

如何增加體重

體重過輕 (BMI < 18.5) 會帶來嚴重的健康風險，包括免疫功能下降、感染風險增加、骨質疏鬆症和生育問題。以下是一些可以增加體重的方法，包括增加肌肉質量和皮下脂肪。

攝入的熱量大於自身消耗的

- ◆ 目標是每天多攝入 300-1000 卡路里，具體取決於你增加體重的速度

食用大量的蛋白質

- ◆ 有助於維持肌肉質量並促進肌肉生長
- ◆ 你盤子的 ¼ 應該是蛋白質，比如雞肉，豆腐，魚，堅果，牛奶
例如：酸奶冰沙，混合堅果，鷹嘴豆泥和胡蘿蔔

每日規律地進食

- ◆ 包括攝入大量的碳水化合物，脂肪和蛋白質
- ◆ 確保一日三餐，中間可以進食一些零食
- ◆ 選擇熱量高的食物，例如堅果，乾果，高脂肪乳製品和食物

做重量訓練去提升自身力量（強身健體）：

- ◆ 確保你不只是在囤積脂肪，而是運用他們去鍛鍊身體
- ◆ 每週進行2-4次的重量訓練

堅持是最重要的！

請你的醫生幫你聯繫營養師，以了解更多有關如何解決您的體重過輕狀況的詳細信息。



想了解我們的醫生集團，
請致電會員服務部：
(415) 590-7418

歡迎透過社交媒體，
關注美亞醫療集團
的最新消息、活動
及其他更多內容！



網站



YouTube



Facebook

How to Gain Weight

Being underweight (BMI < 18.5) may come with serious health risks, including impaired immune function, increase in risk of infections, osteoporosis, and fertility problems. Here are some ways you can gain weight, both in muscle mass and subcutaneous fat.

Eat more calories than your body burns

- ◆ Aim for 300-1000 calories more per day, depending on the rate at which you want to gain weight

Eat plenty of protein

- ◆ Helps maintain muscle mass and promote muscle growth
- ◆ Aim for ¼ of your plate to be protein, such as chicken, tofu, fish, nuts, milk
e.g. smoothie with yogurt, trail mix, hummus with carrots

Eating regularly throughout the day

- ◆ Incorporate plenty of carbohydrates, fats, and proteins
- ◆ Make sure to eat at least 3 meals a day, with snacks in between
- ◆ Focus on energy dense foods: nuts, dried fruits, high-fat dairy, fats and oils, grains, meat; sweet potatoes, dark chocolate, peanut butter, trail mixes

Lift weights and improve your strength:

- ◆ Ensures excess calories build muscle instead of just storing as fat
- ◆ Use weights 2-4 times a week

Consistency is key!

Ask your doctor to refer you to a dietitian for a detailed consultation



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook