



## Creative Calories and Recipes For Weight Gain: Featuring Distinguished Chefs

*By Debbie Kaufman, LaurieAnn Scher MS RD CDE, Melanie Katrinak RD CSP LDN*

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### **Creative Calories and Recipes For Weight Gain: Featuring Distinguished Chefs** By Debbie Kaufman, LaurieAnn Scher MS RD CDE, Melanie Katrinak RD CSP LDN

Creative Calories & Recipes for Weight Gain is a cookbook and resource created to help the millions of people who are struggling to gain weight due to a variety of conditions ranging from genetics and/or psychological reasons to temporary or on-going medical conditions and diseases. Weight loss may often result in people suffering from Cancer, Aging, Depression, Anxiety, ADD/ADHD, OCD, Growth Hormone Deficiency, Anorexia, Cystic Fibrosis, Parkinson's Disease or Post OP, to name a few. Creative Calories & Recipes for Weight Gain is a different kind of cookbook. It is the result of the passion of a mother of a child who lost excessive weight, and the knowledge and experience of two Registered Dietitians who know that there is an underserved segment of people dealing with undernourishment and life altering weight loss. In fact all three (of us) have learned through different work and life experiences, that being underweight and struggling to maintain or gain weight can be just as, if not more physically and emotionally difficult. Since obesity is currently at a record level in the United States, malnutrition resulting from low food intake is easily ignored until it gets to a very dangerous point. While suffering with our daughter through major weight loss, I was surprised by the lack of resources available to help her gain weight. When a patient has something interfering with their appetite and food intake (illness, pain, taste changes, depression), the goal is to fuel the body with calories; in certain cases any calories to spare a person from ending up on medical nutrition therapy. Our book includes over 100 delicious recipes from distinguished chefs of leading restaurants across the United States and recipe favorites from friends and family. It also includes tips on boosting calories and keeping food preparation new and interesting, along with charts, techniques, heart healthy substitutes and some lesser known secrets for increasing your appetite and food intake. This is my dream: the creation of a cookbook and resource to aid all those who may encounter weight loss so they do not go through this alone. I am fortunate to have collaborated on this much needed and valuable project with two knowledgeable and experienced Registered Dietitians. We hope to provide general concepts, advice and tempting recipes that you will want to try. We also hope that you find the pages within this book informative and helpful, but more important we hope that you find support, good food, hope and health!

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### **Editorial Review**

#### **About the Author**

LaurieAnn Scher, MS, RD, CDE has a Bachelor of Science degree in Clinical Nutrition from Cornell University and a Master of Science degree in Applied Physiology And Nutrition from Columbia University Teachers College. As a registered dietitian for over 20 years, LaurieAnn has worked for leading institutions including Columbia University Health Services and The Renfrew Center and in private practice. This book came out of her desire to provide information and resources to people who need to restore or gain weight. Melanie Katrinak, RD, CSP, LDN has a Bachelor of Science degree in Nutritional Sciences from The Pennsylvania State University and completed her internship at The University of Connecticut. She has worked at The Children's Hospital of Philadelphia for 13 years helping patients with a variety of medical conditions and nutritional needs. She became inspired to collaborate on this book as a result of increasing experience with patients struggling to maintain or gain weight during times of physical and/or psychological illness. Debbie Kaufman, Parent: There is a huge population of both children and adults for whom calorie intake is critical. After going through a challenging experience of excessive weight loss with our child, I became inspired to use the knowledge I learned along the way and create a book to guide others who may need similar assistance with maintaining or gaining weight. My dream was to offer a resource to families for pertinent information on calories, appetite and weight gain.

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