



Eating to Regain Lost Weight



Eating to regain lost weight:

Learn what amount of food meets your caloric requirements for maintenance or weight gain.

Decide if bigger meals, more snacks, or both are your best bet for eating more.

Do not just “try to eat more.” Make a plan, such as: “I’ll stick with my usual meals but I’ll eat a morning and evening snack”

Plot a strategy using known steps, such as one or two from this list:

- Drink a high-calorie “power shake” before bed.
- Eat a cup of Fruit & Nut Trail Mix every day
- Drink a Carnation Instant Breakfast with breakfast and lunch
- Eat cheese and crackers for a mid-morning snack.
- Drink a quart of fruit juice each day.
- Drink shakes or sodas, not water, with meals.
- Eat a whole bowl of Jell-O with fruit throughout the day.

Stock up on high-protein, high-calorie, easy to fix foods: bread, crackers, peanut butter & jelly, nuts, Instant Breakfast, Pop Tarts and juices.

Body-builder, weight-gainer beverages from a health food store are a good source of calories, especially the high-carbohydrate ones. Drinks like Carnation Instant Breakfast are popular. Even Slimfast may be useful; its 200 good calories, along with some cookies, are a terrific calorie boost.

If milk is bothering you, supplement drinks such as Ensure, Sustacal, Benefit, Nutren or Resource can be useful.