Tips and Recipes for Loss of Appetite/Weight Loss

Nutrition Goals during treatment:
- Avoid weight loss and maintain muscle mass and energy.
- Help fight infections.
- Keep hydrated.

GENERAL TIPS
- Eat small frequent meals.
- Make foods you eat count by using high calorie, high protein foods.
- Try high calorie milk shakes and/or supplements in place of lower calorie or calorie-free beverages (water, juice, diet soda).
- Add butter or cream to recipes when cooking to add more calories.
- Add sugar or maple syrup to foods for more calories.

SUGGESTED FOODS
- Peanut butter
- Eggs/Omelets
- Cheese
- Nuts
- Cottage cheese
- Whole milk
- Pudding and custards
- Cream soups

RECIPES
- **Peanut butter banana muffins**: yields 12 muffins. Each muffin= 303 calorie, 9 gm protein, 2 gm fiber, 305 mg potassium.

8 oz package banana nut muffin mix or ½ of a 15.5 oz box banana nut muffin mix
1 cup whole milk
2/3 cup nonfat dry milk
1 cup smooth peanut butter

**Directions**: Preheat oven to 400 degrees (F). In a 12 serving muffin pan use paper cups or non-stick spray. In a large mixing bowl, combine whole milk, dry milk, and muffin mix. In a small microwave safe dish, microwave peanut butter for 30 seconds or until soft. Add peanut butter to other ingredients in the large mixing bowl and stir until blended. Fill each muffin cup 2/3 full. Bake on center rack for 15 minutes or until tops of muffins begin to brown.

- **Watermelon Smoothie**: provides: ~500 calories, ~24 gm protein.
2 cups cubed watermelon (seeds removed)
1 cup fruit flavored sherbet
1 tablespoon honey
1 scoop protein powder (unflavored)

**Directions:** Blend above ingredients together in a blender or food processor until smooth and well blended.