

Foods to Gain Weight and Build Muscle

While many people are concerned about losing weight, there are also people who are looking for ways to gain weight naturally and in a healthy way. Healthy weight gain may help increase energy levels and endurance. It may also help you build muscle and strength. For some people, healthy weight gain may help make them look more attractive. There are certain foods that you can eat to gain weight in a healthy and natural way without building up excess body fat. When choosing foods for weight gain, avoid eating high-fat and high-sugar foods. Using this type of food to gain weight can lead to increased blood cholesterol. High cholesterol levels have been known to lead to heart disease. Using weight gain supplements as food to gain weight is also not a good idea because such supplements do not build muscle. They also tend to be very expensive. The best way to gain weight is to eat foods that promote a healthy diet and to also engage in regular strength training to build muscle. Most health professionals recommend that you aim to gain about one pound each week. Slow weight gain is recommended in order to avoid too much body fat. Another point to remember is that the amount of weight you gain will depend on your calorie intake. If being thin runs in your family, you may find it harder to gain weight. Make fats, carbohydrates and protein an important part of your weight gain diet. Fats provide the energy and the vitamins that you need while carbohydrates are the main source of energy that your body needs during exercise. The best sources of carbohydrates are whole grains, fruits and vegetables. Proteins are important for building and repairing muscle, producing hormones, replacing blood cells and boosting your immune system. Some healthy foods that are higher in calories include bread, cereals, fruits, starchy vegetables, meats, beans and legumes.

1. Foods to gain weight - Cereals
Add whole grain cereals to your diet. Whole grains are a very good source of fiber and nutrients. The USDA recommends that you regularly eat between six and eleven servings of foods from the bread and cereal group.
2. Foods to gain weight - Fruits
Bananas, pineapple, mangos, raisins, dates, watermelon, grapefruit, apples, and peaches. Note that dried fruit have more calories per serving than fresh watery fruits, so use dried fruits or fruit juices as snacks.
3. Foods to gain weight - Vegetables
Eat starchy vegetables more often. Corn, carrots, peas, green beans, broccoli, summer squash.
4. Foods to gain weight - Beans and legumes
Lentils, lima beans, chili beans, bean burritos. These are a good source of carbohydrates and protein.
5. Foods to gain weight - Meats
Chicken, beef and lamb are excellent sources of protein. For red meats, choose leaner cuts. Fish is also an excellent source of protein.

Foods to gain weight - Variety is Key For a healthy weight gain diet, eat a variety of foods and make sure that you eat regularly. This should be in addition to an exercise program that includes strength training. Consult a dietician or nutritionist who will be able to tell you how many servings you need from each food group. If you are recovering from an illness speak to your doctor about your daily calorie need. To gain weight, you need to start consuming more calories than you're currently taking.

About the Author

Bodybuilding Supplements and Muscle Building for bodybuilders .Discounts on Creatine, Whey Protein ,Fat Burners and sports nutritional.

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