

Gaining Weight for Athletes

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Gain Weight the Healthy Way

To gain one pound, you need to eat approximately 500 more calories a day. Approximately one pound of fat is equal to 3500 calories. Eating lots of junk food and greasy foods is not the appropriate way to gain weight. The athlete needs to take in more calories a day from healthy foods that are packed with carbohydrates, proteins, vitamins, minerals and calories. Athletes should be gaining weight through muscle mass not fat.

For the average man who is 19-24 years old that weighs 165 lbs, needs at least 3,000 calories to maintain his weight. In order to gain weight, the athlete needs to eat more calories than they expend. Each pound of muscle gained a week needs to be backed up by eating an extra 500 calories each day. Foods that are healthy to eat are fruits, vegetables, grains, meat, and milk (i.e. peanut butter sandwich, dried fruit, milk shakes, cottage cheese, pasta with sauce.)

Gaining weight requires a consistent eating routine. Skipping breakfast is a missed opportunity for taking in extra calories. Athletes should start slowly; increasing portion sizes of food and drinks gradually. To gain lean muscle mass, an athlete should eat at least three meals a day with snacks in between. Protein is important when gaining muscle mass, however most of the energy required to fuel muscle growth comes from a sufficient intake of calories from carbohydrates and fat. A healthy weight gain should be ½-1 lbs a week.

Eating extra calories alone will only make you increase your body fat. Exercise/weight training is another essential part to weight gain. Strength training will help increase appetite, but also stimulate muscular development to bulk up. An athlete should weight train 2-3 times a week. This will convert those extra calories into muscle.

See the athletic trainer if you have questions or concerns, or to go over a personalized plan.

6 BASIC NUTRIENTS

Carbohydrates:

These foods provide quick energy. They are the body's most important source of energy. An athlete's diet should consist of 50%-60% your daily caloric intake. Eat more whole wheat instead of white breads. Pasta, beans, potatoes, rice, and fruits are good healthy choices for carbohydrates.

Protein:

Protein builds and rebuilds damaged tissue. They provide slow, sustained energy. 10-30% of your daily caloric intake should come from protein. Good sources may come from skim milk, tuna, turkey, egg whites, beans, nuts/seeds, lean meat

Fat:

Fat provides energy and vitamins that we need in our bodies. Most of your fat intake should be polyunsaturated fats and monounsaturated fats. These fats include nuts, seeds, sunflower oil, canola oil, and fish. 20-30% of your daily caloric intake should be made up by fat.

Minerals:

Minerals are required for chemical reactions to occur in the body. Calcium, potassium, magnesium, iron are a few examples. Meats, beans, milk, vegetables, salt, bread, nuts are some foods that provide some the essential minerals the body needs.

Vitamins:

Vitamins are essential for normal metabolism, growth and development, and regulation of cell function. There are 2 kinds of vitamins, water soluble and fat soluble. Water soluble vitamins are taken in frequent small doses. Any excess is excreted out of the body. Vitamin C and B are examples of water soluble. Fat soluble vitamins include A, E, D, K. Excess is stored in fatty tissue. Eating nutritious foods such as milk, green leafy vegetables, animal sources, and sun light are sources of vitamins.

Water:

Our bodies are made up of about 60-70% water. Water helps carry nutrients to cells, and flushing waste products out of the body.

HIGH ENERGY, NUTRIENT DENSE SUGGESTIONS:

Breakfast:

1. High energy cereals i.e. shredded wheats, raisin brans, energy bars
2. Cook hot cereals with milk
3. Bagel/English muffin (rye, wheat, pumpernickel) spread with jam, peanut butter, honey, low-fat cream cheese
4. waffles/French toast
5. eggs
6. Add fresh or dried fruit (very calorie dense) to cereals i.e. apricots, mangos, raisins, dates, fig, nuts, seeds
7. Drink energy juices i.e. grape, apricot nectar, pineapple, apple (add less water than recommended)

Snack:

1. Fruit and granola topped with yogurt.
2. Milk
3. string cheese
4. Pudding
5. Graham crackers/English muffin/bagel with peanut butter
6. banana bread

Lunch:

1. Peanut butter and banana sandwich (buy unsliced bread and cut it thick)
2. Meat lettuce and tomato sandwich with milk
3. Tuna/Turkey sandwich
4. salad topped with nuts, chopped vegetables, sunflower seeds, cottage cheese, corn, lean meats, tuna fish, croutons oil type dressing (creamy dressing are high in calories, buy also saturated fat)
5. Cheese and vegetable pizza (10" with thick crust)

Snack:

1. Trail mix (raisins, sunflower seeds, dried fruit, nuts, pretzels, cereals, chocolate chips)
2. soft pretzel with cheese
3. Milk shake
4. High energy juice
5. fruit smoothie

Dinner:

1. Fish (salmon, swordfish, tuna, catfish)
2. grilled chicken
3. spaghetti with sauce
4. Hearty soup such as black bean soup, lentil, split pea, chili with beans, minestrone, barley
5. Starchy vegetables i.e. peas, potatoes, sweet potatoes, lima beans, corn, beets, carrots
6. Baked potato topped with vegetables and cheese, chili, or bean soup
7. milk
8. fruit smoothie

Snack:

1. Ice crème

2. sandwich (lean meat)
3. fruit smoothie
4. oatmeal raisin cookie
5. trail mix

Real Day

Breakfast

- Whole wheat English muffin with Jelly (all flavors)
- Banana chips
- Fortified high energy bar (Power bar)
- Grape juice (100% juice)

Snack

- Flavored yogurt topped with granola and sliced fruit (banana strawberries, blueberries, etc)
- water

Lunch

- 2 slices of meat & veggie pizza, thick crust
- V-8 juice (tomato-vegetable juice)

Snack

- Raw carrots with ranch dressing
- Or
- Trail mix (nuts, seeds, dried fruit)
 - water

Dinner

- Spaghetti with tomato sauce (meatless)
- Chef salad Italian dressing (oil and vinegar)
- Water
- V-8 juice (tomato-vegetable juice)

Snack

- Oatmeal raisin cookie
- Or
- Raw broccoli with Creamy dressing (ranch)
 - 1% milk (low fat)

*******This one day meal is approximately 3600 calories**

REFERENCES

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