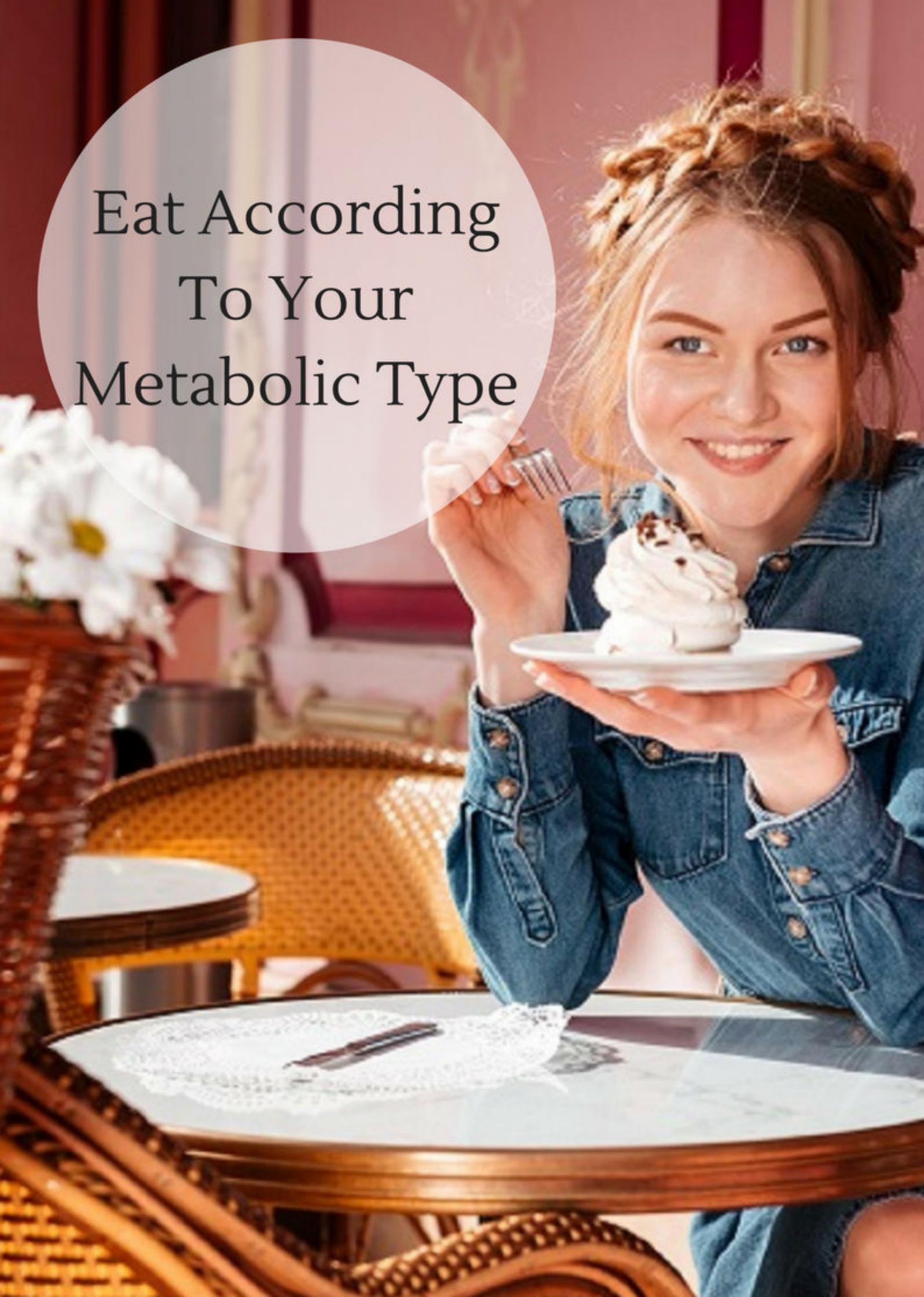


Eat According  
To Your  
Metabolic Type



Optimize your health and fitness by identifying your own nutritional needs, and tailor your diet accordingly.

Do Dr Oz's simple test here- <http://www.doctoroz.com/quiz/quiz-what-your-metabolism-type> to discover what type you are.

## Metabolic Type A

If you are type A you have a strong appetite, experience cravings for fatty and/or salty foods, experience fatigue and anxiety (which will be worsened by eating the salty, fatty foods), and possess a talkative and open personality.

Type A burns fats and proteins more efficiently than carbs and your need for salty foods is an indicator that your body is calling for more protein. The balance of macronutrients you should try for is:

- 50% protein
- 30% fat
- carb

Eat lean, dark proteins such as beef, the leg of chicken or turkey, salmon, and tuna. Full-fat dairy will help with those fat cravings not the fats found in chips and biscuits. Eat a variety of fruits and vegetables but avoid the starchy ones also avoid sugar which will increase your anxiety.

## Metabolic Type B

If you are type B you have a poor appetite, crave sweets and are sensitive, ambitious and organized. You experience high levels of stress, have a dependence on caffeine and have difficulty losing weight.

Eat low protein(not no protein)and low fat without the extra sugar and lots of vegetables and fruits and whole grains. You should balance your meals like this:

- 70% carbohydrate
- 20% protein
- fat

Drink green tea instead of coffee, try to get as much as your protein as you can from pulses and nuts. Eat light protein such as lean chicken, turkey, and white fish.

## Metabolic Type C

If you are type B you crave both sweet and savory equally, you have fatigue and anxiety and little trouble weight control. - Cravings sweet and savory

- Fatigue and anxiety
- Little trouble with weight control

Type C crave both sweet and savoury so if you are unable to decide between B or A you are most likely a C. You burn fats, proteins and carbs easily. You have fluctuating appetites and can experience aches and pains You should balance your meals like this:

- 33% protein
- fat
- 33% carbohydrate

Try to make the fats you eat healthy such as olive oil, full fat milk and cheese. Get healthy carbs from fruit and vegetables.

Remember - All dietary theories are exactly that theories and for the hundreds of theories there are, there are thousands of research notes to support them.

The best way to find out what works for you is to try various healthy carbohydrates in varying proportions and keep a diary. Record how you feel at regular intervals. Eventually, you will come up with a balance that in true Goldilocks style will be JUST RIGHT!