

# GAINING WEIGHT FOR ATHLETES

## Four factors affect weight gain:

- ▶ Genetics
- ▶ Food Intake
- ▶ Exercise
- ▶ Rest & Recovery

Your genetic make-up will influence the effect of the other three factors. Remember, you cannot change your genetic make-up.

- Include a progressive resistance strength-training program.
- Ensure adequate food intake. You may need to eat more.\*\*
- Ensure adequate rest & exercise recovery.

## PROMOTE MUSCLE GAIN NOT FAT GAIN! SET REALISTIC GOALS. \*\*

\*\* Consult a registered dietitian/sport nutritionist to assist you in planning a nutritious meal plan.

## HOW ARE YOU PROMOTING WEIGHT GAIN? TIP THE SCALES IN YOUR FAVOUR

### *Are you following a progressive resistance strength-training program?*

Muscle gain is gradual. Rarely will an adult athlete gain as much as 10 lb. of muscle mass per year.

- Consult a certified strength and conditioning specialist.
- Allow sufficient rest and recovery time between workouts.
- Get adequate sleep.

## YOU NEED EXTRA ENERGY TO BUILD MUSCLE

### *You need more Calories from carbohydrate, protein, and fat.*

Carbohydrate helps promote growth of muscle protein.

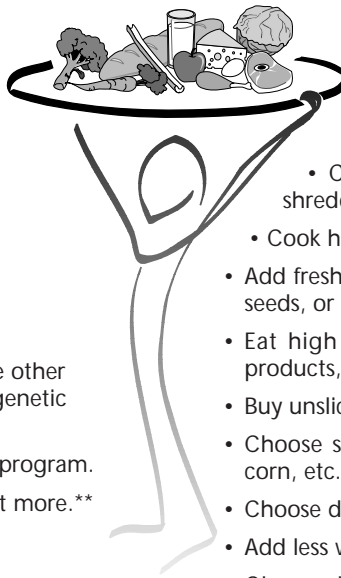
- Choose high energy, nutrient-dense foods from the four food groups.
- Increase portion sizes of foods and beverages.
- At meals, choose high-energy foods first, have salads and soup last.

### *Are you managing your daily schedule to include time to eat?*

- Plan ahead (meals/snacks, exercise/rest)
- Don't skip meals, especially breakfast.
- Eat frequently throughout the day - **at least 3 meals and 3 snacks each day.**

### *Are you drinking high-energy fluids?*

- Drink juices, milk, milkshakes, or meal replacement drinks.
- If fluids make you too full at meals, try drinking between meals.



## High energy, nutrient-dense suggestions:

- Choose high-energy cereals (such as muesli, granola, shreddies, shredded wheat, raisin bran) or energy bars.
- Cook hot cereals with milk.
- Add fresh or dried fruits (such as apricots, raisins, dates, figs) nuts, seeds, or sugar to cereals.
- Eat high quality protein foods: meat, poultry, fish, eggs, soy products, milk products, etc.
- Buy unsliced bread and slice it thick.
- Choose starchy vegetables (such as peas, potatoes, lima beans, corn, etc.).
- Choose dried fruit often (raisins, dried apricots, pears, etc.).
- Add less water than suggested to frozen juices.
- Choose higher energy juices (such as grape, apricot nectar, pineapple, apple) or cranberry cocktail.
- Add powdered milk/instant breakfast to milk or to fortified soy beverage.
- Use flavoured milk or make milkshakes with ice milk/yogurt/ice cream, and fruit.
- Add fruit and granola to yogurt.
- Eat ice milk/sherbet/ice cream for dessert.
- Snack on "trail mix" (nuts, sunflower seeds, dried fruit).
- Add peanut butter, jam, jelly, and honey to muffins, bread, and biscuits, etc.
- Eat snacks such as milk pudding and custards, oatmeal raisin cookies, date squares, banana bread, frozen dairy products (ice cream, ice milk, frozen yogurt), fresh/dried fruit, trail mix.

## Simple SNAC suggestions:

1. A piece of fruit and granola topped with yogurt.
2. Peanut butter and banana sandwich with milk.
3. Meat, lettuce, and tomato sandwich with milk.
4. Graham crackers/bagel/English muffin with peanut butter.
5. Milkshake: milk, ice cream, and fruit.
6. Trail mix: raisins, peanuts, chocolate chips, dried fruit, banana chips, dates, pretzels, and cereal.
7. Cheese and vegetable pizza (10" with thick crust).

## DON'T BE DISCOURAGED GAINING WEIGHT TAKES TIME!

\*\* Consult a registered dietitian/sport nutritionist to assist you in planning a nutritious meal plan. The Coaching Association of Canada (613-235-5000) can identify a qualified nutritionist with sport experience who lives near you.

