

TIPS FOR HEALTHY WEIGHT GAIN

To gain weight, you have to take in more energy (calories) than your body burns. It's important to eat nutrient-dense foods and remain physically active.

- **Balance meals and snacks.** Eat foods from all of the food groups.
- **Eat frequently.** Aim for 3 meals and 2-3 snacks per day. Time snacks so they don't reduce your appetite at meals.
- **Stay heart-healthy.** Make sure that about 30% of your energy is coming from heart-healthy fats such as nuts and vegetable oils.
- **Increase your portions.**
- **Eat nutrient-dense foods.** Don't eat to the point of feeling stuffed! Get more calories by choosing density over volume. (See reverse for nutrient-dense choices from each food group.)
- **Drink up!** Sip on milk, juice, smoothies, and liquid calorie supplements throughout the day. The calories will add up.



NUTRIENT-DENSE FOODS

*Use these foods to add extra calories to meals,
or eat them as snacks.*

GRAINS

- Bagels
- Pasta
- Rice
- Granola
- Granola bars
- Cereal
- Muffins

FRUITS & VEGGIES

- Dried fruit
- Fruit juice
- Potatoes
- Sweet potatoes

MEAT & BEANS

- Nuts and nut butters
- Lean cuts of beef, turkey, chicken, and fish
- Dried beans
- Eggs

DAIRY

- Cheese
- Cottage cheese
- Yogurt
- Yogurt smoothies

FATS & OILS

- Salad dressing
- Avocados
- Olives
- Vegetable oils such as olive, canola, and sesame oil

SNACK IDEAS

Cottage cheese and fruit
Apples with peanut butter or sliced cheese
Peanut butter and banana on toast
Dried apricots
Smoothies: milk or juice, yogurt, and fruit
Celery with cream cheese or peanut butter
Tomatoes with cottage cheese
Vegetables and dip
Toast or crackers with avocado slices
Pita bread with tuna or chicken
English muffin with cheese or peanut butter