


Your BMI : 13.9 -- Underweight

You Are Underweight

 **Profile:** Often seen in individuals with fast metabolism, poor appetite, or medical issues affecting nutrient absorption. May appear slim with low muscle mass.

Advice for Underweight

Trusted Advices for You

Diet & Nutrition

- Eat calorie-dense, nutrient-rich foods (e.g., nuts, avocados, dairy, lean meats).
- Increase protein intake to build lean muscle mass.
- Add healthy snacks (e.g., smoothies, peanut butter, trail mix) between meals.
- Eat small, frequent meals (5–6 times/day).
- Include complex carbs like oats, brown rice, and sweet potatoes.

Monitor Health

- Track weight weekly to ensure gradual weight gain.
- Consult a doctor to rule out medical issues (e.g., thyroid, malabsorption).
- Get regular blood tests to check for deficiencies (iron, vitamin B12, etc.).

Lifestyle

- Avoid skipping meals.
- Do strength/resistance training to gain muscle.
- Manage stress and get adequate sleep.