

5 NUTRITION TIPS FOR MANAGING WEIGHT LOSS

When you have cancer, your body may need extra calories and protein. But eating challenges—such as difficulty swallowing, loss of appetite, nausea, diarrhea, or fatigue—can make eating difficult. The key is to make every bite count by eating high-protein and high-calorie foods.*

Follow these tips to help increase calorie and protein intake:

1. Eat small, frequent meals instead of three large meals.

- Eat at least 5 to 6 small meals or snacks a day.
- Eat every 2 to 3 hours, even if you don't feel hungry.
- Set reminder for mealtimes, and eat the most when you feel hungriest.
- Eat protein foods such as chicken, fish, meat, eggs, nuts, and beans first.

2. Pack in calories and protein with smoothies and shakes.

- Smoothies and shakes, which can be easier to consume than solid food, can serve as small meal replacements.
- Add ingredients such as whole milk, powdered milk, protein powder, peanut butter, ice cream, or yogurt.
- Try pre-made liquid nutrition supplements and add ingredients such as whole milk, peanut butter, ice cream, yogurt, or fruit. Ask a registered dietitian which type of supplement is best for you.

3. Increase calories with added fat.

- Fat has more calories per gram than carbohydrates or protein.
- Use butter, oils, mayonnaise, sour cream, and salad dressings liberally.
- Use oil or butter instead of a nonstick spray.
- Add mayonnaise to sandwiches and tuna or chicken salad.
- Add peanut butter or cream cheese to toast or crackers.

4. Drink liquids between meals rather than with meals.

- Only drink small amounts of liquids with meals, as they can make you feel full.
- Drink high-calorie beverages, such as juice and milk, between meals.
- Drink smoothies, shakes, and liquid nutrition supplements in place of a meal.

5. Snack throughout the day.

- Keep portable foods—such as granola bars, trail mix, peanut butter crackers, nuts, and dried fruit—with you for easy snacking.
- Keep your favorite snacks handy.
- Eat a bedtime snack, such as peanut butter crackers, half a sandwich, yogurt, or cereal.

* Always check with your healthcare provider before starting a new diet.