**Foods to Help You Build Muscle**

Bodybuilding is focused on building the body's muscle tissue through weightlifting and diet. Be it recreational or competitive, bodybuilding is often alluded as a lifestyle, as it concerns both the time you spend in and out of the gym.

So, here are some of the foods to help you build muscle:

Whey

Whey protein is a mixture of some of the proteins naturally occurring in milk and is a common ingredient in protein supplements and meal replacements. It is particularly rich in two proteins called beta-lactoglobulin and alpha-lactalbumin. Whey has one of the highest protein bioavailability scores of all foods and is more rapidly digested than other proteins such as casein, making it a favorite amongst bodybuilders. Research shows that whey protein in combination with resistance exercise increases muscle mass.

Tofu

Tofu is a top vegetarian source of protein. All types of protein supply the body with the amino acid building blocks required to form new muscle, but some foods contain a better profile of amino acids than others. Tofu provides good amounts of essential amino acids, which must be obtained through diet, as the body cannot manufacture them.

Peas

A cup of cooked green peas contains nearly 9 grams of protein. Pea protein powder is gaining popularity as a vegan protein source. One study found that pea protein in combination with resistance training promoted a greater increase in muscle thickness after 12 weeks, compared with just training alone (and a placebo). The results were particularly pronounced in people starting or returning to training after a break and were comparable to a third group who took whey protein.

Milk

Milk is packed with amino acids and makes a great post-workout recovery drink. According to research, milk may be even better than sports drinks at aiding recovery after exercise. Milk increases muscle protein synthesis post-exercise while reducing muscle soreness and loss of function.

Beans and Lentils

Pulses include beans, lentils, and chickpeas. They provide a healthy dose of plant-based protein for muscle building. Beans are also a great energy source, as they contain slow-releasing carbohydrates and fiber, which help keep blood sugar levels balanced to fuel your workouts. Pulses also supply magnesium, an essential nutrient for muscle function, which may also enhance exercise performance