

Increase protein to bulk up

Q I am a 34-year-old man who is 5 feet 5 inches tall, and I weigh 110 pounds. I walk everyday on the treadmill for 30 minutes. My problem is that I look very tiny. I want to put on some weight and look well-built. Can you please advise me on a diet and exercise regime?

Augustine Sagayaraj

Firstly change your exercise routine. You do not need to take up cardiovascular exercise — instead take up weight training. Include protein rich foods like eggs, milk, curd, paneer, pulses and *dals* in your diet. Have two or three snacks between your meals. Avoid taking liquids such as soup or buttermilk before your meals. Include calorie-dense foods such as nuts, bananas, potatoes and rice in your diet.

Q I am a 27-year-old girl. I am 5 ft 4 inches tall and weigh 40 kilos. I have three children. In my family every-



FIT ADVICE

NITI DESAI



one make fun of my weight. What should I eat to gain weight upto 55 kilos.

Tasbiha Khan

Tasbiha, three young children

must be keeping you on your toes — your caloric expenditure must be high.

Also very often, young mothers are very busy with child-

care and forget to pay attention to their diet. Please take time out for yourself. Follow the guidelines suggested for Augustine in the previous question.

Q I am a 24-year-old girl. I am 5ft 3 inches tall and weight 55 kilos. I have recently developed a tummy though I cycle everyday for 30 minutes. Please advise me on how I can get a flat stomach.

Peethala Chaitanya

You do not need to starve, but eat sensibly. Avoid empty calories in terms of sweets, mithais, and fried foods. Cut down on your intake of rice, if that is your predominate cereal. Avoid white bread and biscuits. Consult a fitness trainer to show you abdominal exercise. Do them regularly to improve the abdominal muscle tone.

If you want nutrition and diet advice write into nitidesai@deccanmail.com