

## High-Calorie, High-Protein Snacks

Below are ideas for high calorie, high protein snacks. We hope that these snacks will help you gain or maintain your weight. Try to eat every 2 to 3 hours if you fill up quickly. Setting an alarm can be helpful to remind you to eat often.

### **Salty snack options**

#### ***Crunchy***

String cheese/cheese with popcorn  
 Hummus with crackers or pita bread  
 Cheese with crackers  
 Graham crackers with nut butter  
 Nuts with dried fruit  
 Sunflower seeds/pepitas or pumpkin seeds  
 Guacamole and/or beans with chips  
 Tuna salad/chicken salad/egg salad with crackers  
 Corn tostada with beans

#### ***Soft, Smooth or Creamy***

Jerky  
 Hard-boiled eggs  
 Sandwich  
 Creamy soup  
 Greek yogurt, add ranch packet with veggies or chips  
 Cottage cheese with tomatoes  
 Avocado toast with egg (may add beans)  
 Small portion of left-overs  
 Quesadilla (tortilla with cheese and beans)  
 Pita bread pizza (pita, marinara sauce, cheese)  
 Rice and beans

### **Sweet snack options**

#### ***Crunchy***

Apple/banana with nut butter  
 Greek yogurt with fruit, granola/nuts  
 Trail mix  
 Whole milk\* with graham crackers  
 Graham crackers with nut butter  
 Granola bar with nut butter or drink with milk\*  
 Cocoa dusted almonds  
 Protein bar

#### ***Soft, Smooth or Creamy***

Fruit smoothie with protein powder  
 Carnation Instant Breakfast  
 Cottage cheese with pineapple or peaches  
 English muffin/waffle with nut butter and jelly  
 Oatmeal made with milk\*, honey, nut butter  
 Ensure Enlive or Boost Plus  
 Pudding with protein powder or milk powder  
 Weight gainer protein powder with milk\*  
 Pudding or rice pudding, with protein powder or milk powder

\*May use cow or plant-based milk of choice

The registered dietitians at Huntsman Cancer Institute's Linda B. and Robert B. Wiggins Wellness and Integrative Health Center provide personalized nutrition counseling for patients with all types of cancer.

For more information or to make an appointment, call 801-587-4585.