

# 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**



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