

Oncology Nutrition



Maximizing Nutrition & Managing Weight Loss



Managing a Low Appetite

- **Plan to eat a small meal:**
 - Within 1 hour of waking up
 - Every 2-3 hours throughout the day
- **Try not to skip planned meals and snacks**
- **Eat your largest meal when your appetite is best**
 - Appetite may be greatest in the morning
- **Choose familiar foods that are appetizing to you**
- **Have a bedtime snack**



Maximizing Nutrition

**Consume high-calorie
and high-protein
foods as often as possible
to support weight and
muscle maintenance**



High-Calorie Foods

- **High-calorie foods include:**
 - Whole fat dairy products
 - Nuts and nut butters
 - Butters and oils
 - Avocados
 - High-calories nutrition supplements
- **Butters, creams, or dressings can be added to vegetables to increase calorie content**



High-Protein Foods

- High-protein foods include:
 - Meats such as poultry, beef, pork, fish
 - Eggs
 - Greek yogurt
 - Cottage cheese
 - Tofu
 - Nut butter
 - Beans
 - Protein supplements



Nutritional Supplements

- **Nutritional drinks can be bought in-store or made at home**
 - Look for store-bought products with 200-400 calories
 - If making at home, add whole milk, protein powder, peanut butter, ice cream, or yogurt to add calories and protein
- **Carry protein bars and other snacks with you**



Conclusion

- **Eat regularly and take advantage of when your appetite is highest**
- **Eat familiar and appetizing foods**
- **Consume high-calorie and high-protein foods to support weight maintenance**
- **Nutrition shakes or protein bars can be an easy option**

Test your knowledge:

Which are examples of high-calorie foods? (Select all that apply)

A. Peanut butter

B. Grapes

C. Full-fat yogurt

D. Crackers

E. Vegetables

F. Avocado

G. Ice cream

Test your knowledge:

Which are examples of high-protein foods? (Select all that apply)

A. Greek yogurt

B. Protein powder/supplements

C. Mashed potatoes

D. Eggs

E. Banana

F. Poultry

G. Beans

Thank You!

