

How to Gain Weight

Recommendations to Promote Weight Gain:



- Appropriate referral to dentist, therapy, psychologist
- Encourage socialization, increase activity
- Dysphagia food and beverage service in upright position
 - feed slowly at eye level, adequate time, mouth to clear, correct texture of food/fluids, avoid sticky foods, variety of color/textures on plate
- Serve small amounts and increase as tolerated
- Oral hygiene after meals, reduce aspiration
- Meals should be STRESS FREE
- Supplement as needed, best time to take as with medications, between meals
- Nutrient Density Foods
- May need a MVI daily or an appetite stimulant
- Honor Food Preferences
- Clean area, odor free
- Hot food Hot and Cold food Cold
- Meal get to patient/client ASAP for maximum quality
- Use standardize recipes for better Quality and Quantity Control, always the same, consistency
- Use menus as planned, offer equivalent substitutions
- Seasoned foods
- Add whole milk, cheese, sour cream, cheeses, and high calorie/high fat foods to patients/clients
- **Dining Room**- good lighting, odor free except with smell of food, attractive tray, attractive dining room, clean dining room
- Assistance with meals as needed, encouragement, if needs a special cup or plate make sure there is good follow through
- **Patient/Client**- mouth care before coming to Dining Room, clean hands, clean clothes, neatness of hair/personal hygiene

