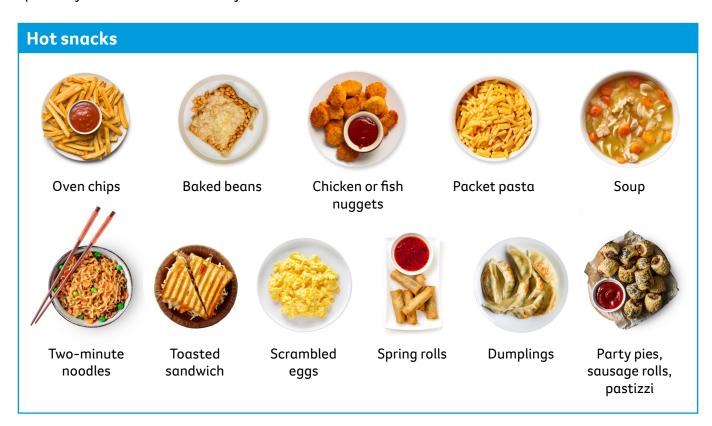
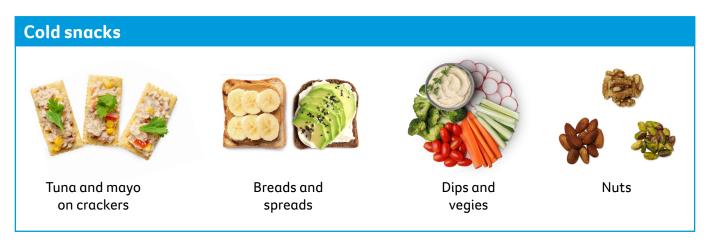


Easy snacks.

The following snack ideas are quick and easy to prepare. It's a good idea to have some of these foods in the cupboard or freezer for times when you don't feel like shopping or cooking. These foods are high in energy and/or protein.

Some of the foods in this list are not usually considered healthy because they are high in added sugar, saturated fat or salt. Usually you will only be having these for a short amount of time so it's not a problem. Speak to your doctor or dietitian if you're worried.





Sweet snacks



Porridge or muesli



Rice pudding



Custard or ice cream



Dried fruit



Fruit toast with butter or cream cheese



Banana bread



Fruit salad and yoghurt or ice cream

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