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Each one of us wants to look perfect. Men want to look attractive and masculine similarly the ladies would like to look slim so that they can wear fashionable dresses. None of us want to have extra body weight of body weight less than what is needed. Weight loss needs a strict diet plan to be followed. If exercises are done along with the diet plan, it yields the better and faster results. There is no way one should think that gaining weight is very easy. For a person who wants to gain weight, a strict and healthy diet plan along with exercise regimen needs to be followed. Here in this article you will get important tips for weight loss diet and weight gain diet.The basic idea of the weight loss diet and weight gain diet is that it should be a balanced diet. Whether you are aiming at gaining weight or shedding weight, it should be kept in mind that the body should not be deprived of any essential nutrients. The important features of a weight loss diet-

The number of meals should be increased to 6-7.

The breakfast should not be skipped as it is helpful in handling the hunger throughout the day.

Stop taking fried ,sugary and processed foods like chips, chocolates, crackers, fruit juices

Limit the intake of beverages specially the caffeinated ones. If possible stop taking beverages and switch over to green tea. Green tea has ingredients which can burn fat easily.

The diet plan should be having low fat, limited carbohydrates and enough protein but the protein should be the lean protein like poultry, soy and fish.

Fish has omega-3 fat in it which is helpful in controlling weight.

The cooking of food should be done in canola oil or olive oil so that minimum fat is taken into the body.

Exercises like swimming, running and cycling are very good for fat burning so these should be done along with the diet plan for weight loss.Diet plans for gaining weight-

Number of meals should be increased so that the calorie intake is much more than what is burnt.

Milk products like milk, cheese, butter etc. should be included in the diet plan

Milk shakes especially the banana shakes are very good for gaining weight.

Dates, almonds and other nuts are also very helpful in gaining weight. Some muscle building exercises should be done to increase the body mass.

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Vidiya - About Author:
This article gives the information about diet plan and a weight gain. For more details about a weight

loss diet follows the vidiya sharma articles.

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