

# NUTRITION FOR HEIGHT GROWTH

## OVERVIEW

Though the body height is determined genetically, it is also a well-known fact that growth depends on certain external factors and nutrition is one of them. Poor height can be a result of slow growth due to inadequate nutrition. Following a balanced diet is absolutely essential for improving growth prospects, particularly during the adolescence years to get a well-built body. Proper food and exercise is required to achieve the optimum height and body weight. Ensure that your body gets different types of nutrients in order to build strong muscles, ligaments and tendons. A lot of calcium, minerals, vitamins and proteins should be included in your diet.

Height is regulated by a kind of hormone called the Human Growth Hormone (HGH). It is secreted by the pituitary gland, which increases the body height. Therefore, it is recommended to take foods that help the HGH function. Here is what you need to your diet specifically as food for increasing height. **(Keep in mind height is genetics)**

### 1. Proteins:

Proteins are the building blocks of our body and thus can help increase height by building various tissues. They contain amino acids which are designed for growth hormones and are essential for maintaining healthy bones, muscles, tissues, organs, skin and teeth. They also act as enzymes which stimulate the biochemical reactions of the body such as digestion. Lack of protein can cause several health problems like muscle mass loss, abnormal growth, weak immune system and inadequate mental development.

Therefore, carbohydrates should be replaced with foods that are rich in protein such as fish, eggs, milk, beans and lentils. Protein is a necessary ingredient in a food to increase height.

### 2. Minerals:

Foods containing minerals like magnesium, phosphorus, fluoride, iodine, iron and manganese also play an important role in increasing height and body growth.

Calcium is a vital mineral essential for the growth and maintenance of strong bones. Carbonated drinks, excessive salts, sugar, fat and coffee should be restricted as they act as calcium inhibitors, thus adversely affecting your growth. Illegal drugs and excessive smoking can also stunt your growth and have other detrimental effects on your health.

### 3. Vitamins:

Vitamin D is vital for the development of strong and healthy bones and its deficiency can result in impaired growth, weak bones and short stature. Moreover, it is required by the body for the absorption of calcium. Apart from vitamin D, other vitamins like vitamin A, vitamin B1, vitamin B2 or riboflavin, Vitamin C or ascorbic acid are also required for normal growth. These are mostly contained in fruits and vegetables.

## NUTRITION PLAN

### MEAL 1

<ul style="list-style-type: none"><li>-½ cup Oats</li><li>-10 Almonds</li><li>-4 Boiled Eggs (1 whole +3 white)</li><li>-240ml Fat Free Milk</li></ul>	<ul style="list-style-type: none"><li>-Milk is an excellent source of calcium which is vital for the growth and maintenance of strong bones and acts as a height booster.</li><li>-Eggs are the best source of protein which is imp for building tissues and muscles.</li><li>-Oats are the best source of plant protein and complex carbs.</li></ul>
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### MEAL 2

<ul style="list-style-type: none"><li>-1 cup Yogurt</li><li>-1cup Papaya</li><li>-1 Apricot</li></ul>	<ul style="list-style-type: none"><li>-Yogurt is rich source of Vitamin D and calcium which are essential for growth. Deficiency in vitamin D can result in low height gain.</li><li>-Fruits help in healthy growth of bones and contributes to the height of a person. Besides increasing height, fruits and vegetables play a crucial role in maintaining a healthy lifestyle.</li></ul>
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### MEAL 3

<ul style="list-style-type: none"><li>-½ cup Brown Rice or Whole Wheat Pasta</li><li>-½ cup pasta Sauce</li><li>-100g Chicken or Fresh Paneer (Add peas and carrots in pasta or brown rice)</li></ul>	<ul style="list-style-type: none"><li>Grains are the main sources of energy in our body which is beneficial for proper growth.</li><li>Chicken are the best source of protein which is imp for building tissues and muscles.</li></ul>
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### MEAL 4

<ul style="list-style-type: none"><li>-300ml Non fat Milk (add 2sp Protinex)</li><li>-1cup Roasted Soy beans</li><li>-1cup Mango/Watermelon/Pomegranate</li></ul>	<ul style="list-style-type: none"><li>-Milk is an excellent source of calcium which is vital for the growth and maintenance of strong bones and acts as a height booster.</li><li>-The pure protein contained in soybeans, improve bone and tissue mass</li></ul>
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### MEAL 5

<ul style="list-style-type: none"><li>-½ cup Brown Rice or 1 Whole Wheat Chapati</li><li>-100g Mixed Lentil</li><li>-Salad (Cabbage, carrots, tomato)</li></ul>	<ul style="list-style-type: none"><li>-Grains are the main sources of energy in our body which is beneficial for proper growth.</li><li>-Vegetables help in healthy growth of bones and contributes to the height of a person. Besides increasing height, fruits and vegetables play a crucial role in maintaining a healthy lifestyle</li></ul>
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### MEAL 6

<ul style="list-style-type: none"><li>-300ml Non fat Milk</li></ul>	<ul style="list-style-type: none"><li>-Milk is an excellent source of calcium which is vital for the growth and maintenance of strong bones and acts as a height booster.</li></ul>
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**Eat in every 2.5 hours**

## **WORKOUT TIPS:**

### **1. Pull-ups and Chin-ups** 3 times a week

Sets 3-4.

Reps Maximum.

Do it before starting your main exercises.

### **2. Sprinting** 3-4 times a week.

Treadmill or Outdoor

15-20mins

1minute sprint & 1 min walk (Keep doing it for 20mins)

### **3. Rope skipping** 5 times a week

Sets 10 or 10-15mins

Skipping as many as you can.

Do it after your workout as a finisher.

## **AVOID:**

- Smoking
- Liquor
- Drugs
- Junk food
- High sugary food.
- Heavy Barbell or DB Shoulder presses
- Heavy Barbell Squats