

METABOLIC TYPES

Not all diets work for all people. Our bodies are all built differently and there are many different factors that affect how we react to different foods. Dr. William Donald Kelley first created the concept of metabolic types after realizing that everyone has a unique way of metabolizing the foods they eat. There are three main types: protein-type, carbo-type, and mixed type.

THE PROTEIN-TYPE DIET

People who fall under the protein-type category thrive on high-protein diets. Protein-types do very well on a diet that includes plenty of high-density, high-fat, and animal source proteins. They also tend to tolerate fats, oils, and dairy sources very well. It's especially important for protein-types to include a significant amount of protein at every meal and to closely monitor how they feel after consuming carbohydrates (grains, vegetables, and fruits), especially carbohydrates that are high in sugar and starch.

PROTEIN-TYPE FOODS

Red meat, cheese, chicken, eggs, turkey, cream, salmon, milk



THE CARBO-TYPE DIET

If you fall under the carbo-type category you most likely do well on a low-fat, relatively low-protein diet with liberal amounts of carbohydrates in the form of vegetables, fruits, and whole grains. The best protein sources for this metabolic type is commonly leaner sources of meats such as seafood and poultry. Also, try to stick to low-fat dairy options.

CARBO-TYPE FOODS

Vegetables, cod, fruits, flounder, whole grains, sole, haddock, low-fat dairy



THE MIXED-TYPE DIET

Some people find themselves to be a mix between the protein-type and carbo-type. Therefore, you are considered a mixed-type, and will need to eat a mixture of both protein-type foods and carbo-type foods. Mixed-types need to consume relatively equal ratios of proteins, fats, and carbohydrates. You also need to eat a mixture of high-fat proteins and low-fat proteins. The same applies to all of the other foods contained on the protein-type and carbo-type diets, including grains, legumes, vegetables, and fruits.

MIXED-TYPE FOODS

A mixture of protein-type and carbo-type foods in relatively equal ratios. Requires fine-tuning while listening to your own body.



Objectives of Metabolic Typing <http://www.themetabolicinstitute.com/MetabolicTyping.htm>