

# Healthy Weight Gain

## INCREASE OVERALL DAILY CALORIC INTAKE BY 500 CALORIES



- Bagel with 2 tablespoons peanut butter + 1/2 cup mixed fruit
- Trail mix: 1 cup cereal + 1/2 cup granola + 1/4 cup nuts
- PB&J sandwich + 8 oz chocolate milk

## EAT OFTEN



2-3 HRS

- Eat every 2-3 hours
- Do not skip meals, and have a minimum of 3 balanced meals each day
- Eat snacks between all meals, and have a pre-bed snack

## RETHINK YOUR DRINK

- Exchange water for a nutritious beverage that contains calories such as chocolate milk, 100% fruit juice or a fruit smoothie



## ADD HEALTHY CALORIES TO MEALS AND SNACKS

- Add peanut butter to fruit, oatmeal and toast
- Add nuts, flaxseeds or chia seeds to smoothies, Greek yogurt, and oatmeal
- Add guacamole to sandwiches, wraps, crackers, and chips



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