

High Calorie, High Protein Food Ideas

During cancer treatment, it is important to eat enough to keep up your strength and help your body heal. There may be times during treatment when your appetite is low and you may lose weight. During these times, it can help to eat high calorie, high protein foods.

General Tips

- Make every mouthful count by choosing high calorie, high protein foods and beverages.
- Try eating small amounts more often. For example, you may eat a small serving or even just a few mouthfuls of food every 2 or 3 hours throughout the day.
- Eat your biggest meal when your appetite is best.
- Try nutritional supplements. Examples include Boost Plus Calories ® or Ensure Plus Calories ®.
- Invite family or friends to eat with you if you find this more enjoyable.
- Take food with you if you will be away from home for several hours.
- Shop for foods that do not need a lot of preparation or cooking, like pre-washed and cut vegetables and fruit, prepared desserts, pre-cooked meats or frozen dinners.
- When you are feeling well, make extra portions of meals or snacks to freeze and use on low energy days.
- Ask friends or family to bring over meals or snacks, or to help you with grocery shopping.

If you have tried these ideas and you are unable to eat and are losing weight, ask to speak with a Registered Dietitian at the cancer centre.