

## ***How to Healthfully Gain Weight***

Determine your healthy weight range. If you are at the lower end of the range or below you may want to can gain enough weight to reach the upper end.

Determine your calorie needs by using the Harris Benedict Equation.

Add 250-500 to your BEE. This will give you a 1 to 2 lb. gain per week.

## **Tips for Gaining Weight**

Keep a food diary

Begin adding healthy snacks to your already existing diet such as nuts, raisins, yogurt, cheese, peanut butter or frozen yogurt etc...

Add more food to your meals. For example add an extra serving of brown rice, whole wheat pasta, or whole wheat bread.