

Small Frequent Meals

- Eating well may be difficult when you don't have an appetite, but there are ways to help make sure your body gets the nutrients it needs!
- This diet may be recommended by your dietitian or healthcare team if you have experienced a recent weight loss, get full quickly, have a small appetite or, if you have higher energy and protein needs.
- By eating small amounts **frequently** throughout the day, you may have a **better appetite** and be able to **maintain** your **strength** and **energy** levels, compared to eating three large meals.

Guidelines for Small Frequent Meals:

- Aim for: **six small meals or nourishing snacks** each day spaced about **2-3 hours apart**.
- Include at least **2 food choices** at your meal/snack.
- Include foods that contain **protein** at each meal/snack. Protein is found in meats, poultry, fish, beans, tofu, peanut butter, nuts, seeds, eggs, hummus, whole grains, cheese, yogurt and milk.
- Add **extra calories** to each meal/snack (see table below for energy boosting tips – make every bite count!).
- Drink **high calorie liquids** such as juice, milkshakes, smoothies and protein drinks.
- Include a **nutritional supplement or liquid meal replacement** (such as Ensure® or Boost®) as recommended by your physician or dietitian.





Energy Boosting Tips – Make Every Bite Count!

Vegetables and Fruit	<ul style="list-style-type: none"> ▪ Fruit canned in syrup ▪ Dried fruits (e.g. raisins, apricots, dates) ▪ Avocados and olives ▪ Vegetables with cheese sauces, butter or dips ▪ Whipped cream or ice cream on top of fruit ▪ Celery sticks filled with tuna or peanut butter
Meat and Alternatives	<ul style="list-style-type: none"> ▪ Meat, poultry or fish with added margarine, gravy or sauce ▪ Eggs cooked with added fat (e.g. cheese, oil, butter/margarine) ▪ Egg salad (mixed with mayonnaise) ▪ Peanut butter (spread on breads, crackers, fruit or added to shakes) ▪ Legumes and lentils (add to soups, casseroles, salads) ▪ Hummus (spread on breads, crackers or use as a dip) ▪ Nuts and seeds
Milk and Alternatives	<ul style="list-style-type: none"> ▪ Whole milk (use in cereal, hot chocolate, cream soups, shakes) ▪ Full fat yogurt (use in dips, sauces, salad dressings, on top of fruit) ▪ Full fat cheese (use in casseroles, soups, on veggies, etc.) ▪ Dried milk powder (mix in gravies, soups and sauces)
Fats and Oils	<ul style="list-style-type: none"> ▪ Add generous amounts of margarine, butter, oil, whipping cream, salad dressing, sour cream, gravy, cream cheese, mayonnaise and sauces to foods where possible
Other Foods	<ul style="list-style-type: none"> ▪ Buttered popcorn, pizza, trail mix, chips, cookies, pies and granola bars ▪ Use jams, jellies, syrup, honey and sugar to boost calories

Quick and Easy Meal and Snack Ideas

- French toast, pancakes or waffles with butter and syrup
- Toast with peanut butter, honey and banana
- Cottage cheese and fruit
- Apple sauce with nuts and sliced fruit
- Crackers and cheese
- Cereal, dry or with whole milk
- Grilled cheese sandwich
- Muffins, scones, toast or bagels with butter, peanut butter, jam or cheese
- Pasta with cream sauce and grated cheese
- Cereal bar with cheese slices
- Trail mix – pretzels, raisins, dried cereal/fruit and nuts
- Milkshake made with Ensure® or Boost®
- Carnation Breakfast Essentials® made with whole milk
- Yogurt mixed with sliced fruit, granola and nuts
- Pizza slices
- Cream soups or broth soups with meat or beans
- Chili with shredded cheese
- Hardboiled egg and toast
- 6' flour tortilla with sour cream, meat, refried beans and cheese
- Avocado slices with salsa, cheese and tortilla chips
- Apple slices with peanut butter
- Perogies with sour cream, cheese, bacon bits and fried onion
- Prepared casseroles with meat, fish or chicken
- Hot cereal made with whole milk, butter, fruit and brown sugar
- Pitas and veggies with salad dressing or hummus dip
- Peanut butter or oatmeal cookies with a glass of whole milk
- Prepared quiche
- Frozen entrées such as lasagna or Shepard's pie
- Omelets with cheese, meat and vegetables
- Canned tuna or salmon with crackers
- Sandwiches with your favorite fillings with extra butter and mayonnaise
- Potato, pasta, bean or grain salad





Small Frequent Meals: Sample Meal Plan

Breakfast

- ❖ Chocolate banana milkshake (made with chocolate milk, chocolate ice cream, banana and topped with whipped cream)

Morning snack

- ❖ Sliced apple topped with peanut butter

Lunch

- ❖ Bowl of chili (made with ground beef, kidney beans, lentils and vegetables)
- ❖ Whole grain bun with butter

Afternoon snack

- ❖ Yogurt topped with granola and dried fruit

Supper

- ❖ Bowl of pasta with cream sauce and grated cheese on top
- ❖ Cut up veggies with salad dressing or hummus dip

Evening snack

- ❖ Whole grain crackers with cheese

**Sip on high calorie drinks, liquids and/or nutritional supplements between meals

Registered Dietitian: _____

905-378-4647 ext. _____