

## ***GUIDELINES FOR HEALTHY WEIGHT GAIN***

To gain weight, you must take in more calories than your body can use. Since it is better to store the extra calories as muscle, rather than fat, it's important to include weight-bearing exercises to tone and build muscle as you are gaining weight. The tips listed below may need to be modified if you have certain medical conditions. If you have a family history of diabetes or heart disease, you would need to limit the \*unhealthy fats and eat more of the +healthy fats.

Eat 6-10 times a day, depending on how much you can consume at one time.

Supplement with high energy drinks or energy bars (eg- Ensure Plus, Boost Plus, Carnation Instant Breakfast Drink made with \*whole milk...).

Consume foods that fill you up quickly at the end of a meal rather than the beginning of a meal:  
hot beverages, water, salads, fruit, high fiber foods...

### Higher Calorie Foods

- \*whole milk dairy products: milk, cheese, yogurt, powdered dried milk, cream, whipped cream, ice cream, milkshakes, sour cream, cream cheese, pimento cheese (+use low fat versions)
- +nuts and seeds - especially roasted in oil
- +nut butters: peanut butter, tahini (sesame butter), cashew butter, almond butter
- +oils: olive, canola, walnut, peanut, sesame, safflower...
- \*butter, margarine (+ margarine w/out trans fatty acids)
- \*mayonnaise, salad dressings (+low fat versions)
- \*cream soups, cream sauces, gravies, cheese sauces, dips
- \*breads: waffles, pancakes, biscuits, cornbread, muffins, croissants, quick breads: zucchini, pumpkin, sweet potato... (+low fat versions)
- +avocado, coconut
- \*meats - especially red meats and dark poultry meat, sausage, duck, goose, lamb...
- +fish -especially cold-water fish with omega -3-fatty acids (eg-salmon, tuna, trout, sardines, mackerel..)
- \*egg salad, tuna salad, ham salad, potato salad, macaroni salad... (+use low fat mayonnaise and ham) +beans cooked in a healthy fat (eg- pinto beans seasoned with olive oil)
- \*lasagna, pizza, casseroles, quiches... (+low fat versions)
- \*pies w/whipped cream: sweet potato pie, pumpkin pie, fruit pies... (+ don't eat the crust; use low fat whipped cream)
- \*puddings made with whole milk (+puddings made w/1% or skim milk)
- +peanut butter cookies, oatmeal cookies
- +chocolate (small amounts, especially dark chocolate)

+++Remember to include fruits, vegetables, whole grains and water. Although lower in calories, they are an essential part of a healthy meal plan.

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist

by calling The Family Health Centers at 828-258-8681