

Tips to Help You Gain Weight

Diabetes and Pregnancy

1. If you get full quickly at meals, slow down. Save your beverages until the end of the meal. Think food first.
2. Increase the proteins and fats in your diet. This adds calories without adding more carbohydrates (starches and sugars) – See page 2 for ideas.
3. Try not to fill up on lots of low-calorie foods such as vegetables, salads, clear soups, or diet drinks (especially drinks containing caffeine).
4. Never skip meals or snacks. Even if you are not hungry, your baby needs the nutrition to grow and develop.
5. Ask for help with housework, preparing food, and childcare. Time relaxing might help with weight gain. If you don't have anyone to help, you might need to use more prepared foods.
6. Try to get enough sleep. The best way to get a good night sleep is by practicing sleep-friendly habits.
 - Keep a regular bedtime and wake time.
 - Have warm milk and a small snack at bedtime.
 - Only use your bedroom for sleeping. Watch TV, read, or use your computer in a different room.
7. Exercise can help control your blood sugar but can result in unwanted weight loss. The key is to exercise just enough for health and not for weight loss. If you are losing weight, you might need to cut back on your exercising to 'save' calories.

Protein and Fat Ideas

Eggs	<ul style="list-style-type: none"> • Add chopped hard-boiled egg to salads and casseroles. • Choose egg dishes such as omelettes or quiche. 	Tofu	<ul style="list-style-type: none"> • Add to soups or scrambled eggs. • Use as a main entree or in stir-fry meals.
Cheese	<ul style="list-style-type: none"> • Add grated cheese to salads, soups, sauces, casseroles, potatoes, and pasta. • Melt cheese on whole grain bread or crackers. • Have cheese with an apple. 	Milk	<ul style="list-style-type: none"> • Add milk powder to casseroles, meatloaf, or healthy homemade baked goods. • Use whole or 2% milk.
Yogurt, plain (high fat)	<ul style="list-style-type: none"> • Mix with fresh fruit and nuts for a snack. • Can be used in place of sour cream. 	Butter Margarine	<ul style="list-style-type: none"> • Use extra on toast, sandwiches, and vegetables. • Add to soups, potatoes, hot cereal, rice, and noodles. • Use as a dip for seafood.
Peanut butter Other nut butters Seed butters	<ul style="list-style-type: none"> • Spread on sandwiches, toast, whole grain crackers, or fruit slices. • Use to make healthy baked goods. • Use as a dip for raw vegetables. 	Mayonnaise Avocado	<ul style="list-style-type: none"> • Use in sauces and dips. • Add to sandwiches. • Combine with meat, hard-boiled egg, or fish for sandwich fillings. • Use in pasta or salads.
Nuts and seeds	<ul style="list-style-type: none"> • Eat as a snack. • Use as a topping on no added sugar pudding or yogurt. • Grind and mix into casseroles, meat loaf or patties and vegetable dishes. 	Sour Cream	<ul style="list-style-type: none"> • Use as a condiment, in sauces and dips. • Serve with potatoes and soups.
Ground flax seed Chia seeds Wheat germ	<ul style="list-style-type: none"> • Sprinkle on slow cooked, whole grain hot cereal. • Add to healthy baked goods. • Use in place of bread crumbs. 	Unsweetened Whip cream Table cream	<ul style="list-style-type: none"> • Use as a topping for no sugar added hot chocolate. • Use as a dip for fresh fruit. • Use as a topping on low sugar desserts, for example diet Jell-O or pudding.
Legumes (dried peas, beans, and lentils)	<ul style="list-style-type: none"> • Try baked beans or chili. • Use cooked legumes in soups, casseroles, and pasta. • Use hummus as a dip for vegetables. 	Meat Fish Poultry	<ul style="list-style-type: none"> • Use as an entree. • Add to casseroles, soups, and salads. • Use in sandwiches and omelettes.