

BASIC GUIDE TO INCREASING CALORIES AND MAXIMIZING WEIGHT GAIN POTENTIAL

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TAKE YOUR ENZYMES BEFORE EVERY MEAL AND SNACK

- Enzymes are needed to digest the food you eat, and to help you gain weight.
- Without enzymes, you won't benefit from all of the calories from foods you eat.

EAT THREE MEALS A DAY

- Some people are busy in the morning and skip breakfast. If you fall into this group of people, try planning ahead the night before. Decide what you will have and set a place at the table. Set out your cereal bowl, spoon, cup or whatever else you will need to start your day out right. You may also need to set your alarm clock just a few minutes earlier as well!
- Try not to skip any of your meals. Even if you eat only a small meal, that's better than not eating any meal at all.

PLAN HIGH CALORIE SNACKS

- Many of us have busy schedules with school, jobs, athletics, and other activities. We may often be away from home and not near our refrigerator or food cupboard. This may mean we need to pack a snack or two to take with us.
- Participate in making the grocery list, so your favorite snacks are available.

BASIC WAYS TO INCREASE CALORIES IN YOUR FOODS

- Drink milk (whole milk has the most calories) at all meals. Not only will this provide you with extra calories, it will give you extra calcium as well. Avoid water, juice, koolaid, pop, tea, etc. at mealtimes. An 8 ounce glass of whole milk has 160 calories.
- Add Carnation Instant Breakfast to milk. One package of instant breakfast has 130 calories, and is available in many delicious flavors.
- Add extra butter or margarine to potatoes, vegetables, noodles, rice, breads, hot cereal, etc. Every teaspoon adds an extra 45 calories.
- Vegetable oil may be added to soups and stews. One teaspoon has 40 calories.
- Keep a bag of grated cheese in the refrigerator. Use to melt on sandwiches, hamburgers, vegetables, potatoes, eggs, and casseroles. Or, just eat by the handful. An ounce of cheese has about 100 calories.
- Peanut butter is a great source of calories. Use as a dip for vegetables; have peanut butter crackers for a snack; put peanut butter on your toast at breakfast; eat a peanut butter and jelly sandwich for lunch; or have a peanut butter cookie for dessert. Every Tablespoon of peanut butter has 100 calories.
- Mayonnaise is also high in calories. Spread on sandwiches, or use it to make chicken salad, turkey salad, or egg salad. Also tastes great in dips. Every Tablespoon of mayonnaise has 100 calories.