



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Other Snacks

Keep snacks to hand so you can nibble throughout the day:

- Nuts, Bombay mix, cheese, pate, peanut butter, cheese biscuits, crackers, breadsticks, dips – such as hummus or tarasamalata, crisps, nachos, tortilla chips, pepperoni, cheese dippers.
- Popcorn, yoghurt, muesli bars, chocolate, sweets, dried fruit, breakfast cereals e.g. crunchy nut cornflakes.
- Teacakes, muffins, crumpets, croissants – add butter and jam
- Sandwiches – made from sliced bread, toast, bagels, baguette, chapatti or pitta bread. Fill with cold meats, tinned fish, pate, dhal, hummus, egg, bacon, cheese or peanut butter. Add mayonnaise, pickles, chutneys, salad or avocado to make them more interesting.
- On toast: baked beans, cheese, sardines, eggs – poached, scrambled or fried. Add plenty of butter or margarine and top with grated cheese.
- French toast (eggy bread) or omelette – add cheese/mushrooms/ ham.
- Jacket potatoes – with butter and fillings such as cheese, beans, tuna mayonnaise, chilli con carne, coleslaw, bolognaise sauce, hummus or sour cream.

