

Healthy Way to Gain weight

Tips For Gaining Weight The Healthy Way



1. Avoid drinking fluids thirty minutes before meals.



2. Consume soy, almond, or coconut milk, tofu and vegetables for added calories.



3. Eat small portions every 3 to 5 hours.



4. Choose high-fat meats like turkey or chicken thighs or legs.



5. Get good sleep as it is important for muscle growth.



6. Eat the protein source in your meal first.



7. Try weight-gain shakes and supplements.



GastroDoxs
defenders of the digestive system