

TIPS TO MAINTAIN OR GAIN WEIGHT THROUGHOUT TREATMENT

MEALS 4 HEALTH AND HEALING

SMALL FREQUENT MEALS

SMALL FREQUENT MEALS AND SNACKS (EVERY 1-2 HOURS) CAN MAKE IT LESS OVERWHELMING TO GET IN THE NUTRIENTS YOUR BODY NEEDS.



LIMIT FLUID DURING MEALTIME

EXCESS FLUID CAN GIVE YOU A FALSE FEELING OF FULLNESS AND DILUTE YOUR BODY'S NATURAL ENZYMES THAT HELP TO BREAK DOWN FOOD.

HIGH CALORIE SMOOTHIES

YOU CAN ALSO DO MEAL REPLACEMENT SHAKES OR COCONUT MILK BASED ICE CREAM.

TRY MORE COLD FOODS

FOR MANY PEOPLE, COLD FOODS ARE MORE APPEALING DURING TREATMENT.

ADD FULL-FAT COCONUT MILK

IT CAN HELP BOOST IMMUNE SYSTEM AND PROVIDES MANY IMPORTANT NUTRIENTS. ADD TO TEA, COFFEE, SMOOTHIES AND/OR SOUPS.



INCREASE YOUR PROTEIN INTAKE

IT CAN BE BENEFICIAL TO EAT YOUR SOURCES OF PROTEIN FIRST AT MEALS.

PROTEIN IS VERY IMPORTANT FOR THE IMMUNE SYSTEM, TO FIGHT FATIGUE, AND TO HELP MAINTAIN MUSCLE MASS.

FOCUS ON NUTRIENT-DENSE CARBS

TRY TO HAVE VARIETY. BEANS, LENTILS, SWEET POTATOES, QUINOA, AND OATS ARE ALL GREAT OPTIONS.

NUTS/SEEDS /AVOCADO

THESE HIGHER CALORIE FOODS PROVIDE PROTEIN, FIBER, IMPORTANT MINERALS AND HEALTHY FATS.

INCLUDE OMEGA-3S

TRY TO EAT FATTY FISH SUCH AS WILD SALMON, SARDINES OR HERRING A FEW TIMES A WEEK. FLAX SEEDS, CHIA SEEDS AND HEMP SEEDS ARE ALSO GREAT SOURCES.

HAVE A BEDTIME HIGH CALORIE SMOOTHIE OR SNACK

THIS CAN HELP REDUCE OVERALL MUSCLE BREAKDOWN AND INCREASE YOUR NUTRITION STATUS.