

How to Gain Weight

If you have been struggling to gain weight, this resource is for you. It includes handy tips on how to increase your calories in a healthy way to support weight gain. There are many reasons why some individuals struggle to gain weight and it is always important to rule out any underlying conditions such as hormonal imbalances, allergies/intolerances or medications that could be causing this. Understanding that each body is unique is key in setting your goals. Your body's metabolism, genetics and lifestyle will influence your final outcome.

"The key focus of weight gain is to gradually include more calories each day"

Weight Gain Strategies

1. Focus on having smaller, more regular, meals- this will allow you to eat more calories in the day without feeling too full
2. Consume higher calorie foods such as nuts, avocado, healthy oils, dairy and wholegrains
3. Think about including nourishing drinks - this is an easier way to get in calories if you're tired of eating so often. Supplements and shakes can be a convenient way to achieve this.
4. Add condiments such as salad dressings, nut butters and mayonnaise.
5. Don't fill up on water
6. Incorporate weight training to build muscle.

How to fortifying your meals

Fortifying your home cooked meals is the easiest way to start. Fortifying means adding nutrients to the foods we eat in order to enrich them. For example, the salt we consume has iodine added into it (Iodised Salt). Adding high energy foods to the meals you already eat will increase your total calorie intake.

Some examples of how to achieve this have been provided on the following page. Aim to add 400-600kcal/day.

Disclaimer

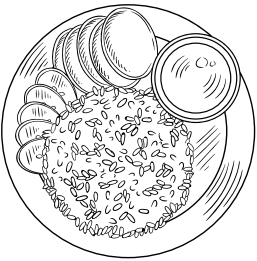
This information is general, therefore if you feel you are continuing to lose weight and have other symptoms please seek specialist advice from a dietitian.

Breakfasts



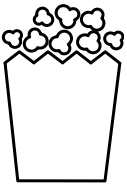
- **Add** Full Fat milk, Enriched Milk, fruit, honey, nuts or peanut butter to cereals & Porridges
- **Add** Cheese and milk to Scrambled eggs
- **Add** butter, jam, baked beans, cheese or peanut butter to Bread/toast

Main Meals



- **Add** a teaspoon of butter during preparation of Nshima/Nshima
- **Add** groundnut powder as well as sour milk to Chibwabwa/ Nkhwani (pumpkin leaves) or other greens (Vishashi)
- **Add** a bit of oil and breadcrumbs to Fish dishes- Chambo/matemba/ kapenta/usipa/mpasa
- **Add** chicken, beef, fish, eggs, beans/legumes, cheese, or avocado + salad dressings to your Salads
- **Add** full fat milk/butter/cheese to a mash potatoes

Snacks



- A handful of peanuts, or mandasi, zitumbuwa
- Boiled Chinangwa (cassava) - made with butter, sugar & peanut butter.
- Plain full fat yoghurt + fresh, dried, frozen or tinned fruit/ honey
- Sweet potatoes
- Fruit salad + Sourmilk

Beverages



- Hot drinks like tea, coffee & Milo made with full fat milk or milk powder & some sugar/honey.
- Homemade milk shakes & smoothies, for example; Creamy baobab drink made with full fat milk & condensed milk, or banana, ice cream & peanut butter smoothie
- Enriched Milk- Add 2 tablespoons of milk powder or protein powder to 1 glass of milk

if you have a nutrition related health problem like diabetes, cardiovascular disease, kidney disease, high cholesterol or hypertension please speak with a dietitian for more tailored information.