Want to Build Muscle? You Need These Foods

Building muscle of course begins with your workouts, but your diet has a large impact on it as well. If you are hitting the gym every day, but not still not reaching your goals, take a step back and consider how you are fueling your body and what it is being fueled with.

**Eat More Beef**

If you are a meat eater, this is one of the best foods for building muscle. This is not to say that vegetarians or vegans can’t build muscle, but if you are not in one of those categories, bring on the beef! Of course, you always want to focus on quality meat, just like the rest of your food. Try to get your beef from grass-fed cattle, going for local cattle if at all possible. When you eat more meat and beef, you get a lot of protein, B vitamins, iron, and zinc, all of which are great for lean muscle.

**Eggs**

The next food that can help you build muscle is with your eggs. These will also provide an excellent amount of protein, which you need for healthy fats and to increase your energy. Eggs also contain some additional nutrients that can be good for building muscle, including those important B vitamins. The great thing about eggs is that they are inexpensive and easy to incorporate in just about anyone’s diet.

**Salmon**

Moving on from high protein foods is your foods with omega-3 fatty acids, such as salmon. Salmon is definitely one of the healthiest foods you can consume as long as you enjoy eating fish. The omega-3 fatty acids provide healthy fats to give you more energy, but also help with increasing muscle gain during your regular workout routine. You also get additional B vitamins and lots of protein when you eat more salmon. If you are not a big fish eater, try enjoying other omega-3 foods instead, like nuts.

**Fruit**

If you are more of a fruit eater, then you’re in luck! You can get your favorite natural sugars from certain fruits that will also help with muscle gain at the same time. Some fruits are better than others, including oranges and cantaloupe. You do want to watch out for portion sizes since fruit contains quite a lot of sugars. Even though they are natural sugars, if you are watching your carb intake, then this is something to keep in mind. Enjoy fruit on its own or with Greek yogurt, which is also good for building muscle.