

Here are the main five points for incorporating high-calorie foods into your diet to support weight gain, with expanded details for each:

1. **Healthy oils** not only contribute to weight gain but also support various bodily functions, including nutrient absorption and inflammation reduction, making them an essential part of a balanced diet aimed at weight gain. They provide high-quality protein, which is essential for muscle repair and growth, along with important vitamins and minerals such as calcium and vitamin D. Full-fat dairy options can be included in various meals and snacks, such as adding yogurt to smoothies, using cheese in salads or sandwiches, and drinking whole milk.
2. **Healthy Oils**: Incorporating healthy oils such as olive oil, coconut oil, and avocado oil into your meals can significantly increase your caloric intake without requiring large portion sizes.
3. **Dried Fruits**: Dried fruits, including raisins, dates, apricots, and prunes, are concentrated sources of calories due to the removal of water content.
4. **Avocados**: This creamy, nutrient-dense fruit is packed with healthy monounsaturated fats, specifically oleic acid, which is known for its heart-healthy benefits. Incorporating avocados into your diet can help you reach your caloric goals while also providing a wealth of nutrients that support overall health.
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