

# 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



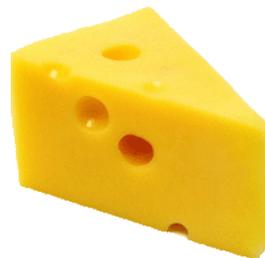
**Raisins:**  
215Cal, ½ cup or 5 Dates



**Walnuts:**  
165Cal, ¼ cup



**\*Non Hydrogenated\*  
Vegetable Oil Spread:**  
200Cal, ¼ cup



**Cheese:**  
200Cal, 3 1" cubes/2 slices



**Dark Chocolate:**  
165Cal, 1oz 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!

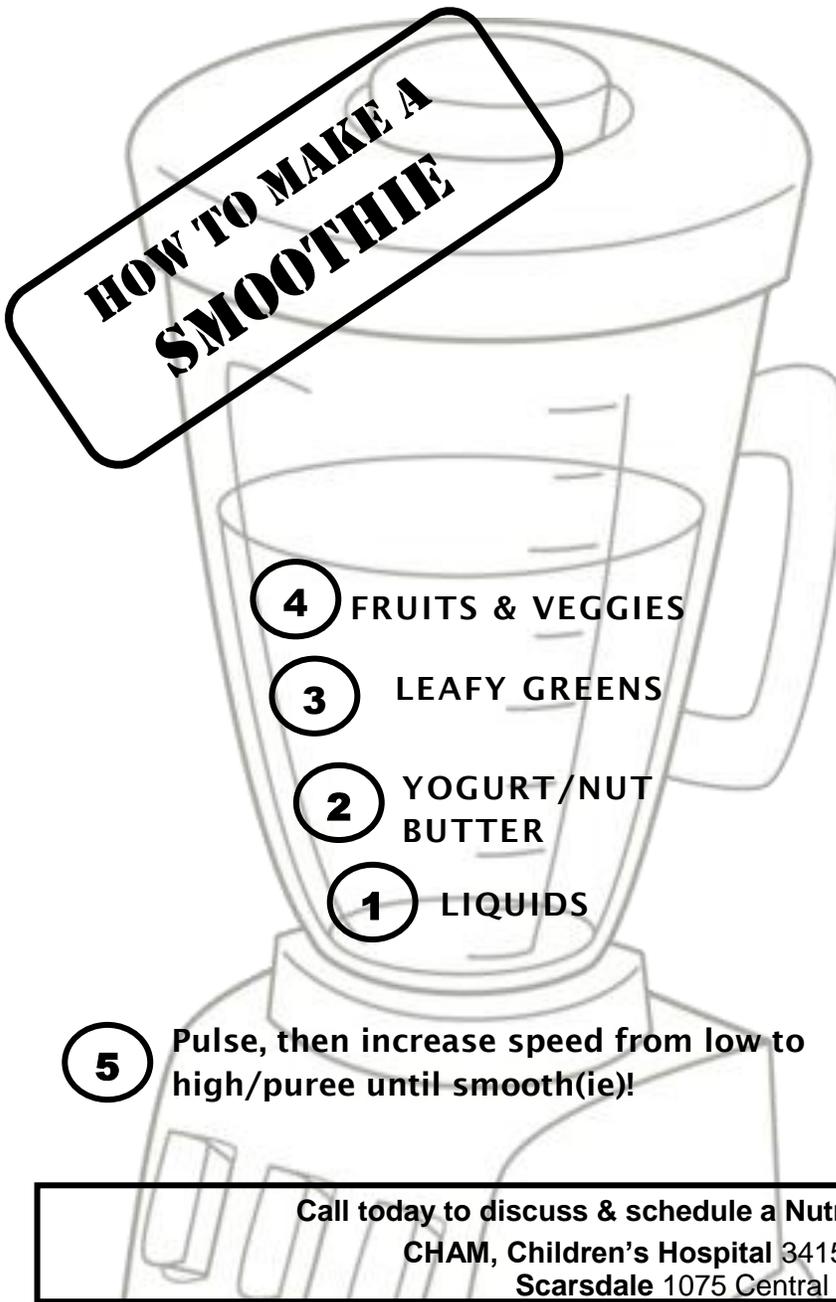
**Servings:** 1 per recipe, BASE + ADD INS

### 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**

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

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