

Weight Gain

Healthy Weight Gain By SupliMed Nutrients

When learning [how to gain weight](#), it is important to pay special attention to what calories are being consumed. This plays a major role in not only gaining weight, but gaining healthy weight!

A balanced diet full of nutrient-rich calories, physical activity and dedication are the recipe for healthy weight gain.

Healthy Weight Gain Tips:

- Replace Water with Soy Milk when Cooking or Preparing Meals
- Eat 5-6 Times Each Day
- Snack Between Meals
- Drink Weight Gain Shakes
- Add Weight Gain Powders to Foods
- Eat Healthy Fats and Avoid Saturated Fats
- Choose Whole Grains, Lean Proteins and Fruits and Vegetables

When you are looking to gain weight - and gain weight fast - the big idea is to eat more, more, more!

Depending on your individual nutritional and caloric needs, you will need to consume dense and caloric-rich foods to intake more than you burn. Also, remember to listen to your body and pay attention to what you eat, how often you eat and the relative results you get.

Weight Gain Diet

According to the [United States Department of Agriculture](#) (USDA), everyone should concentrate on a balanced diet following the 5 Food Groups. Concentrate on Calorie-Rich and Dense foods when following a weight gain diet. Mix grains with veggies and fruits for a balance of caloric and nutritional value.

Grains

Grains are divided into two groups which include Whole Grains and Refined Grains.

- Bread
- Cereal
- Biscuits
- Cornbread
- Raisin Bread
- Bagels
- Pasta
- Rice

Vegetables

Vegetables include Starchy Vegetables, Dark Green Vegetables, Orange Vegetables, Dry Beans and Peas and Other Vegetables. Most veggies can be enjoyed on a weight gain diet to promote healthy weight gain.

- Corn
- Squash
- Potatoes
- Olives
- Peas
- Carrots
- Asparagus
- Artichokes
- Yucca
- Yam

Fruits

Fruits may be Fresh, Canned, Frozen or Dried. Most fruits can be enjoyed on a weight gain diet to promote healthy weight gain.

- Peaches
- Bananas
- Apples
- Tomatoes
- Fruit Nectar
- Dried Fruit
- Jams and Jelly

Dairy

The dairy group includes foods that are Soy or Rice Based Milk, Cheese, Yogurt and Desserts.

- Yogurt
- Puddings
- Custards
- Milkshakes and Malts
- Sour Cream
- Cream Cheese
- Ice Cream

Meat and Beans

This high protein group includes Lean, Game, Ground and Luncheon Meats, Dry Beans and Peas, Fish, Poultry, Eggs, Nuts and Seeds. Choose lean proteins and low-cholesterol proteins for healthy weight gain.

- Beef
- Poultry
- Fish (Swordfish and Salmon)
- Beans
- Eggs and Omelets
- Peanut Butter and Nuts / Nut Butters

Fats and Oils

Solid and Liquid oils add either healthy or unhealthy fats. Avoid trans- and saturated fats to maintain healthy weight gain.

- Avocado
- Butter
- Margarine
- Sour Cream
- Cream Cheese
- Salad Dressings
- Gravy
- Honey and Candies
- Salad Dressings

Foods Combinations for Weight Gain

A diet for healthy weight gain not only includes a balance of foods, it is recommended to combine foods creatively for additional calories and fuller meals. We suggest:

- Add Soy milk or cream for Creamy Cereal, Soups and Sauces
- Use soy or Weight Gain Powder in Meat Loaf and Casseroles
- Add Salad Dressing, Cheese/Avocado Spreads and Mayonnaise (Try fat free to avoid too much fat)
- Add Meats, Nuts, Beans and Dairy into Pasta, Casseroles and Baked Dishes
- Eat High-Calorie Appetizers, Beverages, Dips, Soups and Entrees
- Indulge in Dessert

Avoid Acid Indigestion by following these simple tips:

- Don't combine Proteins and Starches
- Drink 10 Minutes After You Have Finished Eating
- Do Not Mix Fruits with Other Groups
- Try to Avoid Processed (White) Starches