

Helpful Hints for Weight Gain

How much more do I have to eat to gain weight?

Most studies suggest that in order to gain the recommended one pound per week, a person must eat an extra 500 calories EVERYDAY. That means eating an extra 500 calories plus the normal amount of calories needed to support daily activities.

Tips to pack on the pounds:

- Increase your caloric intake by at least 500 calories per day.
- Avoid skipping meals, especially breakfast.
- Eat at least 3 meals & 3 snacks or “mini-meals” each day.
- If you want to gain muscle, make sure you work with a qualified professional and develop a resistance or strength-training program.

Sample “Mini-Meals”

<p>1 cup 1% milk* + bagel + 2 T peanut butter =500 calories & 24 gm protein</p>	<p>1 cup low-fat yogurt + 1 oz thin pretzels + 12 oz apple juice =517 calories & 13 gm protein</p>
<p>1 cup Chex mix + 12 oz cranberry juice =400 calories & 5 gm protein</p>	<p>12 fl. oz 1% chocolate milk* + 1 granola bar + 1 apple =480 calories & 15 gm protein</p>
<p>6 Ritz crackers + 3 slices American cheese + 12 oz orange juice =485 calories & 25 gm protein</p>	<p>1 bagel + 1 T cream cheese + ¼ cup raisins + 1 cup grape juice =525 calories & 11 gm protein</p>

*Calories can be increased further by using 2% or whole milk.

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