

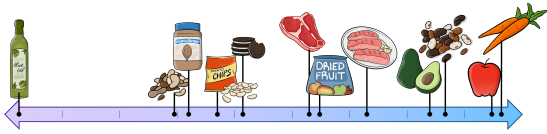
TOPIC: GAINING WEIGHT

Gaining Weight

◆ For underweight individuals, healthy weight gain involves the _____ factors as losing & maintaining weight.

Healthy Eating

- ◆ **Calorie excess:** additional _____ Calories per day.
- Focus on low volume, high energy density foods → nuts & dried fruits.



Behavioral Modifications

- Eat many small meals and add Calorie dense _____ to avoid uncomfortable feelings of fullness.

Physical Activity

- ◆ Incorporate resistance training to build _____.



EXAMPLE

Luisa has a BMI of 17.5. She estimates that she has a daily Caloric expenditure of about 1900 Calories.

- a) What would be a recommended initial Calorie intake for Luisa to achieve weight gain healthfully?

- b) Once Luisa achieves her desired weight, how should her Caloric intake compare to her intake before weight gain?

- c) Explain your answer: _____

PRACTICE

All of the following are generally considered appropriate measures for someone looking to gain weight, *except*:

- Eating many small meals instead of trying to eat large servings.
- Adding high-energy-density snacks between meals.
- Adding saturated fats to the diet to increase Calories.
- Building muscle through resistance training.