



# Anorexia / Maintaining Weight

It can be difficult to maintain your weight and nutrition when you have cancer and when you are undergoing treatment for your cancer. Here are some tips to help maintain your weight:

- Make every bite count
- Try having a small meal or snack every few hours instead of 3 large meals. Try crackers and cheese, cookies and milk, and toast with peanut butter and jam, cereal and ice cream.
- When you go out, bring a snack that's easy to carry like granola bars or cheese and crackers.
- Keep easy to prepare foods on hand, such as frozen dinners, canned foods and eggs.
- Tired of cooking every day? Make meals in big batches and freeze leftovers to be used later.
- Include milk, rice beverage, soy beverage or evaporated milk with meals or snacks.
- Avoid filling up on drinks that are low in calories such as coffee, tea and diet pop.
- Try to eat more when your appetite is good – if your appetite is best at breakfast, eat a larger meal at this time.
- Avoid foods labeled "light", "calorie-reduced" or "low calorie" or those with artificial sweeteners.
- Try to include at least one protein item at each meal or snack, even if it is a small portion such as 1 egg, 1 oz cheese, or 1 tbsp peanut butter.
- Try to eat your protein first when you sit down to a meal, then starch (potato, rice, pasta, bread), then milk or yogurt, then fruit and lastly vegetables.

## High Protein foods

- Yogurt or Puddings
- Cheese, Eggs, Milk
- Peanut Butter, other Nut or Seed Butters
- Nuts, Seeds and Grains (especially quinoa)
- Beans or Legumes
- Meat, Fish or Poultry

## High Calorie Foods

- Dried fruit, Granola
- Cream, whole or evaporated milk
- Ice cream, Desserts
- Cream cheese, Butter, oil and gravy
- Avocado
- Olives

## Nutritional Supplements:

If you are unable to maintain your weight with food intake alone, a commercial nutritional supplement may help. These may be found at your local pharmacy or grocery stores.

### Powdered Mixes (mix with milk to drink):

- Nestle Carnation Breakfast Anytime!
- Slim Fast

### Lactose-free, clear, fruit-flavoured beverages:

- Boost fruit beverage (you may need to ask your pharmacy to order this in)

### Lactose-free, milk-like beverages:

- Boost High Protein, Boost Plus
- Ensure, Ensure Plus, Ensure High Protein, Ensure with fibre
- TwoCal HN
- Glucerna (for individuals with Diabetes)
- Resource Diabetic
- Resource 2.0

### Puddings:

- Boost pudding
- Ensure pudding

If you have further questions regarding nutrition, ask your team for a referral to a dietitian.