

Healthy diet for skinny people

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- *From:* "Charles" <nospam@xxxxxxxxxxx>
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I'm too skinny and have a high metabolism. Most dietary advice seems to be targeted at people who are fat or prone to fatness, or those who are assumed to be eating junk food all night despite the advice. For example, it might be suggested to eat a salad for lunch with low fat dressing. If I did this, my stomach would be growling all day and I would lose weight rapidly. I eat fast food almost every day for lunch and am still skinny. How can I avoid the nasty fats and salt (or whatever) and still consume 750–1000 calories at lunch?

For that matter, how can I get ~2000 calories in a day, in a healthy way? I don't have the will to eat as much whole wheat pasta or chicken breasts as it would take...

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