**Diet to gain weight**

Being underweight is defined as having a body mass index (BMI) below 18.5. This is estimated to be less than the body mass needed to sustain optimal health.However, keep in mind that there are many problems with the BMI scale, which only looks at weight and height. It does not take muscle mass into account.

Some people are naturally very skinny but still healthy. Being underweight according to this scale does not necessarily mean that you have a health problem.

Being underweight is about 2–3 times more common among girls and women, compared to men. In the US, 1% of men and 2.4% of women 20 years and older are underweight .

Being underweight can also impair your immune function, raise your risk of infections, lead to osteoporosis and fractures and cause fertility problems.

There are several medical conditions that can cause unhealthy weight loss, including:

**Eating disorders**: This includes anorexia nervosa, a serious mental disorder.

**Lifestyle**:Many people who can't gain weight don't realize they are not getting enough calories to gain weight. Skipping meals due to a busy schedule or simply not consuming enough of the right foods, such as fats or carbohydrates, can be factors. Exercising but not consuming enough calories to make up for the expenditure is another common reason you might not gain weight. Monitoring your daily caloric expenditure and intake can help determine if this is the case.

**Thyroid problems**: Having an overactive thyroid (hyperthyroidism) can boost metabolism and cause unhealthy weight loss.The thyroid gland affects your metabolism through the hormones it secretes. When it produces too much thyroxin, your metabolism will speed up and you will burn calories more rapidly -- a condition known as hyperthyroidism. Your appetite will often increase, and you may not gain weight despite eating more.

**Celiac disease**: The most severe form of gluten intolerance. Most people with celiac disease don't know that they have it .

**Diabetes**: Having uncontrolled diabetes (mainly type 1) can lead to severe weight loss.Insulin regulates the amount of glucose in the body, so weight and appetite are often the first things affected because glucose is our main source of fuel. Both types can lead to lack of weight gain, even with an increased appetite.

**Cancer**: Cancerous tumors often burn large amounts of calories and can cause someone to lose a lot of weight.

**Infections**: Certain infections can cause someone to become severely underweight. This includes parasites, tuberculosis and HIV/AIDS.

**How to gain weight in a healthy way:**

In general, consuming more calories than the body burns will result in weight gain. The calorie intake necessary to achieve this will vary from person to person.

As a guide, consuming 300–500 calories more than the body burns on a daily basis is usually sufficient for steady weight gain. For more rapid weight gain, a person may need to consume up to 1,000 calories more per day.

1. Eat 5 to 6 meals a day

In order to gain weight, you need to start eating 5-6 meals a day. However, it is important that you break these meals into parts, as eating a lot at once may result in indigestion and your body may not be able to absorb all the nutrients. It may be possible that you won’t find yourself hungry 3 hours after eating lunch, but eat anyway and notice how your appetite increases from day to day. Also, be sure to include healthy foods in your diet for a healthy weight gain

2. Weight train at least 3 times a week

When you train with weights, your muscles grow. Also, it is important that you gradually keep increasing the weight with which you train. As you train, your strength will increase. For instance, if you are doing lateral pull downs with 30 kilos of weight, try and increase it to 35 kilos the next time.

3.Load up on protein

As informed earlier, you have to consume 300-500 more calories than your normal intake every day. You can do this by eating protein-rich foods like cheese, meat, eggs, etc.

4.Eat Energy-Dense Foods and Use Sauces, Spices and Condiments

Also, try to emphasize energy-dense foods as much as possible. These are foods that contain many calories relative to their weight.

Here are some energy-dense foods that are perfect for gaining weight:

* Nuts: Almonds, walnuts, macadamia nuts, peanuts, etc.
* Dried fruit: Raisins, dates, prunes and others.
* High-fat dairy: Whole milk, full-fat yogurt, cheese, cream.
* Fats and oils: Extra virgin olive oil and avocado oil.
* Grains: Whole grains like oats and brown rice.
* Meat: Chicken, beef, lamb, etc. Choose fattier cuts.
* Tubers: Potatoes, sweet potatoes and yams.
* Dark chocolate, avocados, peanut butter, coconut milk, granola, trail mixes.

Many of these foods are very filling, and sometimes you may need to force yourself to keep eating even if you feel full.It may be a good idea to avoid eating a ton of vegetables if gaining weight is a priority for you. It simply leaves less room for energy-dense foods.

Eating whole fruit is fine, but try to emphasize fruit that doesn't require too much chewing, such as bananas.Don't drink water before meals. This can fill your stomach and make it harder to get in enough calories.Eat more often. Squeeze in an additional meal or snack whenever you can, such as before bed.Drink milk. Drinking whole milk to quench thirst is a simple way to get in more high-quality protein and calories.

Try weight gainer shakes. If you’re really struggling then you can try weight gainer shakes. These are very high in protein, carbs and calories.

Use bigger plates. Definitely use large plates if you’re trying to get in more calories, as smaller plates cause people to automatically eat less.

Add cream to your coffee. This is a simple way to add in more calories.

Take creatine. The muscle building supplement creatine monohydrate can help you gain a few pounds in muscle weight.Get quality sleep. Sleeping properly is very important for muscle growth.Don't smoke. Smokers tend to weigh less than non-smokers, and quitting smoking often leads to weight gain.

5.Eat meals with fibrous carbohydrates and healthful fats

Including foods rich in fibrous carbohydrates and healthful fats in every meal will help to increase the number of both calories and nutrients in the diet.

These foods provide an essential energy source to maintain a regular exercise regime, and to support muscle growth. People should use whole-food sources of carbohydrates, such as brown rice and beans, rather than refined and processed sources.

Distinguishing between healthful and unhealthful fats is vital. Healthful fats are generally monounsaturated or polyunsaturated fats, which occur in foods such as nuts, avocado, vegetable oils, and fish.

Unhealthful fats include saturated fats and trans fats. A healthful diet should limit saturated fats and avoid added trans fats. These types of fats are found in fried and baked foods as well as in fatty meats such as beef, pork, and lamb.

6.Drink high-calorie smoothies or shakes

People with a small appetite may find a high-calorie shake or smoothie more appealing than a large meal. These provide nutrient-dense calories without making a person feel overly full.

Suitable smoothies can include the following ingredients:

* nut butter
* fruits
* milk
* yogurt
* nuts
* seeds
* greens, such as spinach

Sample:

**Breakfast**

Oatmeal 1 1/2 cups (1 banana ,3 dates,10 rasins sprinkle any seeds and honey

2 egg boiled

cup of tea

**Mid-Morning Snack**

mango milk shake

Mozzarella Cheese 1 stick

**Lunch**

red bean Salad

2 chapptis and any lentils

Afternoon Snack

Yogurt

1 cup and 2 shami kebab

**Dinner**

(grilled fish or chicken

1 smallplate brown rice

salad

Sweet Potato

1 large

**After Dinner Snack**

Protein Shake

(peanut butter smoothie)

1 serving