

Maximize Your Nutrition 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 mealtimes difficult. 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 easier to eat 4-6 mini-meals rather than 3 larger ones. Focus on smaller portions of nutrient dense food, and aim to include a protein source at every meal, such as meat, nuts, beans, eggs, dairy, or minimally processed soy products. Treatment may cause your hunger mechanism to be "off," so setting a timer can help you get used to this routine. For extra calories without added bulk, drizzle olive, flax or canola oil on foods before eating. Also, sip on fluids between meals if you find yourself filling up on beverages at mealtimes.

Mini-Meal Menu Ideas

| | Mini Meal 1 | Mini Meal 2 | Mini Meal 3 | Mini Meal 4 | Mini Meal 5 | Mini Meal 6 |
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| Option #1 | <u>Yogurt Parfait:</u> 1 cup Greek or regular yogurt 1 Tbsp chopped nuts or natural peanut butter ½ cup berries (or other fruit) | <u>Smoothie:</u> 1 cup dairy or dairy-free milk 1 scoop protein powder 1 cup fresh or frozen fruit 1 Tbsp canola or flax oil Ice | <u>Pita Pocket:</u> ¼ cup chicken, ¼ cup chickpeas, 1oz feta cheese, ¼ cup tomatoes, ¼ cup cucumbers, 3-4 olives, 1 Tbsp balsamic vinegar, and 1 Tbsp oil ½ pita bread pocket | <u>PB&B:</u> 1 slice whole grain toast 2 Tbsp almond or peanut butter 1 sliced banana | <u>Pasta Primavera:</u> ½ cup whole wheat pasta 2oz cooked ground turkey 1 cup vegetables (tomatoes, zucchini, peppers, carrots) cooked in 1 Tbsp olive oil | <u>Easy Apple Dessert:</u> 1 diced, peeled apple 1 tsp cinnamon 1 Tbsp walnuts 1 tsp honey <i>Warm in microwave/oven</i> |
| Option #2 | <u>Egg Scramble:</u> 2 scrambled eggs ½ cup spinach, diced tomato, or other veggie ½ English muffin w/ 1 Tbsp butter or 1oz cheese | <u>Cheese & Crackers:</u> 1oz cheese or ½ cup cottage cheese 6 whole grain crackers | <u>Easy Protein Salad:</u> 1 cup cooked cold chicken or fish ¼ cup diced celery 1 Tbsp olive oil ½ Tbsp mustard | <u>Crudite:</u> ¼ cup hummus 2 cups sliced vegetables (carrots, celery, peppers, cucumbers, etc.) | <u>Black Bean Tortilla:</u> ½ cup black beans, 1oz cheese, ¼ cup tomato, ¼ avocado, ½ Tbsp lime juice, and 1 Tbsp olive oil 1 small 6" corn tortilla | <u>Coconut Dessert:</u> ½ cup coconut sorbet 1 Tbsp dark chocolate chips 1 Tbsp sliced almonds |
| Option #3 | <u>Hot breakfast:</u> ¾ cup oatmeal or hot cereal made w/ dairy or dairy-free milk 1 Tbsp walnuts ½ sliced banana (or other fruit) | <u>Fruit & Nuts:</u> 2 Tbsp dried fruit (cranberries, apricots, raisins, etc.) 2 Tbsp almonds (or other nuts) | <u>Soup:</u> 1 cup bean, lentil or cream-based soup 1 slice whole grain bread (or 6 whole grain crackers) | <u>Quinoa Salad:</u> ½ cup cooked quinoa 1oz cheese, ½ cup bell peppers, ½ cup tomatoes, 2 Tbsp pine nuts, 1 Tbsp olive oil, and fresh/dried herbs | <u>Baked Fish:</u> 4 oz. haddock or salmon baked with 1 Tbsp olive oil and 1 Tbsp lemon juice ½ cup brown rice and/or steamed veggies | <u>Guacamole:</u> ¼ avocado mashed with 1 Tbsp lime juice 6 corn chips |