Article Side
Various ways to put on weight quickly by Vidiya

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Underweight people look for various ways of putting on weight and one get to see several tips to put on weight quickly or various weight gain diet for men and women who want to put on weight the natural way. Most of the skinny people complain that they do not feel like eating anything. There is one basic point to remember for putting on weight - eat more to get more body weight. This statement holds true only when you plan your diet with those foods which will help to increase the muscle mass of your body and will not accumulate harmful fat in the body which will make you look ugly and out of shape.

Here are some general tips to put on weight quickly-

Increase the number of meals from 4 to 6 out of which 4 would be the main meals and the 2 would be snacks in between.

One should never skip any meal as it would make your body receive less calories and you will not be able to gain weight quickly

Plan out your diet plan along with a professional dietician and nutritionist when you do it for the first time

Include the exercises in the regular health regimen to increase weight. Consult with your physical trainer and you will get to know that there are some exercises which can be done to increase muscle mass of the body

Weight gain diet plan for men or women does not vary as such. What is required is that the diet should include all the essential nutrients along with more of those which is helpful in muscle formation.

Weight gain diet for men should include-

Enough protein rich foods such as beans, nuts, lean meat, eggs, milk and milk product

The foods which are carbohydrate rich such as pasta, whole grain bread, chapattis, idlis

Fat rich foods should be included but those with omega-3 fats should be there not any fatty foods such as fried or deep fried foods like crackers, chips etc.

It is better to include fish in the diet

Fresh vegetables and fruits should be included in the diet plan

Milkshakes are very good calorie gainer

Along with the advice of doctors, nutritional supplements can be taken to put on weight effectively.

Weight gain exercises should be done along with a properly planned diet plan which could bring the desired results effectively.

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In this article you can read about a how to put on weight quickly. You can also read about a weight gain tips for women at Onlymyhealth.

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