

Prepared For:		Date:	
Prepared By:		Contact:	

Underweight Nutrition Therapy

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

Tips

Meal Planning Tips

- Eat at least five small meals and snacks each day.
- Drink healthy beverages that add calories. For example, have juice, milk, or 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 such as potatoes, corn, and peas. Add cream, butter, margarine, cheese sauce, olive oil, or salad dressing to get more calories.
- Eat fruit canned in heavy syrup.
- Choose foods high in protein. These include milk, eggs, cheese, meat, fish, poultry, and beans. You may also use protein powders and meal replacement shakes and bars.
- Add high-fat foods to meals and snacks:
 - Choices include butter, regular margarine, vegetable oils, peanut butter, and mayonnaise.
 - Whole milk, half-and-half, and cream have more calories than skim or low-fat milk.
 - Higher-fat meats and whole-milk cheeses provide more calories than lean or low-fat types.

Foods Recommended

Food Group	Food	Calories	Protein (g)
Meat, beans, and eggs	1 cup cooked dried beans	240	14
	½ cup chicken salad	200	14
	1 egg cooked with 1 tablespoon butter	175	6
	3 ounces tuna canned in oil	170	25
	¼ cup egg substitute	25	5
Nuts and Seeds	1 ounce pecans (20 halves)	200	3
	1 ounce macadamia nuts (10-12)	200	2
	1 ounce brazil nuts (6-8)	190	4
	1 ounce walnuts (14 halves)	185	4
	1 ounce shelled sunflower seeds	175	6
	1 ounce almonds (about 24)	165	4
	1 ounce peanuts	165	7
	1 tablespoon peanut butter	95	4
Milk	½ cup canned evaporated milk (can be used instead of water when cooking)	170	9
	6 ounces sweetened yogurt	165	6
	½ cup ice cream	130-220	2-3
	½ cup creamed cottage cheese	115	14
	¼ cup (1 ounce) shredded cheese	100	7
	¼ cup half-and-half	80	2
	½ cup whole milk (can be used instead of water when cooking)	75	4
	1 tablespoon cream cheese	50	1
2 tablespoons sour cream	50	0	
Fats	1 tablespoon butter, margarine, oil, or mayonnaise	100	0
	2 tablespoons gravy	40	1
Sweets	1 tablespoon honey	60	0
	1 tablespoon sugar, jam, jelly, or chocolate syrup	50	0
Meal Replacements	1 meal replacement bar	200	15
	1 scoop (1 ounce) protein powder	100	15
	1 tablespoon protein powder	40	5

Foods Not Recommended

- Light, “lite,” or diet foods (these foods are low in calories).
- Plain beverages that fill you up but do not have calories or protein. For example, you should avoid plain coffee and tea.

Underweight Sample 1-Day Menu

Breakfast	1 large egg, scrambled 1 medium biscuit 1 tablespoon jam 2 tablespoons butter 6 oz apple juice
Morning Snack	1 cup instant pudding
Lunch	4 oz tuna salad (with mayonnaise, oil, relish) 1 hard-boiled egg 6 crackers 2 canned peach halves 2 tablespoons cream cheese 4 walnut halves 6 oz grape juice
Afternoon Snack	1/2 cup orange juice in smoothie 1/4 cup frozen strawberries in smoothie 1 banana in smoothie 1 oz protein powder in smoothie
Evening Meal	3 oz ground beef patty 2 tablespoons gravy 15 French-fried potatoes with ketchup 3 large stalks broccoli 2 tablespoons cheese sauce 2 slices bread 1 tablespoon butter
Evening Snack	1 medium scoop ice cream 2 tablespoons chocolate syrup

Underweight Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	1 scrambled egg 2 slices whole wheat toast 2 tablespoons peanut butter 15 grapes 1 cup whole milk
Morning Snack	¼ cup raisins 1 cup yogurt
Lunch	1 quarter pound veggie burger Salad made with: 1 cup lettuce 3 slices tomatoes ½ cup chickpeas 14 walnut halves 1 tablespoon avocado oil 10 baked potato wedges
Afternoon Snack	Smoothie made with: ½ cup orange juice 1 banana ¼ cup frozen strawberries 1 scoop protein powder
Evening Meal	1½ cups chili with beans ½ cup coleslaw 1 piece cornbread, 3-inch square 1 tablespoon margarine, soft, tub 1 cup honeydew
Evening Snack	½ cup ice cream 2 tablespoons chocolate syrup

Underweight Vegan Sample 1-Day Menu

Breakfast	Tofu scramble made with: ½ cup tofu ½ cup green peppers ¼ teaspoon turmeric 2 slices whole wheat toast ½ avocado
Morning Snack	1 cup granola 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Lunch	Bowl made with: 1 cup brown rice 1 cup black beans 3 slices tomatoes 1 tablespoon olive oil ½ cup cucumber 15 tortilla chips
Afternoon Snack	Smoothie made with: ½ cup orange juice 1 banana ¼ cup frozen strawberries 2 tablespoons almond butter
Evening Meal	1 black bean burger 15 baked potatoes wedges 1 tablespoon ketchup 1 cup cooked broccoli 1 tablespoon olive oil
Evening Snack	6 ounces soy yogurt 11 almonds

Notes