

How do I gain Healthy Weight?

Safe weight gain is about 1-2 pounds per week, and theoretically you could accomplish this by adding 500-1000 extra calories to your diet daily. The problem is that some of us are genetically more likely to gain weight than others, therefore some will easily gain weight and others will eat excess calories and still not gain weight. It is a mystery that researchers are still trying to solve.

Here are some tips that have worked for others trying to increase weight...remember the key is to take it slow, so be patient and don't give up!!

- **You need extra BALANCED calories!** Some people believe that to gain weight in the form of muscle you need to eat a lot of protein...WRONG! You need to eat excess calories high in carbohydrates to fuel your muscles to work hard. By overloading the muscles with weightlifting and other resistance exercises, the muscle fibers will increase.
- **Eat larger than normal portions at all of your meals.**
- **Try to limit your intake of bad fats (those from fried foods) and focus on increasing healthful fats,** such as peanut butter, walnuts, almonds, olive oil, and oily fish like salmon and tuna.
- **Choose nutrient-dense cereals,** such as granola, muesli, Grape-Nuts. Top with nuts, sunflower seeds, raisins, bananas, or other fruits.
- **Cook hot cereals with milk rather than water.** You can add even more calories with mix-ins such as powdered milk, low-fat margarine, peanut butter, nuts, wheat germ, or dried fruit.
- **Drink Juices,** such as apple, cranberry, grape, pineapple, and apricot. To increase caloric content of frozen juices, add less water.
- **Eat more fruits such as bananas, pineapple, raisins, dates, dried apricots, and other dried fruits,** rather than fruits with high water content such as grapefruits, plums, and peaches. **Enjoy Fruit Smoothies!**
- **To increase calories in milk, add powdered milk, Carnation Instant Breakfast, Ovaltine, or Nestlé's Quick.**
- **Choose hearty, dense bread,** such as sprouted wheat and honey bran, rye or pumpernickel...use thick slices on sandwiches.
- **Choose hearty soups,** such as lentil, split-pea, black bean, minestrone, and barley soups rather than chicken broth or beef broth soups. You can also increase calories by adding milk powder, low-fat cheeses, and croutons.
- **Sauté chicken and fish in canola or olive oils.**
- **Include higher calorie vegetables,** such as peas, corn, carrots, winter squash and beets. Top with low-fat margarine or butter, slivered almonds, grated cheeses, or sauces. **Stir-fry vegetables in olive oil.**
- **Add cottage cheese, chick peas, sunflower seeds, chopped nuts, raisins, croutons, and salad dressing made with olive oils to salads.**
- **Enjoy desserts such as oatmeal raisin cookies, fig bars,** puddings, stewed fruit compotes, frozen yogurt, cornbread with honey, muffins, and fruit breads.

Examples of adding **BALANCED** calories to your diet:

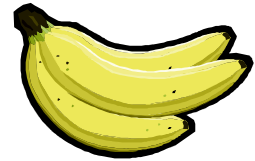
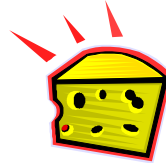
Adding 600 Calories per day:

- 8 Saltine Crackers with 2 tablespoons of Reduced Fat Peanut Butter
- 1 Part Skim Mozzarella Stick
- ½ of a Medium Banana
- 1 cup Chocolate Frozen Yogurt



Adding 1,000 Calories per day:

- 1 Slice Whole-Wheat Bread
- 1 Slice Swiss Cheese or other low-fat cheese
- 1 8oz. Low-Fat Yogurt
- 1 Medium Apple
- 1 Slice Pizza
- 2 Oatmeal Raisin Cookies



Adding 1,500 Calories per day:

- 1 cup 1% Milk
- 1 cup Orange Juice
- 1 Medium Banana
- Bagel with Cream Cheese and 2 Tablespoons Jelly
- 1 Individual packet of Raisins
- 6 oz. Canned Tuna with 2 Tablespoons Lite Mayo
- 1 Medium Pita Pocket
- 1 cup Low-fat Chocolate Pudding
- 16 fl. oz Peanut Butter/Fruit Smoothie *
- 12 oz Apple Juice
- Carnation Instant Breakfast made with 1 cup 1% Milk



Fruit Smoothie Recipe: (~220-290 calories)

- ½ cup low-fat yogurt (plain or flavored)
- 1 cup fruit juice
- ½ - 1 cup fruit (fresh, frozen, or canned)

Optional: ¼ cup milk powder; dash of cinnamon or nutmeg, 1 Tablespoon reduced-fat peanut butter.



Health
Promotion

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