



## **Food for weight gain**

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**Abstract.** At a time when the majority of the world's population is looking for effective ways to combat excess weight, there are still people who dream of gaining it. And there may be several reasons for this. For example, excessive thinness of women, which prevents them from getting pregnant, or too little weight of men, which they want to increase in order to become more stately and beautiful. And sometimes banal diseases, which are frequent companions of an exhausted and weakened body.

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

## **Nutrition and low weight**

Suffering from thinness, people often begin to zealously search for special diets, recipes and even medications that would help them solve their existing problems. And in this endless bustle, they forget about the most important thing - visiting a doctor. After all, weight loss can be a sign of a serious illness associated with metabolism, poor digestibility of certain foods, or high cholesterol levels, which can only be diagnosed by an experienced specialist.

However, if there are no health problems, you can start creating your new diet. If possible, it should include a maximum of healthy high-calorie foods and a minimum of processed foods, chips and candies, or anything that leads to obesity, but has nothing to do with health. After all, your goal is probably to gain weight and remain physically strong and active, thereby improving the quality of your life, and not hopelessly ruining it.

Jason Ferrugia, a strength training expert from the United States, states that “in order to gain the desired kilograms, you need to eat every 2-3 hours. Moreover, portions should depend on the actual weight of a person - for every pound (0.45 kg) there should be 1 gram. protein per day. In addition, you need to take care of a sufficient amount of carbohydrates and fats. Moreover, for people with a fast metabolism, it is better to get a third of their daily calorie intake from avocados, nuts, cold-pressed oil, potatoes, rice and pasta.” You should also drink plenty of fluids to avoid dehydration.

## **What should the menu be made of?**

Perhaps, we all know the basics of healthy eating from school. The daily calorie intake for people aged 19 to 30 years is 2400 kcal. If they play sports, it increases to 3000 kcal, depending on its type.

Men and women aged 31 to 50 years should consume 2200 kcal respectively, increasing to 3000 kcal if they enjoy sports. After 50 years, people need 2000 kcal per day in the absence of physical activity and up to 2800 kcal in the presence of such. Moreover, if a person wants to increase weight, his norm must be increased by another 200-300 kcal.

In order to ensure their intake into the body, as well as to ensure excellent health throughout the day, it is very important to introduce three food groups into your diet, namely:

- Squirrels. They will allow the body to gain muscle mass. An excellent source of protein is milk. Nutritionists advise adding it to sauces, making milk soups from it, or simply drinking it to quench your thirst. In addition, protein is found in fish (salmon, tuna), lean meats, eggs, nuts and seeds. [1]
- Carbohydrates. This is not only the basis of the menu for weight gain, but also an excellent source of energy necessary to ensure a full, active life. You can find them in vegetables and fruits - broccoli, spinach, carrots, tomatoes, apples, avocados, mangoes, oranges or pineapples. In addition, carbohydrates are found in brown rice, grains and pasta, dried fruits and raisins. [2]
- Fats. In order to saturate the body with fats without increasing cholesterol levels in the blood, you need to eat fatty fish. Nuts (almonds, cashews, hazelnuts, walnuts), seeds, butter or cold-pressed vegetable oil are also suitable. The latter is best added to vegetable salads, thus improving the digestibility of products. [3]

### **Top 13 foods that help you gain weight**

1. Avocado. This is an ideal high-calorie fatty product, the consumption of which does not harm the cardiovascular system at all. To gain 2.7 kg per week, it is enough to eat only 1 piece of fruit per day. [4]
2. Potato. An excellent source of carbohydrates. It can be baked or grilled, added to sandwiches or eaten as a snack. [5]
3. Pasta of all kinds. These are the same carbohydrates. It is better to cook them with vegetables in order to saturate your body not only with high-calorie food, but also with vitamins.
4. Dried fruits and nuts. Nutritionists advise consuming them between main meals. They are high in calories and also contain fiber [6] and a complex of minerals that allow you to regulate your weight.
5. Lean meat. You can use beef or white poultry meat. It is a source of protein, iron [7] and zinc [8], which not only provides the body with energy, but also promotes muscle gain.
6. Smoothie. High-calorie, healthy drink. It is better to drink those that contain bananas [9], mango, honey [10] and berries.
7. Grape. It helps cleanse the blood, thereby improving the absorption of nutrients. [eleven]
8. Peanut butter. In addition to proteins and fats, it contains magnesium [12], folic acid [13], as well as vitamins E and B3, which improve the condition of the skin [14] and the nervous system.
9. Whole milk. It is an excellent source of fat, calcium and vitamins A [15] and D [16].
10. Durum wheat bread and brown rice. They contain not only carbohydrates and B vitamins [17], as well as magnesium, iron, calcium, phosphorus [18] and zinc, but also fiber, which saturates the body well.
11. Hard cheese. It is a storehouse of proteins, fats and calcium.
12. Vegetable oil. Source of fats and minerals.

13. Salmon. To gain weight, it is enough to eat 2 small pieces a day. This will ensure that the body receives the required amount of fats and proteins.

### **How else can you increase your weight?**

- devote time to physical activity and sports. No matter how contradictory it may sound, such loads will only benefit a thin person. And the point is not even that a healthy mind is in a healthy body. Just 20 minutes spent walking will stimulate your appetite and trigger the release of endorphins, thus improving your mood. A good mood is not only the key to a happy life, but also an excellent means of inspiring a person to take care of himself and his health.
- avoid stress. It reduces appetite and provokes the development of various diseases. In addition, when under stress, the body uses protein to produce stress hormones, which in turn lead to weight loss. That is why during periods of exams and sessions, as well as the delivery of important projects, people are advised to increase their daily protein intake by 20%.
- there are vegetable soups. They increase appetite.
- eliminate alcohol and caffeinated drinks, simply replacing them with juices, milkshakes or smoothies.
- Do not overuse sweets (sweets and cakes), as excessive sugar content impairs the absorption of nutrients.
- add a little red color to the interior of your kitchen. This will improve your appetite and will certainly help you eat a little more than usual, allowing you to come closer to your dream.

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