



WEIGHT GAIN TIPS

You or your child might have trouble gaining weight for a number of reasons. Some people just do not eat enough or limit how much they eat. Others have a poor appetite, nausea or an illness and do not feel like eating.

TRY THESE TIPS:

Schedule meals and snacks

- Eat small, frequent meals to help build a healthy appetite. Plan for 3 meals and 2-3 snacks each day.
- Quick Snack ideas - crackers and cheese, yogurt and fruit, peanut butter toast, fruit and nut mixes, hard boiled eggs, tuna or egg salad on crackers.
- Quick Meal ideas - baked potato topped with chili, vegetable and rice stir-fry, chicken or beef taco, quesadilla, bean soup.

Mealtime

- Make mealtime pleasant. Eating is more enjoyable in a happy, relaxed setting.
- Eat together as a family whenever possible.
- Limit distractions like cell phones and TV during meal times. Focus on eating.

Between meals and snacks

- Save your appetite for planned meals and snacks. Avoid eating little bits of food all day long.
- Drink water between meals and snacks. Other beverages fill you up and leave no room for food.
- Limit candy, chips, cake, cookies, and sweetened beverages. These foods provide little nutrition and can ruin your appetite for meals.

➤ TIP ←

Include physical activity each day. Light exercise improves appetite.



CALORIE BOOSTERS

Add calories to your meals and snacks with these ideas:

FOOD:	SUGGESTED USE:
CHEESE	<ul style="list-style-type: none"> • Eat as a snack or add to a sandwich. • Add to casseroles and soups. • Melt over pasta or vegetables.
EGGS	<ul style="list-style-type: none"> • Mix into ground meat and casseroles. • Add hard-boiled eggs to salads.
PEANUT BUTTER	<ul style="list-style-type: none"> • Spread on toast and fruit. • Blend peanut butter into milkshakes.
POWDERED MILK	<ul style="list-style-type: none"> • Mix into pudding, soup, casseroles, ground meats, and mashed potatoes. • Add 2-4 Tablespoons of powdered milk to 1 cup of milk.
INSTANT BREAKFAST MIX	<ul style="list-style-type: none"> • Add to milk.
DRIED FRUITS AND NUTS (women and children over 3)	<ul style="list-style-type: none"> • Eat as snacks or mix into cereals. • Mix into yogurt or use as ice cream topping.
GRANOLA	<ul style="list-style-type: none"> • Mix into cookie, muffin, and pancake batter. • Sprinkle on yogurt and cereal.
AVOCADO OR GUACAMOLE	<ul style="list-style-type: none"> • Add to sandwiches and salads. • Mix with cream cheese or sour cream for a vegetable dip.
BUTTER AND OILS	<ul style="list-style-type: none"> • Add butter to oatmeal, toast, noodles, rice, and cooked vegetables. • Spread butter on bread before peanut butter. • Sauté vegetables in oil.
BREADING	<ul style="list-style-type: none"> • Coat meats with breading.

TIP: Plan ahead for snacks when you are away from home.

REMINDERS:

- Some children are small because their parents are small. As long as the child is growing at a steady rate and has energy, that is ok!
- Use table foods to boost calories. This is the best way for healthy individuals to gain weight.
- Nutritional supplements are for those with medical conditions. For medical concerns, speak with your health care provider or dietitian.

