*Topic of assignment:*

**COMMON FOODS FOR WEIGHT GAIN AND WEIGHT LOSS**

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| COMMON FOODS FOR WEIGHT GAIN | | |
| Sr # | **FOOD** | **DESCRIPTION** |
| 1 | **MEAT/CHICKEN**  images (3).jpg | If you are trying to gain weight, enjoy some lean red meat. You want the fatty cuts where the meat is marbled. These cuts of meat will contain more calories, but they’ll also be way more delicious too. Red meat is high in cholesterol, so most food professionals don’t recommend it as part of a healthy diet more than a few times per week. Combining it with an unhealthy diet high in saturated fats could cause health effects. |
| 2 | **EGGS**  download (3).jpg | Eggs are the best option when you are trying to improve your weight. Egg is a protein rich food with high amount of calories. They contain high amounts of minerals and vitamins. Each egg contains around 70 calories and hence, adding eggs to your diet helps you to gain weight by increasing your muscle mass. |
| 3 | **BUTTER**  download (5).jpg | If you like the taste of butter and want to put on weight, then you should definitely include it in your diet. It is extremely rich in fat with 100g of butter, containing 81g of fat. However, make sure that you eat it in moderation as a healthy percentage of this fat is saturated fat, which can clog your arteries and lead to heart disease. |
| 4 | **MILK**  images (6).jpg | Milk is a great source of protein and carbohydrates, along with many other nutrients, making it great for weight gain. A 100 ml serving contains around 3.4g of protein and if you drink 2 glasses every day, you would have consumed 14g of protein. Opt for whole milk, which has more fat content than skimmed milk. |
| 5 | **POTATO**  download (2).jpg | About 40% of your diet when you are trying to gain weight should consist of carbohydrates and potatoes are rich in carbohydrates, and contain amino acids like glutamine and arginine making them a good food option for those who want to gain weight. Make sure you retain the skin for optimum nutritional value |
| 6 | **FRUITS**  download (6).jpg | Fruits are the best sources of carbohydrates, healthy sugars, vitamins and minerals. Eating good amount of fruits everyday promotes your weight in a healthy way. These foods are rich in fiber and protein. Fruits like bananas, grapes and mangoes can be consumed for gaining weight. Eating fruits with milk will give you the best results. |
| 7 | **NUTS**  download (7).jpg | Nuts are the most nutritious and protein rich food. They have lots of calories and help to build your muscle. They are healthy fats, which gives best results when you consume it on a regular basis. Nuts include almonds, walnuts, cashews, peanuts and pistachios. You can include a limited amount of nuts in your salad or you can have it as a snack. |
| 8 | **SOYA BEAN**  download (4).jpg | Meeting your protein requirements every day can be tough when you are trying to gain weight. Soya bean which has as much as 36g of protein per every 100g serving can be a great food that’ll help you meet those targets. |
| 9 | **VEGETABLE OIL**  images (5).jpg | Extra virgin olive oil, safflower oil, coconut oil, and peanut oil are full of flavor and heart-healthy calories when enjoyed in moderation. |
| 10 | **LIQUID CALORIE**  images (4).jpg | In order to gain weight, you must include liquid foods like fruit juices, milkshakes and smoothies. These liquid foods contain lots of calories, as they have naturally high sugar content and help to improve your weight. These are the basic and simple foods for weight gain. For gaining weight in a healthy manner, consume foods which contain high amount of calories, healthy fats, carbohydrates, sugars and proteins. |
|  | **Note: Consume more calories than you burn every day** | |

**REFERENCES:**

http://www.activebeat.com/diet-nutrition/11-foods-that-will-make-you-gain-weight/

<http://www.thefitindian.com/simple-foods-for-weight-gain/>