

OPTIMISING NUTRITION FOR CANCER CARE

When your appetite is poor, it can be difficult to consume adequate energy and protein. This can lead to weight loss and malnutrition, which may affect your treatment plans. Having high energy and high protein foods and/or drinks can help to maximise your energy and protein intake from each mouthful that you consume. Here are some examples of the foods and drinks that you can consider:

Soy Beancurd



Meat Pau



Mixed Nuts



Fruit Smoothie with Added Full-cream Milk/Ice cream



Yam Paste or Black Sesame Paste



Curry puff (Chicken/Sardine)



Eggs



Avocado (as a snack or drink)



Green Bean Soup



Tuna/Chicken Sandwiches



Masala Thosai with Dhal



Malted Drink with Added Full-cream milk



Siew Mai



Soya Milk



Baked Beans



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