

Underweight:

BMI less than 18.5: Advise weight gain

Keys to Treatment

Assess for cause

Work with patient to create weight gain plan

- ☺ **Need** extra 500 calories per day; advise high calorie foods like: ice cream, cheese, whole milk, butter, ensure/smoothies, and peanut butter
- ☺ **Limit** large amounts of zero calorie drinks with appetite suppressant qualities like coffee or diet soda
- ☺ **Advise** eating several small meals per day
- ☺ **Advise** weight bearing exercise to increase muscle mass
- ☺ **Consider** use of appetite stimulant if appetite remains poor

Always document BMI and follow-up plan