

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Underweight Nutrition Therapy

Nutrition therapy can help you eat more calories and gain weight. As you gain weight, your health may improve.

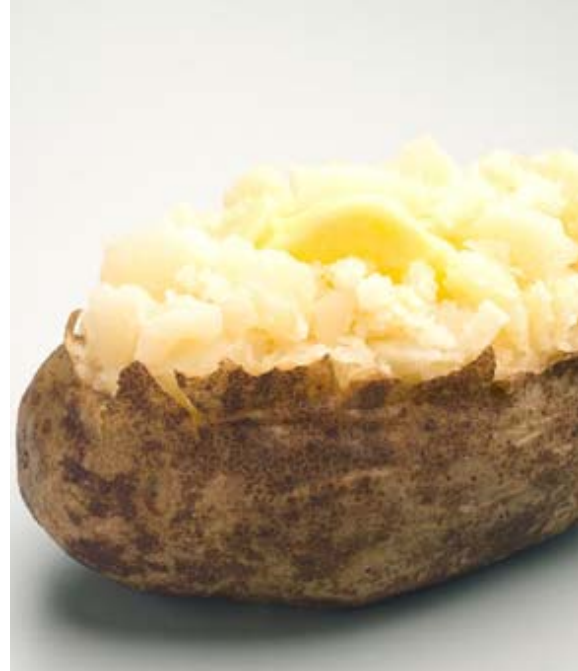
Foods Not Recommended

- Light, “lite,” or diet foods (these foods are low in calories).
- Plain beverages that fill you up but do not have calories or protein. For example, you should avoid plain coffee, tea, and diet soda.

Meal Planning Tips

- Eat at least five small meals and snacks each day.
- Drink healthy beverages that add calories. For example, have juice, milk, or shakes.
- Drink nutritional supplements.
- Try high-calorie, high-protein recipes.
- Sweeten foods and beverages with sugar, jam, jelly, or honey.
- Choose higher-calorie starchy vegetables, like potatoes, corn, and peas. Add cream, butter, margarine, cheese sauce, olive oil, or salad dressing to get more calories.
- Eat fruit canned in heavy syrup.
- Choose foods high in protein. These include milk, eggs, cheese, meat, fish, poultry, and beans. You may also use protein powders, and meal replacement shakes and bars.
- Add high-fat foods to meals and snacks:
 - Choices include butter, regular margarine, vegetable oils, peanut butter, and mayonnaise.
 - Whole milk, half-and-half, and cream have more calories than skim or low-fat milk.
 - Higher-fat meats and whole-milk cheeses provide more calories than lean or low-fat types.

Notes:



Sample 1-Day Menu

Meal	Menu
Breakfast	1 large egg scrambled in 1 tablespoon butter 1 medium biscuit with 1 tablespoon butter and 1 tablespoon jelly 6 ounces apple juice
Morning Snack	Instant pudding made with evaporated milk
Lunch	Tuna salad (tuna canned in oil, hard-cooked egg, onion, pickle relish, mayonnaise) 6 club crackers 2 canned peach halves with 2 tablespoons cream cheese and 4 walnut halves 6 ounces grape juice
Afternoon Snack	Fruit smoothie (orange juice, banana, frozen strawberries, 1 ounce protein powder)
Evening Meal	3-ounce ground beef patty with gravy French-fried potatoes with ketchup 3 large stalks broccoli with cheese sauce 1 or 2 slices bread with 1 tablespoon butter
Evening Snack	1 medium scoop ice cream with chocolate syrup

Notes: