The Protein Type

**The 2 Metabolic Types that should eat a high protein diet:**

**Parasympathetic Type Macronutrient Ratios**
Relatively higher protein and fat, lower carbohydrate.
Suggested starting percentages:
Protein: 40 – 50%
Carbohydrate: 20 – 30%
Fat: 30 – 40%

**Fast Oxidation Type Macronutrient Ratios**
Relatively higher protein and fat, lower carbohydrate.
Suggested starting percentages:
Protein: 40 – 50%
Carbohydrate: 20 – 30%
Fat: 30 – 40%

**The Protein Type Diet**

In general or simplistic terms, if you are a protein type it means one of two things -- either your cells tend to burn carbohydrates too quickly (meaning you're a fast oxidizer), or the parasympathetic branch of your autonomic nervous system is stronger and more dominant than the sympathetic branch. This means you need a high-protein intake in order to strengthen your sympathetic system, and in turn acidify your too-alkaline metabolism. Or you need protein to slow down your overly rapid cellular oxidation rate, thereby alakinizing your too-acid metabolism.
Protein types do very well on a diet that includes plenty of high-density, high-fat proteins known as "high-purine" proteins. These include foods like red meat, dark meat chicken and turkey, and various kinds of seafood such as salmon, tuna, herring, sardines, mussels, caviar and anchovies. Most protein types can also eat freely of whole fat foods in the form of cheese, eggs, cream and milk. It’s especially important for protein types to include a significant amount of protein at every meal, and to moderate their intake of carbohydrates (grains, vegetables and fruits), especially the carbohydrates that are high in sugar and starch.

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

- **Strong Appetite.** Often very hungry; may need to eat frequently and regularly; tendency to overeat.
- **Cravings for Fatty, Salty Foods** If you have been eating too many carbohydrates, you may develop a sugar **craving**.

**Dietary Emphasis for Moderate Protein Types**

Overall, Moderate Protein Types need to focus on obtaining larger amounts of protein and fat in their diet, and minimizing their carbohydrate intake. Purine-containing foods are converted to energy at the right rate for you.

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

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

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

There may be conflicts with other recommendations elsewhere in this report, or with 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.

You need to become familiar with the Allowable Foods Charts for Protein types. You need to be leaning moderately toward the protein table, and away from foods on the carbohydrate table. There are different kinds of proteins. Some are high in fat and high in purines, others low. The high-fat, high-purine proteins are best for Protein Types.
<table>
<thead>
<tr>
<th>PROTEINS</th>
<th>CARBOHYDRATES</th>
<th>OILS/FATS</th>
<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><strong>40%</strong></td>
<td><strong>30%</strong></td>
<td><strong>30%</strong></td>
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</tr>
<tr>
<td>High purine</td>
<td>High purine</td>
<td>Whole fats</td>
<td>Whole grains only</td>
<td>Non-starchy</td>
<td>Non-sweet only</td>
<td>All are OK</td>
<td>All are OK</td>
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<tr>
<td>organ meats</td>
<td>anchovy</td>
<td>Low purine</td>
<td>High starch</td>
<td>asparagus</td>
<td>avocado</td>
<td>walnuts</td>
<td>butter</td>
<td></td>
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<td></td>
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<tr>
<td>pate</td>
<td>caviar</td>
<td>cheese</td>
<td>amaranth</td>
<td>beans, fresh</td>
<td>LEGUMES</td>
<td>olive</td>
<td>pumpkin</td>
<td>cream</td>
<td></td>
<td></td>
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<tr>
<td>beef liver</td>
<td>herring</td>
<td>cot. cheese</td>
<td>brown rice</td>
<td>cauliflower</td>
<td>Non-starchy</td>
<td>peanut</td>
<td>ghee</td>
<td></td>
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<tr>
<td>chicken liver</td>
<td>mussel</td>
<td>cream</td>
<td>buckwheat</td>
<td>celery</td>
<td>tempeh</td>
<td>Use sparingly</td>
<td>sunflower</td>
<td>oils</td>
<td></td>
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<tr>
<td>Med. purine</td>
<td>sardines</td>
<td>eggs</td>
<td>corn</td>
<td>mushrooms</td>
<td>tofu</td>
<td>Not fully ripe:</td>
<td>almond</td>
<td>almond</td>
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<tr>
<td>beef</td>
<td>Med. purine</td>
<td>kefir</td>
<td>couscous</td>
<td>spinach</td>
<td>High starch</td>
<td>apple</td>
<td>cashew</td>
<td>coconut</td>
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<tr>
<td>bacon</td>
<td>abalone</td>
<td>milk</td>
<td>kamut</td>
<td>High starch</td>
<td>beans, dried</td>
<td>pear</td>
<td>brazil</td>
<td>flax</td>
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<tr>
<td>chicken</td>
<td>clam</td>
<td>yogurt</td>
<td>kasha</td>
<td>artichoke</td>
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<td>High starch</td>
<td>filbert</td>
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<tr>
<td>duck</td>
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<td>millet</td>
<td>carrot</td>
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<td>banana</td>
<td>pecan</td>
<td>peanut</td>
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<tr>
<td>fowl</td>
<td>crayfish</td>
<td>oat</td>
<td>pea</td>
<td>Low purine</td>
<td>chestnut</td>
<td>sesame</td>
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<tr>
<td>goose</td>
<td>lobster</td>
<td>quinoa</td>
<td>potatoes, fried in butter</td>
<td>tempeh</td>
<td>pistachio</td>
<td>sunflower</td>
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<tr>
<td>kidney</td>
<td>mackerel</td>
<td>rice</td>
<td>winter squash</td>
<td>tofu</td>
<td>coconut</td>
<td>walnut</td>
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</tr>
<tr>
<td>lamb</td>
<td>octopus</td>
<td>spelt</td>
<td>Med. purine</td>
<td></td>
<td>hickory</td>
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<tr>
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<td>oyster</td>
<td>triticale</td>
<td>beans, dried</td>
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<td>macadamia</td>
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<tr>
<td>spare ribs</td>
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<tr>
<td>turkey</td>
<td>scallop</td>
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</tr>
<tr>
<td>veal</td>
<td>shrimp</td>
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<tr>
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<td>dark meat is best</td>
<td>squid</td>
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<tr>
<td></td>
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</table>

**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.

Finding the right balance among protein, fat and carbohydrate is your key to losing weight, feeling energized both mentally and physically, and staying on an even keel emotionally. Over the longer term, a higher protein and fatty 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.

**Key points to remember:**

- 65% of your diet should come from proteins and fats, 35% from carbohydrates. Popular books about high protein diets include *Dr. Atkin’s New Diet Revolution* and *The Zone* by Barry Sears.
- Eat Protein at every meal.
- Emphasize high purine proteins
- Snack as needed
- Be careful with carbohydrates. Limit bread intake. Use sprouted bread (such as Ezekiel), and use butter.
- Closely monitor fruit consumption. Avoid fruit juice. Low to moderate fresh vegetable juice is OK.
- Use fats and oils generously. Don’t forget to balance the omega 6 and omega 3 oils.

**Here are some typical tendencies of Extreme Protein Types:**

- **Strong Appetite.** Often very hungry; may need to eat frequently and regularly; tendency to overeat.
- **Cravings for Fatty, Salty Foods.** If you have been eating too many carbohydrates, you may develop a sugar craving.

**Dietary Emphasis for Extreme Protein Types**

Overall, Extreme Protein Types need to focus on obtaining larger amounts of protein and fat in their diet, and minimizing their carbohydrate intake. Purine-containing foods are converted to energy at the right rate for you.
There are also nutrient recommendations based on your metabolic type. The customized nutrient recommendations for your type are as follows.

**Nutrients to Emphasize:**

- **Calcium**, Iodine, Phosphorus, Zinc, Sulfur, Choline, Inositol, Lysine, Bioflavonoids, Vitamins A, B5, and **B12**.

**Nutrients to De-emphasize:**

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

There may be conflicts with other recommendations elsewhere, or with your personal experience. Please do not be discouraged by this. Life is a journey and adventure, and you can successfully find those things which are most beneficial for you.

You need to become familiar with the Allowable Foods Chart for Protein types on page 3. You need to be leaning substantially toward the Protein table, and away from foods on the Carbohydrate table. There are different kinds of proteins. Some are high in fat and high in purines, others low. The high-fat, high-purine proteins are best for Extreme Protein types.

Finding the right balance among protein, fat, and carbohydrate is your key to losing weight, feeling energized both mentally and physically, and staying on an even keel emotionally. Over the longer term, a heavy protein and fat 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.

**Key points to remember:**

- 70% of your diet should come from proteins and fats, 30% from carbohydrates.
- Popular books about high protein diets include *Dr. Atkin's New Diet Revolution* and *The Zone* by Barry Sears.
- Eat Protein at every meal
- Emphasize high purine proteins
- Snack as needed
- Be careful with carbohydrates. Limit bread intake. Use sprouted bread (such as Ezekiel), and use butter.
- Closely monitor fruit consumption. Avoid fruit juice. Low to moderate fresh vegetable juice is OK.
- Use fats and oils generously. Don't forget to balance the omega 6 and omega 3 oils.

Sources:

http://www.metaboliTypingdiet.com/_Reat.htm
http://www.diagnose-me.com/data/metabolic_diet.html
http://www.diagnose-me.com/cond/C359934.html
http://www.diagnose-me.com/cond/C359935.html