

- Weight gain

How to gain weight in a healthy way?

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While the majority of the world is running behind diets and exercises that help promote weight loss, there are some looking for a diet that would help them gain weight – and that too in a healthy way. Because as you know, gaining weight is a piece of cake but doing it in the right way can be tricky. There are various other reasons due to which you can be underweight like inadequate eating habits, prolonged meal time gaps, poor selection of foods, eating disorders like Nervosa and bulimia, etc.



One of the main reasons people look for ways of weight gain is when one falls underweight. An underweight person is someone whose body weight is considered too low to be healthy. Underweight people have a body mass index (BMI) of under 18.5 or a weight 15 per cent to 20 per cent below that normal for their age and height group. At a particular age, both men and women tend to identify themselves with their bodies and that is when a super-thin frame may cause frustration. Also, being underweight isn't healthy. Depending on your height and age, your doctor can advise you how much your ideal weight should be. Here's how to gain weight in a healthy way.

Peanut butter

Peanuts are packed with protein and fat and are an ideal food choice for people who are looking to gain weight naturally. One teaspoon of peanut butter has around 100 calories. It also contains vitamins like magnesium, folic acids, vitamin B and vitamin E. You can boost your peanut butter intake by applying it on a slice of bread and having it for breakfast.

Whole fat milk

One of the simplest solutions to gain weight naturally is by drinking whole fat milk. Replace skimmed milk with whole milk and your body will get 60 calories per glass. Milk is also rich in vitamins and nutrients and is also a good source of vitamin D and vitamin A.

Whole wheat bread

Whole wheat bread is another food that can help you to gain weight. Whole wheat bread has nutrients to support a healthy breakfast and also add enough calories.

Eat healthy but dense foods

Choose nutrient-rich foods that pack a lot of carbohydrates, protein or fat into a small serving. Also, go for dried fruits with no added sugar or preservatives.

Nuts

When it comes to gaining weight, nuts are another good option. It makes for a great snack choice and has good sources of fats and nutrients. They also have fibre and will keep your stomach full for a longer period of time.

Drink your food

Though liquids aren't as filling as solid foods when you're trying to gain weight, they can provide you with enough nutrition. Go for smoothie and milkshakes that are prepared at home.

Eat right before bed

Healing, repair and regeneration of the body take place while we sleep. Eating a fresh and healthy snack before going to bed gives you enough energy that works on your body while you sleep.

It is critical to understand that gaining weight the right way and not by hogging on unhealthy foods is a better choice for your body. The best way to gain weight naturally is to go the natural way.