

HOW TO GAIN WEIGHT HEALTHFULLY

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WEIGHT GAIN

Theoretically, to gain weight you have to eat an additional 500 calories per day for every one pound per week. Some “hard gainers” have to eat far more—an extra 800 to 1,000 calories per day.

Easy ways to boost your intake include eating:

- An extra snack (peanut butter and banana sandwich with milk before bed).
- Double portions at meals (two sandwiches, not just one).
- Higher calorie foods (grape juice instead of orange juice or water).

Most athletes eat more protein than they need! Extra exercise builds muscle, not extra protein. No need for protein powders, bars, and shakes to gain weight. Instead, consume carbohydrate-rich fruit and juice that offer the fuel you need to do muscle-building exercises.

Consider heart-healthy, calorie-dense foods such as peanut butter, other nut butters, nuts, avocado, olive oil, and salad dressings made with olive oil.

HIGH-CALORIE FOOD SUGGESTIONS

The following foods can help you boost your calorie intake. By comparing the calorie information on food labels, you can make the highest calorie choices.

JUICE

Grape, cranapple, cider, pineapple. For even more calories, use frozen concentrate and add less water than directed. Drink juice (which is 99% water) instead of plain water to quench your thirst.

FRUIT

Bananas, pineapple, raisins, dates, dried apricots, and other dried fruit. Make fruit smoothies!

MILK

Boost the calories in milk by adding flavorings to make chocolate milk, strawberry milk, or an instant breakfast drink. Prepare a quart at a time, to have recovery drinks ready and waiting.

COLD CEREAL

Cereal that is flaked or in squares is more calorie-dense than puffed cereals. Granola is an excellent choice by the bowlful and as a topping sprinkled on a flaked cereal. Top with slivered almonds, banana, raisins, and other fruits.

HOT CEREAL

Cook oatmeal or any hot cereal with milk instead of water. Mix-in powdered milk, peanut butter, banana, raisins, dates, walnuts, and/or sunflower seeds.



TOAST

Top with lots of peanut butter (or other nut butters), mashed avocado, hummus, jam, or honey.

SANDWICHES

Select whole grain dense breads. The thicker the slices, the better. Generously stuff with turkey, chicken, lean roast beef, cheese, hummus, and other sandwich fillings. A peanut butter & banana sandwich is inexpensive and calorie-rich.

SOUPS

Hearty bean, minestrone, and barley soups are preferable to broth soups.

MEATS

Select lean chicken, meat, or fish. Sauté them in olive oil or canola oil.

BEANS, LEGUMES

Lentil soup, chili with beans, refried beans, bean burritos, hummus, and other bean meals offer both carbs and protein and are excellent sports foods.

VEGETABLES

Corn, carrots, peas, beets, and winter squash. Top with olive oil, slivered almonds, and/or grated cheese.

CONCLUSION

By consuming 500 to 1,000 additional calories each day, you should see some weight gain. Be sure to perform muscle-building exercise two or three times per week, so you bulk up rather than “get fat.”

If you don't gain weight after two weeks of consistently consuming more food at meals and snacks, look at your family members. Have you inherited a naturally trim physique? Are you a fidgeter who burns every calorie you consume? If so, try to mellow-out!

Most thin young adults gain weight with age. Work on your athletic skills and enjoy being lean, light, and quick. You can indeed be an excellent athlete without being bulky.

NOTES:

If you don't feel hungry, consider drinking more fluids with calories (juice, milk) or eat smaller meals more frequently.

SALADS

A substantial “sports' salad” contains cottage cheese, chickpeas, avocado, roasted vegetables, sunflower seeds, chopped walnuts, raisins, flaked tuna, grilled chicken, tofu, croutons, and salad dressing (preferably made with olive oil).

POTATO

Top baked potato with cottage cheese, yogurt, lite sour cream, pesto, or chili. Boost calories in mashed potato by adding olive oil.

DESSERTS

Frozen yogurt, oatmeal raisin cookies, fig bars, chocolate pudding, apple cake, pumpkin pie. Even blueberry muffins, banana bread, cornbread with honey can double as dessert.

SNACKS

Fruit yogurt & granola, frozen yogurt, cheese & crackers, apple or banana & peanut butter, peanuts, almonds, sunflower seeds, trail mix, granola bars, energy bars, pretzels, English muffins, bran muffins, whole-grain bagels, peanut butter crackers, milk shakes, instant breakfast drinks, hot cocoa, dates, raisins, thick crust veggie pizza.

A peanut butter & banana sandwich is a simple way to consume an additional 500 calories.