
DIET PLAN FOR UNDERWEIGHT

High-energy diet for the underweight

Here is an example of a diet that will provide you with sufficient energy to assist with weight gain:

Foods that should be included every day:

- Full-cream milk: 750 - 1000 ml (3 to 4 cups)
- Meat, fish, eggs and other protein foods: 3-5 servings (90 to 150 g)
- Bread and cereals: 8-12 servings (e.g. up to 6 cups of starch a day)
- Fruit and vegetables: 3-5 servings
- Fats and oils: 90 g (6 tablespoons)
- Healthy desserts: 1-2 servings

Menu

Before breakfast:

- 1 cup of tea or coffee with full-cream milk, 2 t of sugar and 2 biscuits

Breakfast:

- Fruit or fruit juice (1 orange or 1 glass of orange juice)
- Cereal with milk and sugar (1/2 cup of breakfast cereal or porridge, with 1/2 cup of full-cream milk and 2 t of sugar or honey, or 1 tablespoon of raisins)
- Boiled egg or bacon or sausage (fry bacon or sausage in non-stick pan)
- Whole-wheat toast or roll with butter and jam (1-2 slices of toast or rolls with 30g polyunsaturated margarine and 1-2 tablespoons of jam, honey or marmalade)
- Beverage (1 cup of coffee or tea with full-cream milk and 2 t of sugar)

Morning tea:

- Milky drink (cappuccino made with 1/2 cup of full-cream milk and 2 t sugar)
Or
- Smoothie (process full-cream milk with fruit and honey in 1 glass – see recipe tips below)
Or
- Fruit juice with snack (1 glass of fruit juice with 30 g peanuts or dried fruit or an energy bar)

Lunch:

- Soup (1/2 cup)
- Meat, fish or poultry (120 g portion)
- Potato (1 large potato or sweet potato, or rice or pasta)

- Vegetable or salad with dressing (1/2 cup of cooked vegetables or 1/2 cup of salad with 1 T of salad dressing or mayonnaise)
- Pudding (1/2 cup of boiled, sweetened or canned fruit with 1 scoop of ice cream or 1/2 cup of custard)
- Roll with butter and cheese (1 whole-wheat roll or 2-3 whole-wheat biscuits with 2 t polyunsaturated margarine and 30g of cheese)
- Beverage (1 cup of coffee or tea with full-cream milk and 2 t of sugar)

Afternoon tea:

- Sandwiches with filling (2 slices of whole-wheat bread with 2 t polyunsaturated margarine and 2 T peanut butter or cream cheese with chopped nuts or egg mayonnaise)
Or
- Cake or biscuits (1 slice of cheese cake or 2-3 chocolate digestive biscuits)
- Tea with milk and sugar (1 cup of tea with full-cream milk and 2 t of sugar)

Supper:

- Fruit juice (1 glass)
- Meat or fish or cheese or eggs (90 g portion or 1-2 eggs)
- Vegetable or salad with dressing (1/2 cup of cooked vegetables or 1/2 cup of salad with 1 T of salad dressing or mayonnaise)
- Starch (1/2 cup of cooked rice or pasta or potato)
- Pudding (1/2 cup of rice or tapioca pudding or ready-to eat puddings or 2 scoops of ice cream)
- Beverage (1 cup of coffee or tea with full-cream milk and 2 t of sugar)

Bedtime:

- Milk drink (1 cup of Milo or Ovaltine made with full-cream milk) Biscuits (2-3 biscuits)

Nutrient composition

The diet outlined above should provide 12 600 to 14 700 kJ or 3000 to 3500 Cal a day, and 100 to 120 g of protein. All other nutrients are provided. It is estimated that a person eating this diet would gain 1 to 1.5 kg per week.