

## **Gain Weight the Healthy Way**

Looking to gain weight? Here are healthy and practical tips for you to add calories:

- **Eat more often.**
- Eating more than 3 meals a day and snacks in-between meals can help you eat more food.
- **Eat more servings from the Food Guide Pyramid.**
- Each food group in the Food Guide Pyramid suggests a range of servings to choose from. Go for the higher end of each range: 6 – 11 servings each day of breads, cereals, rice and pasta; 3 – 5 servings of vegetables; 2 – 4 servings of fruits; 2 – 3 servings of milk, yogurt and cheese and 2 – 3 servings of meat, poultry, fish, dry beans, eggs and nuts.
- **Choose foods that are high in calories.**

Does this mean eating a lot of desserts and chips? No. Choose high calorie foods that are also good sources of nutrients. Here are some suggestions to get you started:

### AT SNACKTIME

- Add powdered milk to smoothies or blender drinks.
- Snack on crackers and peanut butter.
- Munch on trail mix (dry cereal, nuts, pretzels, dried fruit).
- Eat fresh vegetables with dip.
- Make pudding with whole milk.
- Snack on rolled up tortillas with melted cheese and beans.

### AT MEALTIME

- Use milk when making hot cereals and soups.
- Add powdered milk to meatloaf.
- Add cheese to sandwiches and salads.
- Eat baked potatoes with sour cream, cottage cheese or grated cheese.
- Add beans to salads or pasta dishes.

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- References:
1. "Gaining Weight: A Healthy Plan for Adding Pounds," The American Dietetic Association,
  2. 2) "Snacking Habits for Healthy Living," The American Dietetic Association, pp. 80–81, 1997

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