

# Weight Gain Basics

- **Eat Breakfast**
  - Combination of protein and carbohydrate foods
  - Eggs and turkey on a bagel
  - Whole wheat pancakes, margarine, light syrup, yogurt
  - Oatmeal, hard boiled eggs, fruit
  - Peanut butter and banana on toast, glass of milk
  - Bowl of cereal and milk topped with dried fruit and nuts
- **Pack snacks to eat throughout the day (between breakfast & lunch and lunch & dinner)**
  - Peanut butter and Jelly sandwiches
  - Mixed nuts and dried fruit trail mix
  - Granola bars
    - Kashi
    - Cliff bars
    - PowerBars
    - Nature Valley
    - Odwalla
  - Turkey/Ham and cheese on bagel
  - Granola and yogurt
  - Cheese and crackers
  - Peanut butter crackers
  - Apple/banana and peanut butter
- **Choose dense cereals**
  - Granola, Grape-Nuts, Wheat Chex, Raisin Bran
  - Top cereal with nuts, sunflower seeds, raisins, bananas, other fruits
- **Cook oatmeal with milk instead of water**
  - Mix with trans fat-free margarine, peanut butter, walnuts, sunflower seeds, dried fruit
- **Higher calorie juices**
  - Apple, cranberry, Cran-apple, Pineapple
  - Juice blends such as: Orange-Banana, Mango-Pineapple, Strawberry-Banana, etc.
- **Higher calorie fruits:**
  - Bananas, pineapple, mangos, raisins, dates, dried apricots, and other dried fruits.
- **Mix fresh fruit, milk, yogurt, peanut butter and protein powder to make fruit smoothies**
- **Pump up your milk**
  - Add Carnation Instant Breakfast, Nesquik, or Ovaltine
- **Spread toast and bagels with peanut butter, margarine, jam, or honey**
- **Add cheese, avocado, and hummus to sandwiches**
- **Add cheese, nuts, beans, lean meat, tuna fish dried cranberries, sunflower seeds to salads**
- **Eat larger portions of grilled, baked, and broiled meats.**
- **Drizzle Olive Oil over meats and pastas to boost the calories.**
- **Eat a bedtime snack**
  - Bowl of cereal
  - PB&J
  - Smoothie with peanut butter or protein powder
  - Chocolate milk
  - Graham crackers and peanut butter