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UTM EatWell

Gaining Weight the Healthy Way

If it's a **challenge for you to gain weight**, or if you find yourself **losing weight unintentionally**, you know how frustrating it can be to gain/maintain weight in a healthy way.

Stress, anxiety, depression, or just a very high metabolism are some of the reasons students may find it difficult to maintain a healthy body weight, or to gain weight despite their best efforts. Off-hand comments from friends and family telling you "you're too skinny" don't help the situation!

If you are concerned about being underweight, see a doctor or nurse (free at the UTM Health & Counselling Centre on campus) to help you figure out (1) whether or not your weight is within a healthy range and;

(2) if there are underlying medical concerns that should be addressed.

There is also a [Registered Dietitian](#) on campus to help you plan your meals for healthy weight gain.

Adequate fuel for your body and brain is important to give you the energy and nutrients your body needs. Follow these tips for healthy weight gain:

Eat often

- Don't skip meals – try to eat a small meal or snack every 2 - 3 hours
- Plan ahead: make sure you have easy-to-carry snacks with you like nuts, trail mix or protein bars

Make every bite count

- Don't fill up on low-nutrient beverages like coffee, tea, pop or diet pop.
- Drink milk, chocolate milk, soy beverage, smoothies, milkshakes or juice.
- Choose full-fat milk and dairy products instead of skim or 1% M.F., and regular margarine, butter, mayonnaise instead of "light".

Try "High-Cal" milk:

Add ¼ cup (60 mL) **skim milk powder** to every 1 cup (250 mL) **homogenized (3.25% M.F.) milk**: stir well and enjoy! Add chocolate- or strawberry-flavoured syrup if you like. You can use the hi-cal milk in smoothies, cream soups, or other recipes.

Add these nutritious higher protein &/or higher-calorie foods to your meals and snacks

- Meat, fish, chicken, or seafood
- Peanuts, almonds, walnuts, or other nuts
- Peanut butter or almond butter
- Sunflower or pumpkin seeds
- Roasted chickpeas or soybeans
- Eggs
- Tofu
- Full-fat milk or yogurt
- Cheese or cottage cheese
- Ice cream
- Dried fruit like apricots, dates, prunes
- Bananas
- Avocado

Supplements and meal replacements

Nutritional supplements and meal replacement beverages are sold in most grocery stores and pharmacies. Some brands like **Boost**[®], **Ensure**[®] or similar store-brand products provide about 300 calories per cup (250 mL) of liquid and are convenient and quick (no preparation).

Carnation Breakfast Essentials[®] is a similar product that comes ready-to-drink or in a powder that you add to milk.

Some protein or energy bars can also be quick and easy sources of calories. Try Chocolate Almond Fudge **Clif**[®] energy bar, 68 g (250 cal, 10 g protein), or the **Luna**[®] bar, 48 g in Iced Oatmeal Raisin or Lemon Zest (180 cal, 9 g protein each).

Protein powders, usually made from dried whey or soy, are also easy-to-use sources of extra protein and calories that can be added to milk, water, or juice.

Peanut Butter & Banana Smoothie

High calorie, high protein recipe



Ingredients

- $\frac{3}{4}$ cup (175 g) yogurt *
- 1 cup homogenized (3.25% M.F.) milk
- 1 banana
- 3 T. (45 mL) peanut butter

Directions

Blend well until smooth. Add ice cubes (or use frozen bananas) if you like an icy cold drink.

* [Dietitian Kimberly Green](#) recommends **Liberté**[®] *Méditerranée* (10% M.F.) or other full-fat yogurt



Nutrition Information: 785 calories, 59 g carbohydrate, 50 g fat, 26 g protein



Need some FREE professional help?

The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a **Registered Dietitian** who can assess your diet and help you make changes. Call (905) 828-5255 to make an appointment.