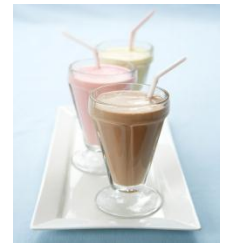


## Small Frequent Meals



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 groups** 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"> <li>▪ Fruit canned in syrup</li> <li>▪ Dried fruits (e.g. raisins, apricots, dates)</li> <li>▪ Avocados and olives</li> <li>▪ Vegetables with cheese sauces, butter or dips</li> <li>▪ Whipped cream or ice cream on top of fruit</li> <li>▪ Celery sticks filled with tuna or peanut butter</li> </ul>
Meat and Alternatives	<ul style="list-style-type: none"> <li>▪ Meat, poultry or fish with added margarine, gravy or sauce</li> <li>▪ Eggs cooked with added fat (e.g. cheese, oil, butter/margarine)</li> <li>▪ Egg salad (mixed with mayonnaise)</li> <li>▪ Peanut butter (spread on breads, crackers, fruit or added to shakes)</li> <li>▪ Legumes and lentils (add to soups, casseroles, salads)</li> <li>▪ Hummus (spread on breads, crackers or use as a dip)</li> <li>▪ Nuts and seeds</li> </ul>

<b>Milk and Alternatives</b>	<ul style="list-style-type: none"> <li>▪ Whole milk (use in cereal, hot chocolate, cream soups, shakes)</li> <li>▪ Full fat yogurt (use in dips, sauces, salad dressings, on top of fruit)</li> <li>▪ Full fat cheese (use in casseroles, soups, on veggies, etc.)</li> <li>▪ Dried milk powder (mix in gravies, soups and sauces)</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>▪ Add generous amounts of margarine, butter, oil, whipping cream, salad dressing, sour cream, gravy, cream cheese, mayonnaise and sauces to foods where possible</li> </ul>
<b>Other Foods</b>	<ul style="list-style-type: none"> <li>▪ Buttered popcorn, pizza, trail mix, cookies, pies and granola bars</li> <li>▪ Use jams, jellies, syrup, honey and sugar to boost calories</li> </ul>



## 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

# Sample Menu Plan

## Breakfast

- ✓ 2 slices of whole wheat toast with a generous layer of both butter and peanut butter
- ✓ Chocolate banana milkshake (made with 1 cup chocolate milk, 2 scoops of chocolate ice cream and a banana)

## Morning snack

- ✓ Sliced apple topped with 2 tbsp peanut butter

## Lunch

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

## Afternoon snack

- ✓ 1 cup yogurt topped with ½ cup granola and ¼ cup dried fruit

## Supper

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

## Evening snack

- ✓ 1 cup cottage cheese
- ✓ ½ cup canned fruit in syrup
- ✓ 2 digestive cookies



Dietitian: \_\_\_\_\_

Contact Number: \_\_\_\_\_