

# snack ideas for appetite loss

## Cancer

When you don't have an appetite, it may be hard to think of easy snack ideas. However, snacks are an important part of staying nourished when you may not feel like eating a large meal. For quick and easy snack ideas, check out the list below.

### Drinks

- Chocolate milk
- Hot chocolate
- Instant breakfast drinks
- Juice
- Kefir
- Milk
- Milkshakes
- Smoothies

### Grains

- Bagels
- Bread/Toast
- Cereals
- Crackers
- Granola
- Granola bars
- Muffins
- Oatmeal
- Pancakes
- Pita bread
- Popcorn
- Tortillas
- Waffles

### For more snack ideas:

Visit [meijerspecialtypharmacy.com/healthieryou](https://meijerspecialtypharmacy.com/healthieryou) and click on Cancer to view recipes designed for your condition. You can filter based on side effect or meal type, including snacks.

### Fruits & Vegetables

- Applesauce
- Canned fruit
- Dried fruit
- Fresh fruit
- Fresh vegetables
- Fruit leathers

### Dips

- Guacamole
- Hummus
- Salad dressings
- Tzatziki

### Dairy

- Cheese
- Cottage cheese
- Frozen yogurt
- Ice cream
- Puddings
- Yogurt

### Protein

- Fruit and nut bars
- Hard-boiled eggs
- Nut butters
- Nuts and seeds
- Trail mix

### Other

- Sandwiches
- Soups
- Wraps