

How to Gain Weight Healthily

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The majority of people on diets are seeking to lose weight. Although less common, others wish to gain weight. It can be a challenge, but there are [healthy ways to put on weight](#).

Excess Calories

The formula for gaining weight is to eat more calories than you burn. You can count the calories it takes you to maintain your weight on or get an approximate number from a calculator, such as the [Total Energy Expenditure \(TEE\)calculator](#). To gain 1 pound per week, 500 calories should be added daily to maintenance calories. This will be an excess of 3500 calories per week, which equals 1 pound. To gain 2 pounds per week, you would need an extra 1000 calories every day. If you do extra exercise and burn more calories, you will also need to eat back the calories you burned while working out. Individuals recovering from an eating disorder are advised to not exercise and may need significantly more calories because they also need to repair their bodies from the damage. Those who have been eating a low number of calories previously may gain weight faster at first, but the gain should slow down with consistency. It's very important to check with a healthcare professional to find out how fast to increase calories. This may depend on age, reason for gaining, and general health. It may take some experimenting to figure out how much food you need to gain. If you do not gain weight even with excess calories, you may need to increase to a higher number of calories.

Consistency

Once you reach the desired number of calories to gain, it's necessary to be consistent. Eating more food can be difficult at times, but without consistency, you may not get the results you are looking for. If you are busy, and frequently on the go, make sure you have high-calorie foods and drinks you can take with you. It can also be hard to eat if you are not hungry or sick, so fluids like juice, and higher-calorie foods like nuts, can be an easy way to get calories. Not being consistent can also confuse your body because it is expecting a certain amount of calories. To get permanent weight gain results, you have to be consistent about feeding your body the calories it needs.

Healthy Foods

Eating more calories can make you feel overfull at times, but it's important to keep eating. If the calorie amount seems like a lot, you can try incorporating high-calorie, low-density foods. This way you can get the calories without feeling sick or uncomfortable. You can increase calories by eating healthy fats such as nuts, nut butter, avocado, fish, and eggs. You can also add olive oil to foods to boost the calories. Choose whole-grain bread over refined breads. Thick, grainy bread is usually higher in calories. Full-fat milk, yogurt, and cheese are other high-calorie options. You can add toppings such as olive oil and cheese to meat dishes and vegetables. Dried fruit is higher in calories than fresh fruit, but if you prefer fresh, it can be supplemented with peanut butter or yogurt. Liquid calories like juice, milkshakes, and smoothies may also be helpful. For snacks on the go, try trail mix, protein bars, or granola. Treats can also be part of a healthy diet. Dark chocolate or ice cream are a few options that are high calorie but still have nutritional benefits.

Gaining weight is often perceived as easier than losing weight. However, to gain healthily, it takes hard work and dedication. Eating enough, being consistent, and eating higher-calorie, but healthy foods, are important steps to consider in weight gain. Before attempting a new diet plan, be sure to talk with a doctor or nutritionist. By following these helpful guidelines, you can be on your way to a healthy weight.

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