Tips to Help You Gain Weight

1. **Eat every 2-3 hours.**

2. **Use bigger plates and bowls** to help you eat more.

3. **Eat healthy, high calorie foods** at meals and snacks. Try:
   - nuts and seeds
   - nut butters
   - avocado
   - dried fruits
   - eggs
   - cheese
   - fatty fish like salmon
   - creamy soups
   - granola
   - full-fat yogurt
   - poultry
   - starchy vegetables like potatoes and corn

4. **Add extra calories** to your meals.
   - cook foods in lots of olive or canola oil
   - add wheat germ or seeds to cereals
   - add powdered milk to soups and mashed potatoes
   - eat fruits with peanut butter

5. **Make your drinks count.**
   - Drink whole milk, coconut or sweetened soy milk, shakes, or 100% fruit juice.
   - Drink liquids **in between** meals so you don't get too full when you eat.

Try this high-calorie shake for a snack:

What you need:
- 1 banana
- 1 cup whole milk
- 1-2 tablespoons peanut butter or 2 tablespoons of any nuts you'd like

You can also add seeds, wheat germ, powdered milk, honey, dried fruit, avocado, or full-fat yogurt.

What to do:
1. Put everything into a blender. Blend until smooth. Enjoy!

Talk to your CHN nutritionist to learn more!