

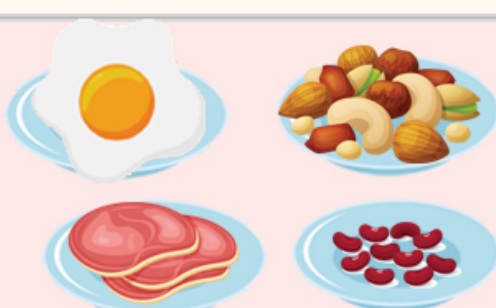


Healthy Weight Gain For Your Teen

Increase calorie intake by eating high-calorie foods.



Build muscles with protein-rich foods such as eggs, lean meat, beans, and nuts.



Avoid or limit sugary and carbonated drinks and include fruits and veggies.



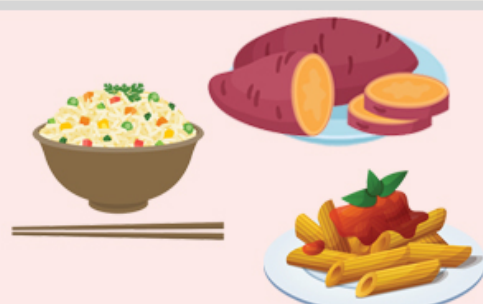
Increase portion sizes gradually and never skip breakfast.



Eat at least three meals and two snacks per day.



Choose starchy foods such as yams, potatoes, rice, and whole wheat pasta.



Consume whole-fat dairy products such as whole milk and cheese.



Have a bedtime snack to boost calorie intake and support cell regeneration.



Exercise regularly to build muscles and increase appetite.

