

Global Diet Ideas for Weight Gain

Western Diet (North America, Europe, Australia)

Key foods:

- Lean proteins: chicken, turkey, eggs, steak, salmon
- Complex carbs: whole wheat pasta, brown rice, oats, quinoa
- Healthy fats: avocados, nut butters, olive oil
- Snacks: granola bars, smoothies, peanut butter toast

Meal idea:

Grilled chicken wrap with hummus, quinoa salad, full-fat yogurt with granola, and a banana-peanut butter smoothie as a snack.

African Diet (Sub-Saharan Africa, West Africa, North Africa)

Key foods:

- Carbs: yams, cassava, plantains, millet, rice
- Proteins: beans, lentils, fish, goat meat, chicken
- Fats: groundnut (peanut) sauce, palm oil, avocado
- Local drinks: full-fat milk, coconut milk smoothies

Meal idea:

Pounded yam with egusi soup (meat + ground melon seeds), roasted plantains, boiled eggs, and peanut stew with rice.

South Asian Diet (India, Pakistan, Bangladesh, Nepal)

Key foods:

- Carbs: rice, chapati, paratha, semolina (sooji)
- Proteins: dal, paneer, chicken, yogurt, eggs
- Fats: ghee, butter, mustard oil, nuts
- Snacks: chana chaat, dry fruit ladoos, lassi

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Meal idea:

Paneer curry with basmati rice, a glass of mango lassi, dry fruit trail mix, and paratha with peanut butter.

East Asian Diet (China, Korea, Japan, Vietnam)

Key foods:

- Carbs: white rice, noodles, dumplings
- Proteins: tofu, pork, chicken, eggs, seafood
- Healthy fats: sesame oil, peanuts, fatty fish
- Snacks: rice cakes with peanut butter, miso soup with tofu

Meal idea:

Rice bowl with grilled chicken and sautéed veggies in sesame oil, steamed dumplings, and a smoothie made with soy milk and banana.

Latin American Diet (Mexico, Central & South America)

Key foods:

- Carbs: tortillas, rice, plantains, arepas
- Proteins: beef, pork, chicken, beans, eggs
- Fats: cheese, avocado, sour cream, cooking oils
- Snacks: tamales, empanadas, fruit smoothies

Meal idea:

Grilled beef taco with guacamole, refried beans, a corn arepa, and a papaya-milk smoothie on the side.

Middle Eastern Diet (Turkey, Lebanon, UAE, Egypt)

Key foods:

- Carbs: pita bread, couscous, rice
- Proteins: hummus, lentils, lamb, chicken, cheese
- Fats: tahini, nuts, olive oil

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- Snacks: dates, laban, cheese rolls

Meal idea:

Shawarma wrap with tahini sauce, a side of tabbouleh, laban (yogurt drink), and dates with almonds as a snack.

Southeast Asian Diet (Philippines, Thailand, Indonesia, Malaysia)

Key foods:

- Carbs: sticky rice, noodles, sweet potatoes
- Proteins: eggs, fish, tofu, chicken
- Fats: coconut milk, peanut sauce, fried garlic oils
- Snacks: banana fritters, milk teas, coconut rice cakes

Meal idea:

Coconut chicken curry with sticky rice, egg rolls, banana fritters, and a peanut milkshake.

Tips to Make Any Regional Diet Weight-Gain Friendly

- Add healthy oils like olive, sesame, or coconut to your meals
- Use nut butters or seeds in snacks and shakes
- Choose full-fat dairy where available
- Eat larger portions and frequent meals
- Batch-prep snacks and high-calorie foods in advance