

Your cancer treatment days are long, tiring, and wearing on your body. Treatment can affect your appetite and tastes. However, it is important to maintain good nutrition to help you manage your energy and strength during treatment. One way to assure you are meeting your calorie needs is to keep healthy snacks and beverages with you on long treatment days. Pack a small cooler or insulated, thermal bag with snacks and beverages. Toss in an ice pack to keep cold foods and drinks cold.

Here is a list of some snacks and treats that are east to tote along:

- > Bottled water, juice boxes, or sport drinks
- > Individual yogurt cups
- > String cheese or cheese cubes
- > Boiled eggs
- > Peanut butter sandwich
- > Granola bars, trail mix, mixed nuts, dry cereal
- > Hummus and pita chips or crackers
- > Nutritional beverages
- > Tuna or salmon packets with crackers
- > Whole fruits such as a banana, apple, plum, or grapes
- > Raw vegetables such as carrots, pepper strips, or cucumbers
- > Single servings of applesauce, fruit cups, gelatin, or pudding cups
- > Single servings of cottage cheese and fruit
- > Peanut butter or cheese crackers