

## nourishment notes

Cancer – Low Appetite / Weight Loss

### Nourishment Notes



#### **Almond Butter**

Almond butter may be one of the best sources of Vitamin E. Vitamin E may help protect healthy cells from damage. Almond butter is also a great source of protein, fat and calories. High-calorie foods may help prevent unwanted weight loss.



#### **Avocado**

Avocados are a high-calorie fruit and heart-healthy fat. High-calorie foods may help prevent unwanted weight loss.



#### **Cashews**

Cashews are a type of nut that may provide important heart-healthy benefits. Nearly all nuts are high in nutrients and calories, making them a good high-calorie food option.



#### **Chia Seeds**

Chia seeds are a great source of omega-3 fatty acids that may help with brain health. They are also a great source of fiber, calories and protein. Foods high in calories may help prevent unwanted weight loss, a common side effect in cancer treatment.



#### **Chicken**

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when experiencing weight loss or low appetite.



#### **Coconut Milk**

Coconut milk is a high-calorie beverage. Incorporating high-calorie foods into the diet can help prevent weight loss.

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#### ♥ Coconut Oil

Coconut oil is a high-calorie food. High-calorie foods may help prevent unwanted weight loss, a common side effect with anti-cancer drugs and the cancer itself.



#### ♥ Cod

Cod is a lean protein source which is important for building new, healthy cells. Protein needs may be elevated if experiencing weight loss or low appetite.



#### ♥ Cottage Cheese

Packed with protein, cottage cheese has an impressive 28g per cup. It's mild flavor and smooth texture makes it a great, and often unnoticed, addition to many foods. Protein needs may be elevated with experiencing weight loss or loss of appetite.



#### ♥ Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.



#### ♥ Eggs

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.



#### ♥ Extra Virgin Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation in the body.

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#### **Ground Flax Seed**

Ground flax seed is more easily absorbed in the body compared to whole versions. Seeds, such as ground flax seed, are high in fat and calories, making them a good option for those experiencing weight loss. Ground flax seed also contains omega-3 fatty acids which may help with brain health.



#### **High-Calorie Beverages**

High-calorie beverages, such as milkshakes, provide additional calories to help prevent unwanted weight gain.



#### **Peanut Butter**

Rich in healthy, monounsaturated fats, peanut butter provides an ample number of calories as well as antioxidants, like vitamin E.



#### **Protein Powder**

Protein powder is a great way to boost protein intake in your diet. This is important as protein needs may be elevated while undergoing cancer treatment.



#### **Salmon**

Salmon is rich in inflammation-lowering omega-3 fatty acids and protein. The protein in salmon can help to maintain muscle mass, which can decrease when experiencing unintentional weight loss.



#### **Soy Milk**

Compared to other milk alternatives, soy milk is higher in protein, boasting 8g of protein per cup. It's important to get adequate protein in the diet especially when experiencing unwanted weight loss.

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#### **Tofu**

Tofu is an excellent protein source and contains all 9 essential amino acids. Protein needs may be elevated during cancer treatment and is important to consume when experiencing unwanted weight loss.



#### **Walnuts**

Though high in calories, walnuts are rich in healthy, omega-3 fatty acids, which are helpful for reducing inflammation.



#### **Yogurt**

Yogurt, particularly Greek yogurt, is an excellent source of protein. Protein needs may be elevated when undergoing cancer treatment or experiencing unintentional weight loss.