



Small Meals and Snack Ideas

What are small, frequent meals?

- A smaller meal, usually the size of a snack eaten every 2-3 hours when experiencing decreased appetite or unintentional weight loss
- Eating about 5-6 small meals may help maintain weight or even promote weight gain
- This way of eating can play an important role in maximizing your nutrition at a time when appetite and desire to eat are decreased
- Eating more can help to promote improved energy

Try...

- ✓ ½ sandwich: tuna, chicken, peanut butter and jelly
- ✓ Piece of fruit with yogurt or nut butter
- ✓ Handful of trail mix or nuts
- ✓ Home-made smoothie
- ✓ Milkshake
- ✓ Cottage cheese with fruit
- ✓ Cheese and crackers
- ✓ Peanut butter (or other nut butter) and crackers
- ✓ Hummus and crackers or vegetables
- ✓ Guacamole and chips or vegetables
- ✓ Soup
- ✓ Greek yogurt with nuts or cereal
- ✓ Cereal with milk
- ✓ Macaroni and cheese
- ✓ Pasta with olive oil or butter (vegetables, meat, fish, or beans can also be added)



- ✓ Vegetables with dressing or sauce
- ✓ Popcorn with optional herbs and spices
- ✓ Tea and cookies or a muffin
- ✓ Granola bar (look for 8 grams of sugar or less and 3-4 grams of fiber per bar)
- ✓ Leftovers from a meal or snack
- ✓ Commercial nutrition supplements such as Ensure® or Boost®
*discuss with your doctor



This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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