

Nutrient-rich high-calorie foods for healthy weight gain.

Debopriya Mandal*

Department of Food Technology and Biochemical Engineering, Jadavpur University, Kolkata, India

Introduction

When we think of healthy eating, the immediate association is often with low-calorie options. However, it's important to understand that not all calories are created equal. In fact, there are numerous nutrient-dense, high-calorie foods that can provide your body with essential nutrients and energy without compromising your health. In this article, we'll explore the world of high-calorie healthy foods that can help you maintain a balanced diet and support your overall well-being.

Calories are the energy units that our bodies require to function properly. Consuming an appropriate number of calories is essential for sustaining bodily functions, physical activity, and mental processes. While it's true that excessive calorie intake can lead to weight gain, it's equally important to avoid under-consuming calories, as this can result in nutrient deficiencies and a sluggish metabolism. Striking the right balance is key [1].

Nuts, including almonds, walnuts, cashews, and pistachios, are excellent sources of healthy fats, proteins, and essential nutrients. While calorie-dense, they provide an array of vitamins, minerals, and antioxidants that support heart health, brain function, and overall immunity. Opt for unsalted and unroasted varieties to avoid unnecessary sodium or added oils. Nut butters, such as almond or peanut butter, are versatile additions to your diet, providing healthy fats, proteins, and fiber. Spread them on whole-grain toast, add them to smoothies, or use them as dips for fruits and vegetables [2].

Avocado is a powerhouse of monounsaturated fats, which are heart-healthy fats that can help lower bad cholesterol levels. It's also rich in fiber, potassium, and vitamins C, E, and K. Despite being calorie-dense, avocados provide a satisfying creaminess to dishes and can be added to salads, sandwiches, and even used to make guacamole.

Quinoa is a complete protein source, containing all nine essential amino acids. It's also high in fiber, vitamins, and minerals, making it an excellent choice for boosting energy and promoting digestive health. This grain can be used as a base for salads, stir-fries, and even as a breakfast porridge [3].

Greek yogurt is a protein-packed dairy product that supports muscle growth, bone health, and digestion. It's also a good source of probiotics, which are beneficial for gut health. Opt for plain, unsweetened varieties and enhance the flavor by adding fruits, nuts, or a drizzle of honey.

While it might seem counterintuitive to consider oils as healthy high-calorie foods, extra virgin olive oil deserves a special mention. Rich in monounsaturated fats and antioxidants, olive oil has been linked to reduced inflammation, improved heart health, and even potential cognitive benefits. Use it as a dressing for salads or a healthy cooking oil in moderation [4].

Fatty fish like salmon are not only rich in omega-3 fatty acids but also provide a substantial amount of protein. Omega-3s are essential for brain health, reducing inflammation, and supporting cardiovascular function. Including salmon in your diet can have a positive impact on your overall well-being.

Dried fruits, such as raisins, dates, and apricots, are concentrated sources of nutrients and energy. While they are higher in calories due to their water content being removed, they provide vitamins, minerals, and natural sugars. However, moderation is key due to their natural sugar content [5].

Conclusion

Maintaining a balanced diet involves embracing a variety of nutrient-dense foods, some of which are higher in calories. It's important to recognize that high-calorie foods can also be healthy choices when consumed in moderation and combined with an active lifestyle. Incorporating these high-calorie healthy foods, such as nuts, avocados, quinoa, Greek yogurt, olive oil, salmon, and dried fruits, into your diet can provide your body with essential nutrients, energy, and the means to support overall well-being. Remember, the key lies in the quality of calories rather than simply the quantity, and making mindful choices can lead to a healthier and more vibrant life.

References

1. Cohen MX. Dynamic interactions between large-scale brain networks predict behavioral adaptation after perceptual errors. *Cereb. Cortex.* 2013;23:1061–1072.
2. Polich J. Updating P300: An integrative theory of P3a and P3b. *Clin Neurophysiol.* 2007;118:2128–2148.
3. Gajewski PD. Effects of task complexity on ERP components in Go/Nogo tasks. *Int J Psychop.* 2013;87:273–78.
4. Schmajuk M. Electrophysiological activity underlying inhibitory control processes in normal adults. *Neuropsychologia.* 2006;44:384–95.
5. Albert J. Spatiotemporal characterization of response inhibition. *Neuroimage.* 2013;76:272–281.

*Correspondence to: Debopriya Mandal, Department of Food Technology and Biochemical Engineering, Jadavpur University, Kolkata, India, E-mail: Debopriyamandal@gmail.com

Received: 29-Sep-2023, Manuscript No. AAJFNH-23-114676; Editor assigned: 03-Oct-2023, Pre QC No. AAJFNH-23-114676(PQ); Reviewed: 18-Oct-2023, QC No. AAJFNH-23-114676; Revised: 23-Oct-2023, Manuscript No. AAJFNH-23-114676(R), Published: 30-Oct-2023, DOI:10.35841/aaajfnh-6.5.175