

How to GAIN WEIGHT in Healthy Ways

- **Eat more!** Enjoy an extra snack.
Consider doubling portions at meals.
- For fluids, drink **juice** or **milk** instead of plain water.
- **Build muscle** with extra **exercise**, **not** extra protein. To have the energy to do the muscle-building exercises, eat carbohydrate-rich foods at each meal.
 - Fruit
 - Juice
 - Bread
 - Cereal
 - Pasta
 - Other starchy foods
- Choose **heart-healthy, calorie-dense** foods.
 - Peanut butter/
other nut butters
 - Nuts
 - Avocado
 - Salad dressings made
with olive oil
- If you **don't feel hungry**, consider foods that considering foods that are easy to consume.
 - Grapes
 - Juices
 - Granola bars
 - Chocolate Milk

