

### 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”*

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

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

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