

# A HEALTHY BALANCE...

## Gaining Weight for More Energy and Better Health

Your health matters to us...both during your procedure and after you leave our office. That's why we're providing these helpful tips for achieving (and maintaining!) a healthy weight. A healthy weight is the best medicine: it can lower your risk of gastro problems, heart disease, stroke, diabetes, high blood pressure, and cancer. It also boosts energy levels, improves your mobility, lifts your mood, and enhances your self-confidence.



A TRADITION OF CARE & TRUST

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### Need to Gain Weight? Nutrition Therapy Can Help.

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

### Foods We Don't Recommend

- Light, "lite," or diet foods. These foods are low-calorie and will defeat your purpose: to gain and maintain a healthy weight.
- Plain beverages that fill you up, but don't have calories or protein. Don't drink plain coffee, tea, and diet sodas.
- Empty calories in sugary soft drinks, chips, and candy.

### Meal Planning Tips for Healthy Weight Gain

- Eat at least five meals and snacks a day.
- Enjoy healthy beverages that add calories (juice, milk, 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: potatoes, corn, and peas.
- Add cream, butter, margarine, cheese sauce, olive oil, and salad dressing to foods to get more calories.
- Eat fruit in canned in heavy syrup.
- Choose foods that are high in protein: milk, eggs, cheese, meat, fish, poultry, and beans. You can use protein powders and meal replacement shakes and bars.
- Add high-fat foods to meals and snacks:
  - butter, regular margarine, vegetable oil, peanut butter, and mayonnaise.
  - whole milk, half-and-half, and cream, for more calories than skim or low-fat milk.
  - higher fat meats and whole-milk cheeses for more calories than lean or low-fat types.

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**Thanks for making Jordan & Associates Gastroenterology your GI partner. Together, we can make a positive difference in your health and well-being!**

For more information, visit the American Dietetic Association ([www.diet.com](http://www.diet.com)), ChooseMyPlate.gov, Academy of Nutrition and Dietetics ([www.eatright.org](http://www.eatright.org)), or [www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight), or call 1-800- CDC-INFO.

## Sample 1-Day Menu from the American Dietetic Association

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



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