



# GAINING WEIGHT THE HEALTHY WAY

To gain weight in the form of muscle, both a regular program of resistance training and an increase in caloric intake is necessary. Adding an extra 300 to 500 calories per day can lead to an increase of 1/2 to 1 pound of muscle weight per week.

In addition to increasing caloric intake, resistance training is beneficial for building muscle mass and performing cardiovascular exercise for 20-30 minutes

at least 3 days per week is important for good health. Make sure to balance out any exercise with food intake so weight is not lost in the process.

The focus should be on energy- and nutrient-dense foods, or foods that are high in calories as well as high in vitamins and minerals. Additional calorie needs should be consumed by increasing one's serving needs from each of the five food groups.

## Nutrient Needs

### *Carbohydrates*

Carbohydrates are the body's main source of energy and are found mostly in grains like cereals, bread, rice and pasta, as well as fruits and vegetables. In addition to providing energy, carbohydrates fuel the brain and nervous system, preserve protein, aid in fat metabolism and provide fiber. About 50 - 60% of your daily intake should come from carbohydrates.

### *Fat*

Fat is important because it provides energy, gives a feeling of fullness, provides the body with essential fatty acids, and is needed for various processes in the body like making hormones and cholesterol, absorption of fat soluble vitamins A, D, E, and K, and padding the internal organs. About 20 - 30% of your daily calories should come from fat.

### *Protein*

Protein helps to build and repair muscle tissue, produce hormones, boost the immune system, and replace blood cells. Good sources of protein include meat, poultry, beans, milk, eggs, nuts and soy. About 15-20% of daily calories should come from protein. The recommendation for protein intake according to the RDA is 0.8 gm/kg of body weight for a normal diet. For intense strength training, the goal for protein intake should increase to 1.2 to 1.6 gm/kg of body weight. Too much protein in the diet can lead to osteoporosis due to calcium excretion in the urine with excess protein, strain on the liver, kidney stones, increased fat storage and dehydration.



## Supplemental Caution



In many cases dietary supplements are unnecessary with a healthy diet. They can also be expensive and cause possible harmful side effects. Remember that the term "natural" does not always imply safe. Look to see if the supplement has the label "USP" which indicates that the supplement meets standards of the U.S. Pharmacopeia for strength, purity, disintegration, and dissolution. Avoid supplements that provide "megadoses" of more than 100% the Daily Value. Store vitamin and mineral supplements in a dry, cool place and discard them once they've passed their expiration date.

## Tips for Adding Extra Calories

- ⇒ Keep a daily food and exercise log to determine how many calories you are consuming and expending.
- ⇒ If you eat sporadically throughout the day, plan meals and snacks ahead of time or schedule them in a calendar.
- ⇒ Increase the portion size of meals and snacks, eat more frequently throughout the day, or switch to foods and beverages with more fat and calories.
- ⇒ Drink beverages that supply calories such as sport drinks, juice, milk, and smoothies. Supplements such as Boost, Ensure or Carnation Instant Breakfast are also good ways to increase calorie consumption.
- ⇒ Withhold drinking beverages until the end of a meal.

### Start the day with breakfast and add calories by:

- ⇒ Having an extra piece of whole wheat toast with butter and jelly
- ⇒ Adding sugar, whole milk or creamer to your coffee
- ⇒ Using butter on bread, pancakes, English muffin, bagels, and muffins
- ⇒ Adding sugar with cereal and toast
- ⇒ Using fuller fat dairy products like 2% or whole milk, regular cheese and yogurt



### Add more calories to your meals by:

- ⇒ Using powdered or evaporated milk in casseroles to increase calories, calcium and protein.
- ⇒ Using 2% or whole milk in soups, sauces, and cereals.
- ⇒ Adding extra cheese to sandwiches and using condiments like mayonnaise
- ⇒ Adding extra cheese, croutons, egg and meat to salads
- ⇒ Using regular-fat dressings, sauces, and condiments.
- ⇒ Juice boxes

### Healthy Packable Snacks:

- ⇒ Crackers with cheese or peanut butter
- ⇒ Apples or bananas with peanut butter
- ⇒ Hummus with pretzels or chopped veggies
- ⇒ Granola bar and yogurt
- ⇒ Buttered popcorn
- ⇒ Cheese pizza
- ⇒ String cheese
- ⇒ Applesauce, fruit, or pudding cups
- ⇒ Oatmeal-raisin cookies, Fig Newton's, vanilla wafers
- ⇒ Graham crackers, animal crackers



#### Trail Mix

720 calories, 32.5 gm fat, 15 gm protein  
1/2 cup granola cereal  
1 oz (1/3 cup) walnuts  
1/4 cup raisins  
1/4 cup chocolate chips

#### Bagel with Cream Cheese & Jelly

440 calories, 12 gm fat, 13 gm protein  
1 plain bagel  
2 Tb cream cheese  
1 Tb jelly

#### Pita Bread & Hummus

540 calories, 12 gm fat, 20 gm protein  
1/2 cup hummus  
2 whole wheat pitas

#### Peanut Butter & Banana Sandwich with Whole Milk

580 calories, 27 gm fat, 22 gm protein  
2 Tb peanut butter  
2 slices whole wheat bread  
Medium banana, sliced  
1 cup whole milk

#### Egg & Cheese Sandwich on English Muffin

330 calories, 17 gm fat, 16 gm protein  
English muffin  
Fried egg  
Cheese slice (1 oz)

#### Tuna Salad on Crackers

230 calories, 11 gm fat, 15 gm protein  
3 oz tuna salad  
7 crackers

