

Healthy and High Calorie Snacks

Appetite often varies during cancer treatment. A poor appetite often results from a long period of sickness or following chemotherapy and/or radiation treatment. Feeling full quickly is another commonside effect of treatment. Poor appetite and feeling full quickly often prevent eating enough to meet calorie and protein goals.

If your appetite is low or you are unable to eat usual portions at meals, snacking between meals or eating smaller meals every two to three hours can help meet nutrition goals. It is much easier to maintain weight and strength with adequate nutrition.



- Your calorie goal is _____ calories/day.
- Your protein goal is _____ grams/day.

Try these snack ideas below to help meet calorie and protein goals (*see recipes next page):

Food item	Serving size	Calories	Protein (g)	Fiber (g)
Fruit and nuts				
Almonds with fruit	¼ cup almonds, 1 medium piece of fruit	210	5	10
Apple and peanut butter	1 apple, 2 tablespoons peanut butter	265	8	6
Crackers and nut butter*	8 whole grain crackers, 2 tablespoons nut butter	315	9	5
Whole wheat toast w/ nut butter*	1 piece of toast, 2 tablespoons nut butter	265	11	4
Beans and vegetable spreads				
Chips and guacamole*	15 tortilla chips, ½ cup guacamole	365	3	10
Tortilla chips with black bean dip*	14-15 tortilla chips, 1 serving black bean dip	220	4	9

Food items	Serving size	Calories	Protein (g)	Fiber (g)
Dairy				
Cheese and crackers	8 whole grain crackers, 1 ounce cheese	195	9	3
Pita and yogurt dill dip*	1 pita, 2 tablespoons yogurt dill dip	185	7	1
Quesadilla with chicken breast and cheese	6-inch flour tortilla, 3 ounces chicken, ¼ cup shredded Monterey jack cheese	386	37	1
Yogurt w/ granola	1 cup whole milk yogurt, ½ cup granola	360	17	4

Recipes

Black Bean Cumin Dip

Ingredients

2 ¼ cups cooked black beans
 1 ½ teaspoons chopped garlic
 1 ½ teaspoons toasted cumin seed, ground
 ¼ cup cilantro leaves
 ¼ cup sour cream
 ½ jalapeno, chopped (if desired)
 Salt and freshly ground black pepper

Directions

Put all the ingredients in a food processor and blend until smooth. Reserve some of the juice from cooking the beans, or if you are using a canned product extra water can be used if there is not enough in the can.

Season to taste with salt and pepper.

From: foodnetwork.com

Cashew Butter

Ingredients

2 cups unsalted roasted cashews
 2 to 3 tablespoons vegetable oil
 ¼ teaspoon salt
 1 teaspoon sugar, optional

Directions

In a food processor or blender, combine the nuts, 2 tablespoons of oil, salt, and sugar, if desired. Process on high speed for 30 seconds. Scrape down the sides with a rubber spatula and process to desired smoothness, adding more oil, 1 teaspoon at a time, if a smoother butter is desired. Adjust the seasoning to taste.

Transfer to a bowl to use as a dip, spread, or in other recipes, or place in an airtight container and refrigerate until ready to use.

From: foodnetwork.com

Guacamole

Ingredients

2 ripe avocados
½ lime or lemon, juiced
¼ cup red onion, diced
1 Roma tomato, diced
2 tablespoons cilantro, finely chopped
¼ teaspoon cumin
Sea salt, to taste

Directions

Cut the avocados in half, remove the pits and peels and place in a medium bowl. Mash with a fork to desired consistency. Mix with lemon juice, tomato, onion, cilantro and salt. Add in a dash of hot sauce or cayenne for a spicier flavor.

Yogurt Dill Dip

Ingredients

½ cup plain yogurt
1 teaspoon lemon juice
½ teaspoon dried dill

Directions

Mix yogurt, lemon juice and dill together in a small bowl. Serve and enjoy.

This education resource was intended to be given as a part of a nutrition consult by a Fred Hutchinson Cancer Center dietitian. Questions? Ask a Fred Hutch dietitian at nutrition@seattlecca.org.