

Maximize your Nutrition and Manage Diarrhea with Mini-Meals

Getting adequate nutrition may be a challenge during cancer treatment. Common symptoms such as nausea, fatigue and feeling full quickly may make meals seeming very unappealing. It can be further complicated if you are experiencing diarrhea. It is important, however, to eat and drink enough to prevent dehydration, and weight loss, and help keep the immune system strong.

Many patients find it much easier to take on 4-6 mini-meals rather than 3 larger ones. Aim to eat small amounts of nutrient dense foods every few hours. Foods that are bland and low in fat tend to be digested easier. Diarrhea can also compromise your body's fluid and electrolyte stores. Remember to drink fluid, preferably Gatorade and broth to replenish your body's electrolytes. For some, milk and milk products may worsen diarrhea. If you experience this, try Lactaid®, Soy milk, rice milk, or other dairy substitutes.

Mini-Meal (Anti-Diarrhea) Menu Ideas

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Option #1	1 slice white bread w/ 1 Tbsp. natural peanut butter 1 banana OR	1 hard boiled egg, 1 slice of white toast with trans-fat free spread OR	1 cup vegetable or broth based soup ¼ cup Oyster crackers ½ cup canned fruit cocktail OR	Fruit salad with ½ cup canned peaches, ½ cup canned pineapple and ½ cup canned tangerine sections ¼ cup plain nonfat Greek yogurt OR	4 oz. baked haddock or salmon w/ lemon juice ½ cup white rice 1 cup cooked asparagus tips OR	½ cup sherbet or Tufutti (soy based) frozen dessert OR
Option #2	¾ cup oatmeal or Cream of Wheat made w/ skim or soy milk ¼ cup canned apricots or peaches OR	½ cup cooked blueberries 1 cup plain nonfat Greek yogurt OR	1 small 6" tortilla 1 Tbsp. hummus ½ avocado 2 slices roasted peeled eggplant OR	6-8 saltine crackers w/ 1 oz low fat cheese OR	Stir Fry: 4 oz. tofu, ½ cup green beans, ½ cup sliced mushrooms ½ cup carrots, 1 tbsp. oil ½ cup white rice OR	1 cup fresh, ripe melon OR
Option #3	2 scrambled eggs ½ (small 4 oz) white plain bagel w/ 1 Tbsp trans-fat free spread 4 oz applesauce	1 cored, peeled apple 2 Tbsp natural creamy peanut butter	¾ cup cold chicken, egg, or tofu salad 1 tbsp. low-fat mayonnaise ½ pita bread	6 melba toast crackers with ¼ avocado sliced	4 oz. chicken breast ¾ cup cooked green beans ½ peeled baked sweet potato	6 oz fat-free pudding 2 graham crackers or 5 vanilla wafers

