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.
Peanut Butter & Banana Smoothie
High calorie, high protein recipe

Ingredients
¾ 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

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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 cals, 10 g protein), or the Luna® bar, 48 g in Iced Oatmeal Raisin or Lemon Zest (180 cals, 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.

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.