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# Metabolic Typing Diet

The Metabolic Typing diet says that there are three metabolic types: the protein type, the carb type, and the mixed type. Understanding your type is said to help you understand the way your individual metabolism works most efficiently. This approach recognizes that one diet will not work for everyone.

If you are a protein type, your cells tend to burn carbohydrates quickly, and it's recommended you consume a high-protein diet in order to slow down your body's rapid cellular oxidation rate, stabilizing your energy. Protein types do very well on a diet that includes plenty of high-density, high-fat proteins. It's especially important for this metabolic type to include a significant amount of protein at every meal and to moderate intake of carbohydrates, especially those high in sugar and starch. It's important to snack smart in order to keep blood sugar levels steady.

Characteristics of the protein type include strong appetite, cravings for fatty and salty foods, resistance to low-calorie diets, fatigue, anxiety, and nervousness. It's recommended that this type consumes red meat, dark chicken and turkey meat, nuts, seeds, tofu, tempeh, salmon, tuna, herring, sardines, mussels, and anchovies. Most protein types are able to digest full-fat foods in the form of cheese, eggs, cream, and milk.

Protein types should avoid alcohol, caffeine, fruit juices, citrus fruits, and sugar as well as foods high in oxalic acids, phytates, gluten, and enzyme inhibitors. Foods with high glycemic indices should also be avoided since they will spike blood sugar and leave this type fatigued.

If you're a carb type, you should consume a high percentage of carbohydrates in your diet to speed up your naturally-slower cellular oxidation rate. Carb types typically do well on a low-fat, relatively low-protein diet. This includes liberal amounts of carbohydrates in the form of fruits, vegetables, and whole grains. Too much fat and protein is said to slow down the body's energy production.

Carb types need to remember that a low-protein diet does not mean a no-protein diet. Most carb types should include protein at most meals and focus on leaner and lighter forms such as seafood and poultry. Carb types should consume nuts and tofu sparingly.

Most carb types exhibit relatively weak appetites, high tolerances for sweets, weight retention, type-A personalities, variable energy patterns, and caffeine dependency. It's recommended that carb types focus on white chicken and turkey meat, light seafood, low-fat dairy products, vegetables, and legumes. It's suggested that they limit red meat, alcohol, caffeine, sugar, and high-fat foods.

If you're a mixed type, it means you fall somewhere in the middle of the protein and carb type. In this case, it's best to eat a balanced combination of all whole foods and minimize sugar. This will help maintain your naturally-even cellular oxidation rate.

The mixed type usually displays a variable appetite, cravings for sweets and carbohydrates, and any combination of traits listed for both protein and carb types. This type is less predictable since it does not fall within a defined group, and may display different combinations of characteristics.

Mixed types should consume relatively equal ratios of proteins, fats, and carbohydrates, and a mixture of high-fat proteins and low-fat proteins. Mixed types may need to experiment with foods that are recommended for both protein and carb types since each individual will exhibit a different set of mental and physical requirements and preferences.

Generally, mixed types should avoid alcohol, caffeine, fruit juices, and sugar as well as foods high in oxalic acids, phytates, gluten, and enzyme inhibitors.

## Pros:

- Honors bio-individuality
- Focuses on managing energy
- May lead to increased productivity due to balanced blood sugar levels
- May balance weight

## Cons:

- Vegetarian protein types may struggle to get adequate amounts of protein
- Self-diagnoses are common and may be incorrect

- May lead to nutrient deficiencies if followed too extremely

**Source:**

William Wolcott and Trish Fahey's *The Metabolic Typing Diet*