



# Healthy Weight Gain

It's important to maintain your weight to stay healthy. When you're at a healthy weight, you're able to keep your muscles strong, avoid falls, and fight off sickness. You'll also have more energy throughout the day! Your doctor may  encourage you to gain weight. Read on for some helpful tips! 

Aim to eat every 2-3 hours. Use a timer or ask a friend to remind you.

Add healthy fats like olive oil, peanut butter, cheese, or avocado to your food.

Protein provides building blocks to maintain muscle. Be sure to include a source of protein with every meal!



**Eat when you feel hungry. Try to always carry a snack!**



## Drink your calories!

As you get older, you may start to lose your appetite or get full easily. Sip on high calorie drinks in between meals to get in additional calories.

- Whole or soy milk
- 100% Fruit juice
- Smoothies
- Nutrition drinks like Boost or Ensure

Choose snacks that are  
high in calories and  
protein

Trail mix



Apple with peanut butter

Whole milk yogurt with granola

Full fat cottage cheese with fruit

Cheese and crackers

Peanut butter and jelly sandwich

Vegetables and hummus



Pay attention to how your clothes, belt, or watch fit. If they start to feel looser, you might have lost weight.

