

Top 20 Foods and Exercises for How to Increase Height Naturally

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Having a tall and shapely figure definitely has its perks. It not only makes you look great in your outfits but also gives a boost to your confidence. But for some people, growth hormones don't seem to be working quite effectively while others seem to have a sudden growth spurt. To tell the truth, the height of a person is determined by his or her genetics, and it is believed that a person stops growing after reaching the age of 18 years. But there are various other factors that influence growth and a person can still grow a few inches taller even after puberty by following a healthy lifestyle and incorporating healthy foods and stretching exercises in their daily routine. Eating [fruits and vegetables to lose weight](#) is well known, but fruits and vegetables can also help in increasing height.



Top 10 Foods that Increase Height Naturally

Although the height of a person is determined by the person's genetics, other environmental factors such as food and diet also have an influence on a person's height. Eating a healthy diet rich in fruits, vegetables, whole grains, poultry and dairy products can supply all the essential nutrients like calcium, potassium, zinc, manganese, vitamin C, phosphorus and proteins which are necessary for stimulating growth and increase in height.

Dairy Products

When it comes to foods that how to increase height, there is nothing like milk and other dairy products. Milk and other dairy products like cheese, paneer and yogurt are essential for growth because they contain all the essential nutrients for height increase, such as calcium, proteins and vitamins A, B, D and E.



Calcium is essential for growth and maintenance of healthy and strong bones whereas vitamin D is vital for absorption of calcium into the body from various foods. Therefore, it is suggested to drink at least 2 glasses of milk daily and include other dairy products in your daily diet.

Eggs

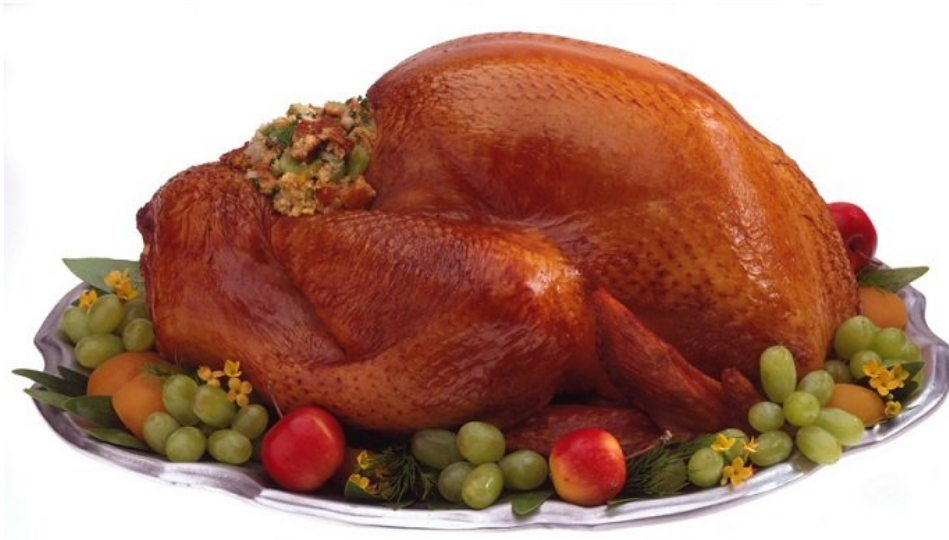
The list of foods to increase height is incomplete without the inclusion of eggs in it. Eggs are a cheap and easily available source of high-quality protein that is essential for optimum growth. Eggs are a powerful source of vitamin D, calcium, and Vitamin B2 or Riboflavin, all of which helps in developing strong bones and a healthy body



If you don't want to load up on the fats then you can simply eat the white albumin, which is 100% protein. It is recommended to consume 3 to 6 egg whites on a daily basis.

Chicken

If you are trying to increase your height after the age of 25 then chicken is one of the best food options in this case. Chicken is one of the best [natural sources of protein](#) available which helps build tissues and muscles.



A person trying to increase height must consume at least 50 grams of chicken every day in order to load up on high-quality proteins.

Soy Bean

Soybean is yet another nutritious food that provides a boost to your height when consumed on a daily basis. Soybean is a rich source of proteins, folate, vitamins, fiber and carbohydrates which makes it a complete food for improving overall health. The protein present in soybean also improves bone and tissue mass and density which is necessary for increasing height.



One should try to consume 50 to 55 grams of soybean every day. You can include baked or boiled soy beans in your salads, rice, and other recipes. You can also consume other soy products like soy milk and tofu.

Banana

Bananas are often ignored by weight watchers and health conscious people because this fruit is widely associated with weight gain. But in reality, there are numerous health benefits of bananas. The [banana hair mask recipe](#) is extremely popular for hair conditioning and it is also an amazing fruit for increasing height. Being a rich source of minerals like potassium, manganese and calcium and healthy probiotic bacteria, bananas help in boosting height in various ways.



The potassium present in bananas protects the bones and teeth from weakening, and it also neutralizes the harmful impact of sodium on bones. It also helps retain the concentration of calcium in bones. Manganese found in bananas improves bone health and metabolism, and the probiotic bacteria absorbs calcium from foods, thereby promoting healthy bones. The calcium in bananas prevents the thinning of bones and helps develop stronger bones.

Oatmeal

Just like soybean, oatmeal is an amazing vegetarian source of protein which is extremely important for increasing height and boosting muscle mass. Protein rich foods such as oatmeal help in repairing bones and tissues, and also promote the creation of new tissues.



The amino acids found in protein-rich foods are required for optimum growth and functioning of the human body. Therefore, a person trying to increase his or her height should include 50 grams of oatmeal in breakfast on a daily basis. [Oatmeal recipes for weight loss](#) and height increase are quick and easy to prepare.

Nuts and Seeds

Nuts and seeds not only make mouth-watering snacks; they also help in increasing height effectively. Nuts like peanuts, almonds and seeds like pumpkin seeds, flax seeds contain [essential minerals for the body](#), healthy fats and amino acids which help in repairing the body tissues and promote the building of new tissues.



The nutrients found in nuts and seeds optimize growth by stimulating the growth hormones in the body. So, enjoy a few nuts and seeds the next time you crave a snack and also add them to your smoothies, salads and yogurt for a crunchy treat.

Leafy Green Vegetables

One of the best foods to increase height is fresh leafy green vegetables, which contain all the essential minerals, vitamins, carbohydrates and dietary fibers required to stimulate growth hormones in the body which in turn helps in boosting your height.



Some of the green vegetables that must be consumed for increasing height are spinach, collard greens, broccoli, peas, Brussels sprouts, okra, etc.

Fish

What better way to give a boost to your height than with delicious fish recipes? Fishes like salmon, tuna, sardine are a rich source of proteins and vitamin D, both of which are required for height growth. Vitamin D rich foods such as fish promote the absorption of calcium from other food sources which is necessary for growth and development of bones and increasing bone density.



Protein helps in repairing the tissues of the body and prevents bone erosion caused by wear and tear.

Ashwagandha

This is not really a food, but more of a natural herbal remedy for increasing height. The scientific term for ashwagandha is *Withania somnifera*, and it is popularly known as Indian ginseng. The wide range of minerals present in this herb help in broadening the bones of the body and also increase bone density which helps in increasing height. This herb also has the capacity to influence the Human Growth Hormone (HCG) in an indirect manner which is responsible for the growth in height. You can purchase ashwagandha at any herbal store.



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Add 2 tablespoons of ashwagandha powder to a glass of warm cow's milk; add some sugar for sweetness and drink every night before going to bed for 45 days to notice an increase in your height. A person should refrain from oily, spicy, fried and fast food while following this remedy.

10 Effective Exercises to Increase Height

Although the increase in height of an individual is dependent on the age of the person, there are certain stretching exercises that can increase muscle length and enhance height even after puberty. The muscle stretching exercises can be categorized into static, dynamic and pre-contraction stretches. Here are some functional exercises for height increase.

Swimming

When it comes to height increasing exercises, nothing can beat the benefits of swimming. It is a simple, refreshing and low-impact cardio exercise that stretches almost all parts of the body and helps in increasing your height. It is also one of the [best cardio workouts to lose weight](#). Swimming for at least 5 hours every week can do wonders in making you taller. But if you are new to swimming, then it is best to learn swimming under the guidance of a qualified coach. Swimming targets the torso, muscles of the upper body and hips. You might feel some strain and stress at the beginning, but the sore feeling will be gone soon.



You can also opt for dry swimming that can be done in your room. Lie on your stomach with your arms straight on the ground and your legs straight. Now, raise your left hand and left leg diagonally from the body and hold this position for 10 seconds. Now, repeat the same with your right hand and leg. Do 3 to 5 repetitions and then relax.

Jumping Exercises

Doing jumping exercises is the best way to increase height in an effective manner. During jumping exercises, the spine and calf muscles experience stretching due to the forceful lifting of the feet from the ground. Jumping exercises also increase blood supply to the bones and increases bone density, and it also stimulates the growth hormones



Some of the best jumping exercises are jumping ropes, spot jumps, vertical jumps, squat jumps and sports like basketball – all of which stretch out the cartilage of the legs.

Hanging Exercise

This is a simple and fun exercise for height increase that shows results quickly. Hanging exercises can be done anywhere, and they provide a great challenge to the body. It might be tough in the starting, but you will get the hang of it with practice.



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Hanging from a bar vertically causes spine extension and elongates the cartilage present in the vertebral column, which helps in increasing height. Grab a monkey bar or pull-up bar, hang from it keeping your upper body relaxed and your arms straight. Hang on for 30 seconds and repeat the exercise 10 times. Bend your knees if the bar is too low.

Standing and Seated Toe Touch

One of the easiest and most effective exercises to increase height is the standing and seated toe touch exercise, two of the basic stretch exercises. It increases the flexibility of the muscles and bones, and straightens the spine which in turn boosts height. You may face some resistance and difficulty in doing the stretches initially, but with time you will be able to perform them with perfection.

- **Standing Toe Touch:** Stand straight with your feet placed hip width apart. Bend headfirst and touch the floor with your palms or fingers. Make sure that you do not fold your knees. Stay in this position for 5 seconds and return to the starting position. Repeat this stretch 15 times.



- **Seated Toe Touch:** Be seated on the floor with your back straight, legs stretched in front and toes joined. Bend headfirst from the waist and stretch your arms forward to touch the toes of your feet. Hold this posture for 5 seconds and return to the starting posture. Repeat this stretch 15 times.



Cobra Stretch

The Cobra stretch is one of the most effective stretching exercises to increase height. It is simple and easy to execute and does not put too much stress on the body. The basic purpose of the cobra stretch is stretching out the spine and elongating the body. It not only tones the muscles of the back and abdomen but also stretches and strengthens the cartilage present in the spinal cord which helps in increasing height.



Lie on your stomach on a yoga mat with your hands placed on the floor, under your shoulders, legs stretched behind and toes joined together. Now, exhale and thrust your torso off the floor with the support of your arms and straighten out your torso as much as you can. Wait in this position for 30 seconds and then return to the starting position by lowering your torso to the floor. Repeat this exercise 2 to 3 times. Plus, it is also one of the healing [yoga exercises for neck pain](#).

Cat and Cow Stretch

One of the best ways to increase height in a natural manner is to perform stretches. Stretches are not only the best exercises for warm-up, but they also help in toning the body and increasing height. You can begin with the Cat and Cow stretch



Begin the posture on all fours, then breathe in and arch your spine inwards while lifting your head and hips, and arch your spine outward towards the ceiling as you breathe out. Lower your head and draw in your pelvis in this position. Repeat this movement 15 times at a stretch. This stretching exercise helps in opening up the spine and strengthening the shoulders, chest, back, and arms. It is also one of the most useful [yoga moves for back pain](#) relief.

Pelvic Shift

The pelvic shift exercise is one of the best height increase exercises that targets and stretches the spine and lower hips, which is essential for increasing height. This is undoubtedly one of the easiest exercises for growing taller



Lie on the floor with your shoulder and arms placed on the floor, your knees bent and feet placed on the floor. Lift your hips and torso up off the floor by pressing your feet into the ground and form a straight line from the nape of the neck to the knees. Remain in this position for 30 seconds. Lower your hips slowly to the ground. Repeat this exercise 3 to 4 times. This is one of the most power packed [mat exercises for abs](#), hips and thighs.

Table Top

This is an effective but slightly difficult exercise for height increase, and it requires a lot of practice to do perfectly. But this stretching exercise works wonders for increasing height. It also helps in firming the back. Muscle and spine



Sit on the floor with your legs stretched in front, and your palms placed on the floor near your hips. Press your hands and feet into the ground and lift your body up to form the shape of a table. Keep your arms straight and feet bend from the knees. Stay in this posture for 20 seconds and come to the starting position. Repeat it 2 to 3 times.

Triangle Pose

The triangle pose is an effective yoga for increasing height that stretches and strengthens the hamstring, calves, spine, hips, and groin. It also improves digestion and reduces anxiety, back pain and stress.



Stand straight with your feet placed 4 feet apart. Turn your right foot out 90 degrees and left foot 15 degrees. Breathe out and bend your body to the right from your hips, raise your left hand straight up in the air and touch your right hand to your right ankle. Keep both arms straight and in one line. Be steady in this position for 30 seconds and repeat it on the other side. Repeat it on both sides 2 times.

Downward Facing Dog Pose

This is the [best type of yoga for weight loss](#) which also aids in increasing height. This yoga pose lengthens the spines and strengthens the legs, feet, arms, and shoulders. It is also helpful for relieving fatigue, insomnia headache and stress



Begin on all fours and lift your hips up by straightening your legs so that your body forms an inverted V shape. Maintain your hands shoulder width apart and feet hip-width apart. Keep your shoulders wide and press your hands on the ground. Hold the pose in a relaxed manner while taking long breaths. Wait for 30 seconds and come back to the starting position. Repeat it 2 to 3 times.

So, follow a [healthy diet chart](#) and include these useful stretching and yoga exercises in your daily routine to increase your height naturally.