



تجمع الرياض الصحي الثاني  
Riyadh Second Health Cluster



**Nutritional Instruction  
for Weight Gain**

## Tips for Weight Gain

- Consuming **Six** meals instead of Three.
- All meals should contain multiple essential nutrients from vitamins and minerals.
- Consuming variety of foods could help in increasing the appetite.
- Eat your food with a family, friends or even in a calm peaceful place.
- You can **increase calories** in your food as the following:
  - 1- Add Butter or Margarine while cooking Vegetables, Rice, Potatoes and Soup.
  - 2- Add some Butter, Honey, Jam or Cream to your bread or Breakfast Cereals with Milk and dry fruit.
  - 3- Consume whole fat Milk, Yogurt or any other dairy product Three times daily.

4- Make sure to have a source of protein in your meals like; Milk, Cheese, Egg, Meat, Poultry and Fish.

5- Add Honey or Sugar to your Fresh juices or Fruit salad.



6- Have some frequent **high caloric snacks** like; Cake, Croissant, Biscuits with Jam or Cream.

7- Drink variety of high caloric drinks like; Ice Cream with Milk, Milk Shakes, Frozen Yogurt with Fruits, Honey or Nuts.



8- Eat some Nuts and Dry Fruit between meals or within the meals.

9- Add some Corn Starch to your Milk and Sugar as a Pudding or a Custard to decorate Dried Fruits.

10- Start your meal with the main dish and let your Salad and Soup until the end.

11- Add some Shredded Cheese or White Sauce in Macaroni or Potato.

12- Add Milk Powder or Corn Starch to your Soup.



13- Add Olive Oil with Salads, Lebneh, Beans, Humus and all seasoned vegetables.

14- Add some Mayonnaise and Tahene to your Sandwiches and Salads

- **Avoid** non-nutrient drinks like; soft drinks and fruit drink.
- **Avoid** eating Candies and Chips those foods are low in nutrient.
- **Decrease** drinking tea and coffee

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

Clinical Nutrition Department

HEM3.16.000193

