The Carbohydrate Type

The 2 Metabolic Types that should eat a high carbohydrate diet:

**Sympathetic Type Macronutrient Ratios**
Relatively lower protein and fat, higher carbohydrate.
Suggested starting percentages:
- **Protein**: 25 – 35%
- **Carbohydrate**: 50 – 60%
- **Fat**: 15 – 25%

**Slow Oxidation Type Macronutrient Ratios**
Relatively lower protein and fat, higher carbohydrate.
Suggested starting percentages:
- **Protein**: 25 – 35%
- **Carbohydrate**: 50 – 60%
- **Fat**: 15 – 25%

**The Carbo Type Diet**

Generally speaking, if you're a carbo type you need a higher percentage of carbohydrates in your diet in order to strengthen the parasympathetic branch of your nervous system, which is weaker than your sympathetic system, and thereby alkalinize your too-acid metabolism. Or you need more carbohydrates to speed up your naturally slow cellular oxidation rate, thereby bringing it into balance by acidifying your too-alkaline metabolism.

Carbo types typically do well on a low-fat, relatively low-protein diet -- one that includes liberal amounts of carbohydrates in the form of vegetables, fruits and whole grains. However, carbo types need to remember that a "low-protein" diet does not mean a "no-protein" diet. In fact, most carbo types will find that they need to include protein at most
meals, but they need to focus on leaner, lighter meats, seafood and poultry than protein types. They should restrict their consumption of red meat in favor of light meat chicken and turkey and lighter seafood such as haddock, cod, perch, sole, catfish and flounder.

If you're a carbo type you should stick to low-fat dairy products, but you can eat a very wide selection of vegetables, fruits, and grains. However, many carbo types, like protein types, do best by focusing on vegetables that contain low or moderate levels of sugar and starch.

**Here are some typical tendencies that you may have in common with other Carbo Types:**

- **Relatively Weak Appetite.** A little food goes a long way. You need fewer or smaller meals.
- **High Tolerance for Sweets.** Unless you have low blood sugar, you usually handle them pretty well, but don't overdo it.
- **Caffeine Dependency.** There is a tendency to rely on caffeine to get through the day.

**Dietary Emphasis for Carbo types**

Carbo types need to eat less protein and fat and increase their intake of carbohydrates. You can handle a wide selection of both starchy and non-starchy carbohydrates.

There are also nutrient recommendations based on your metabolic type. The customized nutrient list for your type is as follows:

**Nutrients to Emphasize:**
- **Potassium**, **Magnesium**, **Chromium**, **Copper**, **Iron**, **Manganese**, Silicone, **Boron**, Vitamins **B1**, **B2**, **B3**, **B6**, C, D, **Paba**, **biotin**, and **Folic acid**.

**Nutrients to De-emphasize:**
- **Calcium**, Iodine, **Phosphorus**, **Zinc**, Sulfur, **Choline**, **Inositol**, **Lysine**, **Bioflavonoids**, Vitamins A, B5, and **B12**.

There may be conflicts with other recommendations elsewhere, or your personal experience. Please do not be discouraged by this. You are unique, and life is a journey of discovery. By learning and observing you can successfully find those things which are the most beneficial for you.

There are different kinds of proteins. Some are high in fat and high in purines, others low. The low-fat, low-purine proteins are best for Carbo types.

A low protein, low fat diet is your key to losing weight, feeling energized both mentally and physically, and staying on an even keel emotionally. Over the long term, such a diet,
if properly followed and tailored to your metabolic individuality, can prevent you from developing many serious degenerative diseases, such as cardiovascular problems, immune deficiency, blood sugar abnormalities, osteoporosis, arthritis, digestive disorders, and other chronic illnesses rooted in metabolic imbalance.

You also need to become familiar with the Allowable Foods Charts for Carbo types below.

### THE CARBOHYDRATE TYPE DIET ALLOWABLE FOODS CHART

<table>
<thead>
<tr>
<th>MEAT/FOWL</th>
<th>SEAFOOD</th>
<th>DAIRY</th>
<th>GRAIN</th>
<th>VEGETABLE</th>
<th>FRUIT</th>
<th>NUT/SEED</th>
<th>OIL/FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light meats</td>
<td>Light fish</td>
<td>Non/Low fat</td>
<td>Whole grains ONLY</td>
<td>High starch</td>
<td>Low starch</td>
<td>All are OK</td>
<td>Use sparingly</td>
</tr>
<tr>
<td>chicken breast</td>
<td>catfish</td>
<td>cheese</td>
<td><strong>High starch</strong></td>
<td>potato</td>
<td>beet green</td>
<td>apple</td>
<td>walnut</td>
</tr>
<tr>
<td>cornish hen</td>
<td>cod</td>
<td>cot. cheese</td>
<td>amaranth</td>
<td>pumpkin</td>
<td>broccoli</td>
<td>apricot</td>
<td></td>
</tr>
<tr>
<td>turkey breast</td>
<td>flounder</td>
<td>kefir</td>
<td>barley</td>
<td>rutabaga</td>
<td>brussel sprout</td>
<td>cherry</td>
<td>pumpkin</td>
</tr>
<tr>
<td>pork, lean</td>
<td>haddock</td>
<td>milk</td>
<td>brown rice</td>
<td>sweet potato</td>
<td>cabbage</td>
<td>citrus</td>
<td>peanut</td>
</tr>
<tr>
<td>ham</td>
<td>halibut</td>
<td>yogurt</td>
<td>buckwheat</td>
<td>yam</td>
<td>chard</td>
<td>grape</td>
<td>sunflower</td>
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<tr>
<td>Only occasional</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>lean red meat or restrict entirely</td>
<td>trout</td>
<td>eggs</td>
<td>corn</td>
<td><strong>Mod. starch</strong></td>
<td>collards</td>
<td>melon</td>
<td>almond</td>
</tr>
<tr>
<td>tuna, white</td>
<td>couscous</td>
<td>beet</td>
<td>cucumber</td>
<td>peach</td>
<td>cashew</td>
<td>Almond</td>
<td></td>
</tr>
<tr>
<td><strong>LEGUMES</strong></td>
<td>kamut</td>
<td>corn</td>
<td>garlic</td>
<td>pear</td>
<td>brazil nut</td>
<td>Coconut</td>
<td></td>
</tr>
<tr>
<td>Use sparingly</td>
<td>kasha</td>
<td>eggplant</td>
<td>kale</td>
<td>pineapple</td>
<td>filbert (hazelnut)</td>
<td>Flax</td>
<td></td>
</tr>
<tr>
<td><strong>High starch</strong></td>
<td>millet</td>
<td>jicama</td>
<td>leafy greens</td>
<td>plum</td>
<td>pecan</td>
<td>Olive</td>
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<tr>
<td>dried beans</td>
<td>oats</td>
<td>okra</td>
<td>onion</td>
<td>tomato</td>
<td>chestnut</td>
<td>Peanut</td>
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<tr>
<td>dried peas</td>
<td>quinoa</td>
<td>parsnip</td>
<td>parsley</td>
<td>tropicaus</td>
<td>pistachio</td>
<td>Sesame</td>
<td></td>
</tr>
<tr>
<td>lentils</td>
<td>rice</td>
<td>radish</td>
<td>peppers</td>
<td>coconut</td>
<td>Sunflower</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Low starch</strong></td>
<td>rye</td>
<td>spag. squash</td>
<td>scallion</td>
<td>hickory</td>
<td>Walnut</td>
<td></td>
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<tr>
<td>tempeh</td>
<td>spelt</td>
<td>sumr squash</td>
<td>sprouts</td>
<td>macadamia</td>
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<tr>
<td>tofu</td>
<td>triticale</td>
<td>yellow squash</td>
<td>tomato</td>
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<tr>
<td>wheat</td>
<td>turnip</td>
<td>watercress</td>
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**NOTE:** Nuts are listed from high to low for protein content.

Additional information can be obtained from *The Metabolic Typing Diet* by William L. Wolcott and Trish Fahey 2000. The Web Site [Healthexcel.com](http://Healthexcel.com) offers additional testing options and general information.

**Key points to remember:**

- 30+40% of your diet should come from **proteins** and fats, 60-70% from carbohydrates.
- Emphasize low-fat, low-purine proteins
- Eat Protein at every meal. Especially if hypoglycemic.
- Dairy foods are in question. If you notice a worsening of energy or mood after consuming dairy products, you may need to restrict your use of them.
- Snack if needed
- Whole grains are generally good. Breads are typically good. Sprouted breads (such as Ezekiel) are best.
- Vegetable Juice is good. It is better to eat the whole fruit, than get too much fruit juice.
- Be on guard against too many starchy and refined carbohydrates at one meal. Eat all the nonstarchy vegetables you want.
- Use fats and oils sparingly. If on a low fat diet, it is especially important to balance the omega 6 and omega 3 oils.
- Limit nuts because of their high fat content.

A popular book discussing a low fat, high complex carbohydrate diet is *The New Pritikin Program: The Easy and Delicious Way to Shed Fat, Lower Your Cholesterol, and Stay Fit* by Robert Pritikin, MD. He has written several other books dealing with the same subject.

**Sources:**

http://www.diagnose-me.com/data/metabolic_diet.html

http://www.metabolictypingdiet.com/_Reat.htm

http://www.diagnose-me.com/cond/C359938.html