

# METABOLIC TYPES

No one diet works 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 food. 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 diets that include plenty of high-density, high-fat, 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 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 low-fat, relatively low-protein diets with liberal amounts of carbohydrates in the form of vegetables, fruits, and whole grains. The best protein source for this metabolic type is lean meat like seafood and poultry. Carbo-types should 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're 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 finetuning while listening to your own body.

*Objectives of Metabolic Typing* <http://geti.in/ZyXa3o>