

TIPS FOR WEIGHT GAIN



SET A REALISTIC GOAL

A general recommendation for weight gain is a 0.5-1 pound weight gain per week. If you try to push your body to gain weight too fast, it may result in gastrointestinal discomfort, reduced training capacity, and unsustained weight gain.

COME UP WITH A SUSTAINABLE PLAN

Weight gain is normally intended to increase performance outcomes for athletes. Weight gain methods should not be centered around eating as many calories as possible. Select and pair foods that will provide your body with the greatest amount of nutrients while also supporting sustained weight gain and an increase in lean mass.

REMAIN IN A CALORIC SURPLUS

In order to gain weight, you must consume more calories than you are expending. When activity levels are high, the total volume of food will need to be high. When exercise levels decrease, the total volume of food can also decrease, while still remaining in a caloric surplus.

REACH PROTEIN GOALS

Reaching protein goals during a weight gain phase is crucial. This will allow your body to put on weight, while also providing a desirable body composition.

RECORD ALL MEASURES OF PROGRESS

Weight gain is usually driven by a desire to improve athletic performance. During the process of weight gain, it is important to look at measures of progress, aside just from the scale. Some examples include energy levels, sprint and/or endurance performance, power output, sleep habits, and mood.

FOODS TO FUEL

- 1 Choose high quality calories such as dairy, whole grains, lean proteins, oily fish, nuts and seeds, and plenty of produce like fruits and vegetables.
- 2 Ditch the low calorie foods. Choose whole milk over skim or almond milk. Choose regular natural peanut butter rather than powdered PB. Add fat sources whenever possible such as avocado, mayo, chia and flax seeds, etc.
- 3 Focus on foods first. Although supplements can also help you achieve your goals, it is best to always choose real foods, which will provide you with the greatest nutritional benefit.

Use this plate as a visual for structuring your plates for weight gain.

ATHLETE'S PLATE



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCSS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.

Weight gain should always be fueled with a realistic goal and accompanied with a plan. To promote successful and sustained weight gain, working with a health professional, like a Registered Dietitian, is always encouraged.