

## **TIPS FOR GAINING WEIGHT**

### **EAT OFTEN**

- Eat small, nutritious meals often; try five small meal-snacks a day.
- Set an alarm or buzzer to remind yourself to eat.
- Have a full meal at the time of day when your appetite is best (for many people, this is breakfast).
- Have a snack before going to bed at night.
- Keep nutritious, high calorie snacks where you can see them and reach them easily.

### **DON'T FILL UP ON LOW-CALORIE FOODS**

- Limit plain coffee, tea, clear soup, diet drinks or diet jello. These may fill you up but don't give you the calories that you need.
- Have beverages between meals.

### **CHOOSE HIGH-CALORIE FOODS**

- Add butter, margarine, mayonnaise, salad dressing, cream cheese, oil, gravy, sour cream, whipping cream and cream sauces to recipes and foods.
- Buy regular, not "lite" products.
- Drink whole milk –try condensed milk and evaporated milk or make extra strength milk. Use half and half or cream on cereal and in coffee and tea; use whipped cream on desserts and pancakes or waffles.
- Use whole milk yogurt – try adding honey or maple syrup.
- Try hot cocoa, chocolate milk or instant breakfast mixes.
- Add milk powder to soups, stews, casseroles, mashed potatoes, cereals and scrambled eggs.
- Add grated cheese to soups, vegetables, pasta.
- Add canned beans to soups or casseroles.
- Swirl a beaten egg into soup or into macaroni and cheese while it is cooking.

### **SNACK IDEAS**

- Cheese or peanut butter with crackers
- Raisin bread or toast with cream cheese
- Banana bread or muffin with cream cheese
- Non-alcoholic drink mixes such as pina colada
- Milk shakes, fruit smoothies, fruit nectars
- Sandwiches
- Jello made with fruit juice, with whipped cream
- Fruit slices dipped in sour cream and honey

### **DESSERT IDEAS**

- Ice cream with chocolate sauce
- Custards, puddings
- Bread pudding
- Cheese with fruit
- Ricotta cheese mixed with cocoa and honey or sugar