Foods for Weight Gain & Energy

Add more of these foods to your usual diet to help you reach a healthy weight while eating foods that are healthy for you! Avocado on sandwiches, dry milk in oatmeal or pudding, & peanut butter in smoothies—be creative! Try our recipes on the back...

Coconut: 160Cal, 2” x 2” piece
Peanut Butter: 180Cal, 2 Tbsp.
Avocado: 220Cal, 1 whole

Salmon: 350Cal, 6 oz
Olive Oil: 240Cal, 2 Tbsp.
Non Fat Dry Milk: 100Cal, 1 oz

Sunflower Seeds: 200Cal, ¼ cup
Raisins: 215Cal, ½ cup or 5 Dates
Walnuts: 165Cal, ¼ cup

*Non Hydrogenated*
Vegetable Oil Spread: 200Cal, ¼ cup
Cheese: 200Cal, 3 1” cubes/2 slices
Dark Chocolate: 165Cal, 1 oz or ~3 miniatures
Foods for Weight Gain & Energy:

SMOOTHIES!

Smoothie, or blended fruit drinks, are a delicious & nutritious way to add extra calories, or energy, to your diet. And we usually don’t feel as full after drinking compared to chewing food, so you still may have room to eat your regular meal too!

Servings: 1 per recipe, BASE + ADD INS

SMOOTHIE BASE:
1 1/2 cups of low fat plain (Greek) yogurt + 1/4 cup water/tea/coffee/coconut water

OR

1 1/2 cups of Low Fat Milk/Unsweetened Soy Milk/Unsweetened Almond Milk

SMOOTHIE ADD INS:

Kourtney Kardashian
1 avocado, 1 tsp of sugar
Calories: 390

Steph and Ayesha Curry
1 banana, 4 dates, 1 tsp of honey, dash of all spice & cardamom
Calories: 521

J Lo
2 Tbsp. almond butter, 1/4 cup dry milk, 1 cup spinach, & 1 frozen banana
Calories: 500

Derek Jeter
3 Tbsp. peanut butter, 1 cup of frozen berries
Calories: 470

HOW TO MAKE A SMOOTHIE:

1. LIQUIDS
2. YOGURT/NUT BUTTER
3. LEAFY GREENS
4. FRUITS & VEGGIES
5. Pulse, then increase speed from low to high/puree until smooth(ie)!

Call today to discuss & schedule a Nutrition visit: (718) 920-4664 x 0
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