

Oncology Nutrition

A wide-angle photograph of a modern hospital building, identified as Saddleback Medical Center, with several tall palm trees in the foreground. The building has multiple wings and glass windows. A large sign in the foreground reads "MemorialCare Saddleback Medical Center".

**Maximizing Nutrition &
Managing Weight Loss**

Managing a Low Appetite

- **Plan to eat a small meal:**
 - Within 1 hour of waking up
 - Every 2-3 hours throughout the day
- **Try not to skip planned meals and snacks**
- **Eat your largest meal when your appetite is best**
 - Appetite may be greatest in the morning
- **Choose familiar foods that are appetizing to you**
- **Have a bedtime snack**



Maximizing Nutrition

Consume high-calorie
and high-protein
foods as often as possible
to support weight and
muscle maintenance



High-Calorie Foods

- **High-calorie foods include:**
 - Whole fat dairy products
 - Nuts and nut butters
 - Butters and oils
 - Avocados
 - High-calories nutrition supplements
- **Butters, creams, or dressings can be added to vegetables to increase calorie content**



High-Protein Foods

- **High-protein foods include:**
 - Meats such as poultry, beef, pork, fish
 - Eggs
 - Greek yogurt
 - Cottage cheese
 - Tofu
 - Nut butter
 - Beans
 - Protein supplements



Nutritional Supplements

- **Nutritional drinks can be bought in-store or made at home**
 - Look for store-bought products with 200-400 calories
 - If making at home, add whole milk, protein powder, peanut butter, ice cream, or yogurt to add calories and protein
- **Carry protein bars and other snacks with you**



Conclusion

- Eat regularly and take advantage of when your appetite is highest
- Eat familiar and appetizing foods
- Consume high-calorie and high-protein foods to support weight maintenance
- Nutrition shakes or protein bars can be an easy option

Test your knowledge:

Which are examples of high-calorie foods? (Select all that apply)

- A. Peanut butter
- B. Grapes
- C. Full-fat yogurt
- D. Crackers
- E. Vegetables
- F. Avocado
- G. Ice cream

Test your knowledge:

Which are examples of high-protein foods? (Select all that apply)

- A. Greek yogurt
- B. Protein powder/supplements
- C. Mashed potatoes
- D. Eggs
- E. Banana
- F. Poultry
- G. Beans

Thank You!



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