**Best food which play significant role in increasing height**

Scientists have been debating for years on nature vs. nurture and how it is possible to grow taller. When a person reaches the age of 40, they may lose half or more inches of height due to several reasons including osteoporosis, compression of the spine or more. While the majority of your height depends on your genetics, a diet rich in healthy nutrients can help maintain your height. Studies have shown that it is nearly impossible to grow taller once you have reached your maximum height, certain foods that can help keep your bones, joints strong may help you maintain your height. However, it is possible to help your kids grow taller by feeding them the right foods.

So, here are some of the Best food which play significant role in increasing height:

**Proteins**

Proteins can help increase height by building various tissues since they are the building blocks of our body. It help maintain healthy bones, muscles, tissues, organs, skin, and teeth since they have certain amino acids designed for growth hormones. It also helps stimulate the biochemical reactions in your body by acting as enzymes.

**Vitamin D:**

Vitamin D plays the most critical role in making the bones not only strong but also long. Although we get significant amounts of this Vitamin from sunlight, you can also include foods like milk, tomatoes, citrus fruits, cauliflower, and potatoes rich in Vitamin D in your diet. It helps your body absorb phosphorus calcium, effectively allowing you to achieve the height you can genetically.

**Vitamin A:**

Vitamins and minerals are necessary for the better functioning of your body, promoting healthy growth, and out of all the vitamins, vitamin A plays a crucial role. It not only preserves the calcium in your bones but also improves the functioning of your vision, mucous membranes, and skin. It is necessary to consume 4000-5000 IU of vitamin A to promote height growth. Some of the veggies you can include in your diet that are rich sources of this Vitamin are cantaloupe, papaya, spinach, beetroot, tomatoes, green vegetables, etc.

**Calcium:**

As we all know, calcium is one of the highest amounts of minerals found in our body that speeds up your bones’ growth. A combination of calcium and phosphorous is needed for the development of bones. Although dairy products and milk are the primary sources of calcium, you can get it from foods like collards, spinach, fortified soy products.

**Carbohydrates:**

Although carbohydrates are considered unhealthy, many are suggested to limit their consumption. But carbs are essential, especially for kids since they need all the energy. It is necessary to include healthy carbohydrates such as whole-grain foods and avoid foods that have refined flour.