

## Diet for weight gain

Weight management is perceived as one of the most important aspect of fitness. It is the fundamental factor in planning any nutrition therapy and/or medical therapy. Diet, lifestyle, genetics, presence of any disease, type of activity etc are some factors which determine weight of an individual. In today's modern world, where obesity is increasing at a rapid rate, health issues of inability to gain weight cannot be neglected.

The major causes of inadequate weight gain are:

- Heredity
- Unhealthy diet and irregular eating pattern
- Deficiencies of vital nutrients in the body
- Presence of medical problems
- Side effects of any undergoing medical therapy

Diet for weight gain which is a healthy diet with proper balance of nutrients is crucial in your endeavour to gain a healthy lean muscle mass. With proper health assessment and customized diet plans, one can achieve a healthy gain in body weight. Diet for weight gain is a stepwise approach where diet consultations and proper exercise training can help you achieve your desired body weight.