Managing Weight Loss

Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.

The goal to managing weight loss is to increase your calorie consumption with nutrient-packed foods to gain weight back gradually.

Below are examples of the types of food you can eat to help gain weight:

- • Dried fruits (raisins, dried apricots, dried cranberries)
- • Nuts, seeds, and nut butters
- • Fruit dipped in peanut butter.
- • Whole-grain crackers with cheese.
- • Healthy oils (such as olive or canola) to stir-fry or sauté foods instead of steaming or baking without fat.

Other Tips to Gain Weight

- Eat several mini-meals throughout the day.
- Drink your beverages between meals instead of during meals. This may leave more room for higher calorie foods at meals.
- Combine eating more with adding strength training into your routine. This will help ensure that you gain back muscle mass.

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