

**Eat your way to a
Healthier You!**

**Food for Gaining
Weight the
Healthy Way**

- **3 STAR WRITING
SAMPLE
(CONTENT
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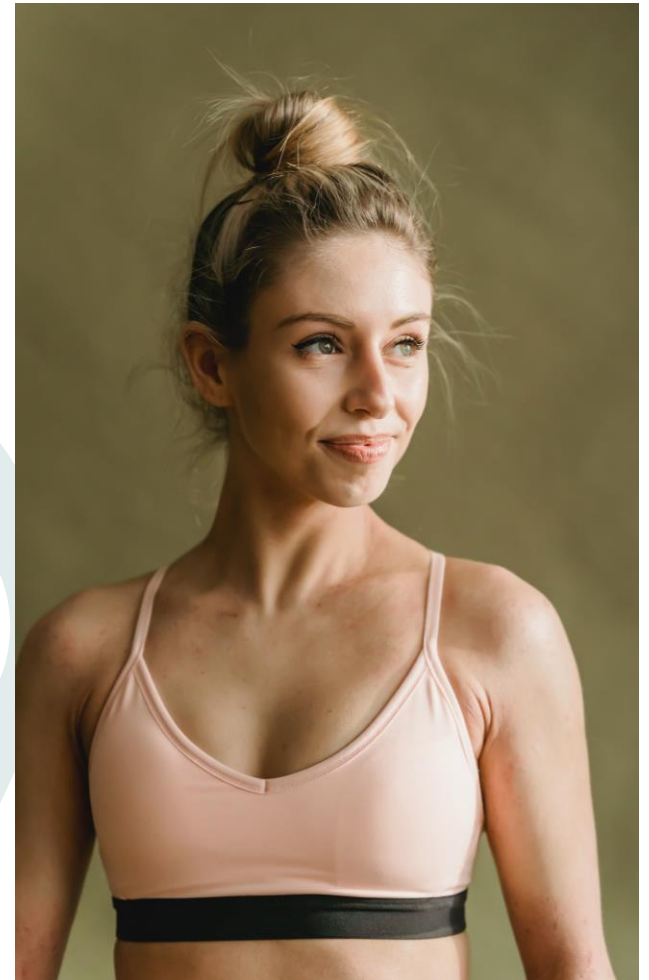
A Healthy Body

Most of us are aware of the problems associated with weight gain, but we don't know that being under our body's optimal weight is even worse for our bodies. If you are underweight, it is important to choose healthy food to gain weight.

Falling below your body's ideal weight is a condition called skeletal. Whether you are skinny or obese is generally determined by a formula called the Body Mass Index or BMI.

A BMI of up to 25 is considered optimum for your body, while anything above this is considered overweight. BMIs of less than 18.5 are considered underweight.

While BMI has drawbacks, it provides a generic scale to measure your weight. Just like obesity, being underweight has its own set of problems. It weakens the immune system and leads to a higher risk of illnesses like infertility, depression, and osteoporosis.



Healthy versus thin:

It is important to realize that the visual of our body, while important from an aesthetic point of view, is not as important as what is happening inside. Having an optimum BMI, fitting into a size 4 dress, and working out may make you feel fit, but it is possible that your body is not healthy internally.

If you have lost a lot of weight recently, it is better to go to a doctor to have yourself checked for any underlying problems that could be causing your weight loss. Most health issues are completely treatable and catching them early on would be a good thing.

I'm not saying that you should rush to the doctor if you have a history or the genetic makeup for low BMI. However, if you have lost weight suddenly, it is worth getting looked at.





Healthy Food for Gaining Weight

Eating food to gain weight doesn't mean that you start having sodas and fast food to gain weight. You must eat healthy food to gain weight.

Nature has a lot of healthy options that will leave you energized, active and happier.

Which foods help you gain weight in a healthy manner? Let's look at some...



1. Red Meat

Red meat is an excellent food for gaining weight. It helps build muscles and is essential for weight gain. It contains creatinine which improves blood health.

Meat cuts can be grilled as steaks, baked and made into sandwiches and burgers, used in pasta, and eaten with sides of veggies, rice, bread, and potatoes,

2. Salmon & other fish

Salmon and other oily fish are excellent sources of omega-3 fatty acids. These are vital for healthy body functions and help improve your skin, hair, liver, and endocrine functions.

Fish is also an excellent source of proteins and healthy fats and should remain on your meal plans even after your weight gain goal is reached.

You can have fish grilled, baked, broiled, in gravy, or fried with sides of carbs like fries, veggies, and sauces.





3. Rice

Rice is an excellent food for gaining weight as it is a great source of low-fat carbs.

If you have an issue with large servings, rice will be your new best friend since it is calorie-dense, and smaller servings will give you more calories.

You can add rice to protein or dairy-based sauces and Chinese-style gravies for a variety of flavors.

4. Homemade Smoothies

Having fruit and vegetable smoothies is a great way of adding nutrient and calorie-rich content to your day. I'm not recommending store-made smoothies because they usually contain a lot of sugar, which is not good for you, skinny or not!

You can add in whey powder, milk, or yogurt according to preference and enjoy the natural goodness of fruits and veggies unadulterated by cooking or heating.



5. Milk



Milk is great for promoting organ health. The natural fats in milk help improve liver function and promote skin and hair health.

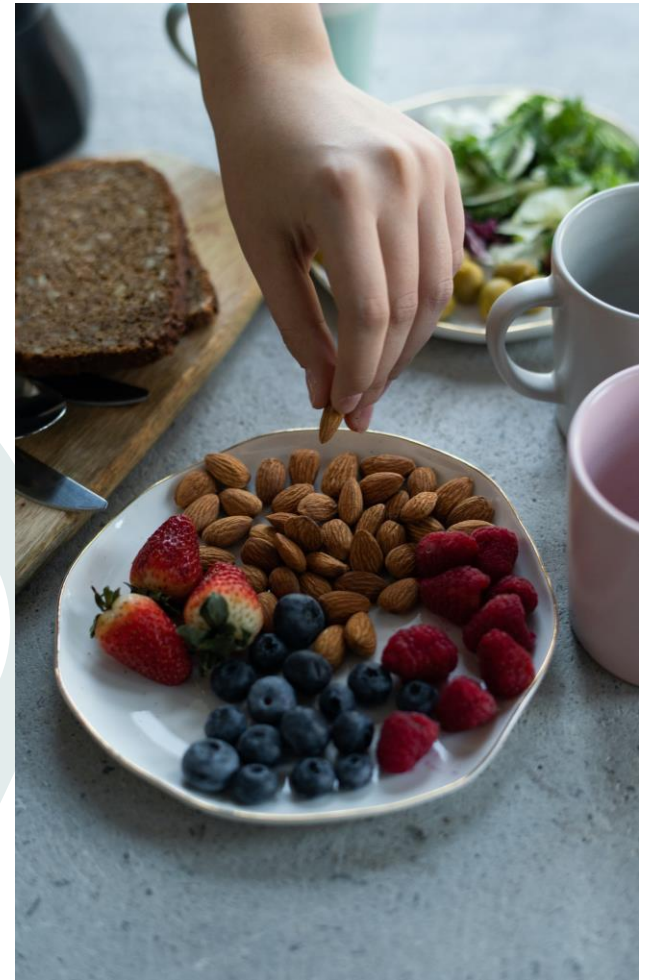
Make a habit of having a glass of milk as a snack between meals. This would help your body gain calcium and other vitamins and minerals.

6. Nuts & Berries

Keep a jar of dried nuts and berries around your workspace or in your car, and make a habit of having a couple of handfuls in a day.

Nuts are packed with nutrients that will improve your bodily functions and overall organ health, while most berries are packed with antioxidants that help boost immunity.

Even better, have a fistful of nuts with a glass of milk as a snack and see the results in your energy levels as well as skin and hair health.



7. Cereals

No, not the store-bought processed and sugar-loaded cereals! I'm talking about unprocessed cereals like quinoa and oats. These are great options to add to your diet.

Such unprocessed cereals add a lot of antioxidants and good fiber to your diet. Have these in your breakfast, or even add them into your favorite soups as thickeners to get maximum benefit.



8. Cheese

Cheese is incredibly yummy and is eaten in all forms. You can have it as a snack, with crackers and fruit as a cheese platter. It is an excellent food for gaining weight.

Its high-fat content will help improve organ functions as well as improve skin and hair health.



9. Eggs

If you aren't allergic, eggs can be your new favorite food for gaining weight. High in proteins and good fats, you have to eat the whole egg to gain maximum benefit.

Athletes and bodybuilders are known to consume 6-10 eggs a day while looking to gain body mass. You can stick with 2 if you must.



10. Full fat yoghurt

If you have a sensitive tummy, yogurt should be your new best friend. The probiotics present in it help your stomach process foods better and improve your gut health.

Yogurt is a versatile food containing fats, carbs, and proteins. It can be added to smoothies, shakes, or had on its own.





Staying Active

Being underweight is not healthy, and you have to try to gain some weight to live a healthy, active life.

Along with eating most of these foods for gaining weight, you should join a gym too to ensure that the calories go towards building muscles and not straight to your fat cells.