicken
- Canned tuna or salmon
- Sandwiches with your favorite fillings with extra butter, avocado and mayonnaise
- Frozen entrees like 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 like meat pies, sausage rolls, samosa
- Burgers (vegetarian, beef, or chicken)
- Barbequed chicken with potato salad
- Quiche
- Add sesame oil over congee, noodles or rice dishes
- Congee with shredded meat or boiled egg

Super Snacks

- Cheese with apple, celery, or crackers
- Cereal bar
- 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
- Dried fruit
- Cottage cheese with fruit
- Muffin or scone with butter, peanut butter, jam, or cheese
- Potato chips, pita bread, or tortilla chips with dip
- 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
- 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 try these ideas and still cannot eat, or you are losing weight, ask your health care team to refer you to a dietitian.

You can find more information on our website: bccancer.bc.ca/nutrition