



# WHAT TO EAT

Before, During and After Cancer Treatment

## HEALTHY SNACK IDEAS

- Nut butter (peanut, almond, cashew, or soy) with celery sticks, on whole grain crackers, or in a smoothie
- Sliced apple or banana with nut butter
- Cottage cheese with whole grain crackers or fresh fruit
- Hummus with cut veggies or whole wheat pita bread
- Nuts mixed with dried fruit or yogurt
- Granola or cereal mixed with yogurt
- Cheese with whole grain crackers or sliced apple
- Fresh fruit cottage cheese or yogurt
- Fresh vegetables with hummus or bean dip
- Hummus with whole grain pita chips
- Hard-boiled egg sliced on top of whole grain bread or crackers
- Tofu smoothie with Greek yogurt and fresh fruit