



## **Foods to gain muscle mass**

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**Abstract.** A beautiful, muscular body is the dream of many people. They spend their days in gyms and fitness centers, constantly working on themselves and trying to finally make all their dreams come true. However, no matter how paradoxical it may sound, a miracle does not happen. Not only does muscle mass not build up, but it also decreases. The reasons for such phenomena, which most often lie in an incorrectly selected diet, are discussed in their publications by world-famous scientists, nutritionists and trainers.

**Key words:** food for muscles, recommendations, benefits, harm, beneficial properties, contraindications

## **Nutrition and muscle mass**

We know from school days that athletes and people leading an active lifestyle should eat as healthy as possible. However, not many people pay due attention to the quality of food. After all, simply providing your body with the necessary amount of proteins, fats and carbohydrates is not enough.

Be sure to take care of including a complex of essential vitamins in your diet. This is because building muscle involves building up muscle tissue. This process depends on a number of biochemical reactions occurring with the participation of certain substances. Moreover, if the body does not receive them, and the person continues to train intensively, muscle mass may not only not grow, but also decrease.

## **Vitamins for muscle growth**

In order to prevent this, you need to provide your body with a complex of the following vitamins:

- Vitamin A. It is involved in the processes of protein breakdown, without which muscle mass gain is impossible. [1]
- Vitamin C. An antioxidant that helps protect muscle cells from destruction. What's more, it promotes the formation of collagen, the connective tissue that literally holds muscles and bones together. In addition, this vitamin is involved in the absorption of iron, which determines the level of hemoglobin in the blood, which ensures the transport of oxygen to the muscles. [2]

- Vitamin E. Another powerful antioxidant that neutralizes free radicals in the body, thereby protecting muscle tissue cell membranes from destruction. [3]
- Vitamin D. Necessary for the absorption of calcium and phosphorus. The latter is used in the synthesis of ATP (adenosine triphosphoric acid) - the energy component of living cells. [4]
- B vitamins, in particular B1, B2, B3, B6 and B12. They ensure the growth of muscle tissue. [5]

### Top 16 Foods for Muscle Growth

1. Salmon. This is an excellent source of protein, the lack of which interferes with normal physical development and growth of the body. In addition, it contains omega-3 fatty acids that speed up metabolism. According to data published in the Journal of the International Society of Sports Nutrition, a person who wants to build muscle mass should consume at least one gram of protein for every pound (0.45 kg) of body weight. However, the body will slowly absorb all the protein supplied with food, even if its amount exceeds 100 grams consumed at a time.
2. Oatmeal. It contains complex carbohydrates, proteins, fiber, vitamins and minerals. [6]
3. Beef. Another great source of protein.
4. Buckwheat. It contains not only carbohydrates, but also proteins (18 grams for every 100 grams of cereal), the biological value of which exceeds 90%. [7 ]
5. Fish fat. It speeds up metabolism and also helps the body recover faster after exercise.
6. Turkey. It contains not only protein, but also 11 vitamins and minerals.
7. Chicken breast. Low-fat product, 100 g. which contains 22 g. squirrel.
8. Eggs. Another source of protein, as well as zinc, iron and calcium. That is why eggs are considered an integral component of sports nutrition. [8]
9. Cottage cheese. An excellent source of protein. [9]
10. Almond. It contains proteins, healthy fats and vitamin E.
11. Carrots [10] and all types of cabbage. They contain vitamin A.
12. Citrus. They enrich the body with vitamin C.
13. Yogurt. An excellent source of protein and calcium. [eleven ]
14. Water. Without the right amount of fluid, the body will not be able to increase its strength, and you will not be able to improve digestion. [12]
15. Smoothie. An excellent vitamin cocktail. Susan Kleiner, author of Winners' Sports Nutrition and one of the leading experts in the field, teaches her clients how to prepare this drink: "Blend fresh or frozen vegetables—a powerhouse of antioxidants —with milk, 100% fruit juice or yogurt and top it all up." flaxseed or olive oil to introduce healthy fats into the mixture."
16. Coffee. Scientists from the UK have experimentally found that the combination of caffeine and carbohydrates contained in cereals increases the endurance of athletes. At the same time, researchers from the University of Illinois have proven that caffeine reduces pain during exercise. And scientists from Australia presented research results illustrating an increase in the rate of accumulation of glycogen, which, in fact, is an energy reserve, under the influence of the same caffeine and carbohydrates.

### Other ways to speed up muscle gain

- **Rest.** According to experts, the three components of a successful process of gaining muscle mass are physical activity, proper nutrition and good sleep.
- **Quitting alcohol and smoking.** They poison the body, preventing its normal functioning.
- **Limiting junk food.** Almost everyone knows about the negative effects of fatty, fried and salty foods, but not everyone can refuse to eat them.

- **Refusal of all kinds of nutritional supplements** for gaining muscle mass, in favor of healthy foods that enrich the body with a maximum of nutrients. Since vitamins obtained from food are better absorbed by the body, and, therefore, perform their functions better.
- **Self-discipline.** You can achieve excellent results only through regularity - in physical activity, nutrition and the formation of healthy lifestyle habits.

In addition to gaining muscle mass, following all these principles allows you to increase your testosterone levels naturally. But not only the strength, endurance and health of men, but also their libido depends on it. And this is already a guarantee of self-confidence and a certain guarantee of stunning success among representatives of beautiful bodies. Strong arguments for radically changing your own life, isn't it?

## Literature

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