

# Low Kilojoule Snack Ideas for Cancer Survivors



This fact sheet is one in a series developed for cancer survivors who have finished active treatment. Eating well and maintaining a healthy weight may help lower the chances of some cancers returning and improve overall health.

**Some people find that eating small meals – and having a few healthy snacks in between – can help them manage their appetite and weight better. Planning to have a healthy snack, rather than sneaking a guilty one, can help you feel more in control and less likely to eat something unhealthy because of a sudden craving.**

## Snack ideas

Here are some tasty but healthy snacks that will stop you feeling hungry and will help tide you over to your next main meal.

400 kilojoules (100 calories)	600 kilojoules (150 calories)
<ul style="list-style-type: none"> <li>• 1 banana</li> <li>• 1 apple or 1 pear</li> <li>• 1 cup fruit salad</li> <li>• 30 g hommous and sticks of carrot/celery</li> <li>• 40 g box of sultanas</li> <li>• 10 dried apricots</li> <li>• 1 tub light/diet yoghurt</li> <li>• 2 crackers and extra light cheese</li> <li>• 200 mL lite/skim/soy milk</li> <li>• 1 slice raisin toast with a scrape of jam</li> </ul>	<ul style="list-style-type: none"> <li>• 3 medium nectarines</li> <li>• 3 kiwi fruit</li> <li>• 1 medium mango</li> <li>• 1 large orange</li> <li>• 3 celery sticks (15 cm) filled with cottage cheese</li> <li>• 12 walnuts</li> <li>• small banana smoothie</li> <li>• 1 slice toast with scrape of avocado and tomato slices</li> <li>• 2 low-salt crackers with tinned tuna</li> </ul>

## tips

- If you feel hungry, ask yourself if you're actually thirsty and have a drink of water to start with. Often when we suddenly feel hungry it can be more to do with thirst or habit.
- Carry a bottle of water with you, or keep a jug of water at your desk.
- As it is sometimes difficult to locate a healthy snack when you're out and about, take your own snacks, such as fruit or nuts, with you in your car or bag.
- Keep some healthy snacks at work, such as trail mix (dried fruit and nuts), rice cakes, or some long-life tubs of fruit.
- Carry your labelling guide (see the fact sheet *Reading labels*) when you go shopping to help you find healthier snack options.
- People often crave something sweet in the afternoon as a pick-me-up. Have some fruit instead, or go for a walk or get some fresh air to re-energise.
- Smoothies are filling and tasty. Blend ½ cup of low-fat milk, 1 tbsp of low-fat yoghurt, 3–5 drops of vanilla essence and 1 of pinch nutmeg with half a banana. Serve chilled.

*This fact sheet provides general information only and is not a substitute for individual health advice. You should talk to your doctor or dietitian about your specific situation.*

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