



# Tips to Help Gain Weight

## ARE YOU OR A LOVED ONE:

- ▶ Experiencing unplanned weight loss?
- ▶ Recovering from surgery or a recent hospitalization?
- ▶ Malnourished or at risk for malnutrition?
- ▶ Experiencing loss of appetite?
- ▶ Recovering from a wound or pressure ulcer?
- ▶ Trying to build your strength and get the energy you need?

**Gaining or maintaining weight can be difficult. Here are some tips to get the nutrition you need and help achieve your normal body weight.**



## INCREASE CALORIES FROM NUTRIENT-RICH FOODS

Consuming empty-calorie foods such as soft drinks, candy and salty snacks is not a successful way to build muscle, repair tissue after surgery, or improve your health. For a healthy weight gain, consider making all of your calories as nutrient-rich as possible.

Some examples of nutrient-rich foods are fresh fruits and vegetables, easy-to-eat protein foods such as peanut butter, eggs, milk, cheese, yogurt, nuts, meat, fish, beans, legumes, and whole grains like brown rice, oats and quinoa.



## EAT 5 TO 6 TIMES A DAY

If you have a small appetite, consider eating mini-meals or snacks spread over the course of the day. Also, try to drink fluids before and after meals but not with them—this will help leave more room for food.



## ADD AN ORAL NUTRITIONAL SUPPLEMENT TO YOUR DIET

It can be difficult to get the extra nutrition and calories you need with regular food alone. Oral Nutritional Supplements (ONS) are liquid beverages specifically formulated to help fill nutritional gaps, and help meet the nutritional needs of those with various medical conditions. ONS are a convenient source of nutrients, and can be easily incorporated into your daily diet.

## TRY BOOST PLUS® NUTRITIONAL DRINKS

BOOST PLUS® drinks provide balanced nutrition with 360 nutrient-rich calories, 14 g of high-quality protein plus 26 vitamins and minerals including Calcium, Vitamin D, and antioxidant Vitamins C & E, and Selenium. BOOST PLUS® Drink is great with a meal or as a snack throughout the course of the day, to help you gain or maintain weight. And it's backed by the BOOST® Great Taste Guarantee! For more information visit [BOOST.com](http://BOOST.com).



\*The BOOST® Great Taste Guarantee offer only applies to the purchase of one (1) BOOST® Nutritional Drink 4-pack or 6-pack made between 1/1/20 and 12/31/20. Limit one refund per name, address or household. Offer valid in the U.S. only. Visit [BOOST.com/great-taste-guarantee](http://BOOST.com/great-taste-guarantee) for additional information.



## SAMPLE MEAL PLAN FOR A HEALTHY WEIGHT GAIN

This diet is based on 3,000 calories with 20% of calories from protein (150 g protein)				This diet is based on 3,500 calories with 20% of calories from protein (180 g protein)			
Breakfast	Serving Size	Calories	Protein (g)	Breakfast	Serving Size	Calories	Protein (g)
Greek yogurt (plain, from whole milk)	5.3 oz. container	100	17	Hard-boiled eggs	2 eggs, jumbo	180	16
Strawberries	1 cup	50	1	Wheat toast	2 slices	160	6
Scrambled egg, with butter and whole milk	2 eggs, jumbo	220	16	Chunky peanut butter	2 Tbsp.	190	8
Wheat toast	1 slice	160	3	Banana	1 small	85	1
Jam	1 Tbsp.	55	0	Milk, whole	1 cup	150	8
<b>Mid-Morning Snack</b>				<b>Mid-Morning Snack</b>			
BOOST PLUS® Drink	1 bottle	360	14	BOOST PLUS® Drink	1 bottle	360	14
<b>Lunch</b>				<b>Lunch</b>			
Quinoa	¾ cup	165	6	Chicken breast (boneless, skinless)	3 oz.	130	26
Kidney beans	½ cup	100	7	Avocado	½	160	2
Avocado	½ cup	160	2	Lettuce, green leaf	1 cup	5	0.5
Tomatoes	¼ cup	10	0.5	Cucumber	¼ cup	10	0.5
Cheddar cheese, shredded	¼ cup	50	7	Tomatoes	¼ cup	10	0.5
Milk, whole	1 cup	150	8	Olive oil	2 Tbsp.	240	0
Cookie, chocolate chip	1 medium	60	1	Cheese stick	2 oz.	145	14
<b>Afternoon Snack</b>				<b>Afternoon Snack</b>			
BOOST PLUS® Drink	1 bottle	360	14	BOOST PLUS® Drink	1 bottle	360	14
				Almonds	⅓ cup	275	10
<b>Dinner</b>				<b>Dinner</b>			
Pork chop, boneless	3 oz.	220	24	Meatloaf	5 oz.	210	25
Mashed potatoes with whole milk and butter	1 cup	240	4	Mashed potatoes with whole milk and butter	1½ cups	360	6
Applesauce, sweetened	½ cup	100	0	Broccoli	1½ cups	45	4
Milk, whole	1 cup	150	8	Milk, whole	1 cup	150	8
<b>Evening Snack</b>				<b>Evening Snack</b>			
BOOST® Banana Nut Shake*	8 fl oz	270	17	BOOST® Banana Nut Shake*	8 fl oz	270	17

Reference: USDA, ARS FoodData Central, 2019.

### Try a BOOST® Banana Nut Shake

#### Ingredients:

1 Tbsp. finely chopped walnuts  
 ¼ cup fat free cottage cheese  
 ½ banana  
 4 fl oz or ½ bottle **BOOST PLUS® Drink** (Vanilla)

#### Directions:

Place all ingredients in a blender and mix until smooth.

For more recipe ideas, please visit [www.boost.com/recipes](http://www.boost.com/recipes)

Consult with your healthcare provider to determine the meal plan that may be right for you.

