

Weight Gain



Basic Education

- To gain weight an athlete must be in a state of positive energy balance.
- Theoretically, to gain 1 pound a week you need to consume 500 additional calories each day
- An emphasis on strength training rather than aerobic exercise will help to stimulate muscle growth while not burning excessive calories
- The limiting factor for gaining muscle is total calories NOT protein.
- Emphasis of weight gain should happen in the off-season

Building Muscle Mass

- The body can add only 2 lb of muscle per week.
- Excess protein is not stored as muscle. The only way to add muscle is by strength training and an adequate calorie load.
- Max amount of protein used for muscle:
1 g per pound of body wt.

*To add 1 lb of pure muscle in a week –

- Add 10-14 g of **additional** protein daily
- Each food is an example of 10-14 g
 - 2 oz meat
 - 2 string cheese
 - 1-1/2 to 2 cups milk
 - 1/2 c. cottage cheese

Energy Dense Food Choices

Cold Cereals – Granola, Raisin Bran, Grape Nuts, Mini-Wheats, etc.

Hot Cereals – Make with milk instead of water and use add-ins: peanut butter, brown sugar, fruit, nuts, etc.

Fruits – Juices, dried, applesauce

Milk – Add Carnation Instant Breakfast, Ovaltine, Nesquik, etc. Use whole or 2%.

Sandwiches – Choose dense bread, moderate amounts of mayo & generous amounts of meats, cheese & peanut butter

Beans – Refried beans, chili, bean burrito, etc. are high in calories, protein, carbs & fiber

Snacks– Fruit, yogurt, cheese & crackers, nuts, bagels, pizza, milk shakes, smoothies, sandwiches, pudding, muffins, banana bread and granola bars.

Trail Mix – Portable and non-perishable. Choose a variety of nuts, dried fruit, crackers, cereal, pretzels, treats, etc.



Sports Nutrition