

THE MIXED TYPE DIET

Important tips on your allowable foods

Eat Protein at every meal

Eating sufficient protein at every meal will maximise your energy, trim your waistline and assure peak performance. Failure to do this can lead to chronic fatigue, diminished well-being and emotional imbalances such as depression, anxiety, and melancholy. Many people make the mistake of eating carbohydrate alone at a meal or snack. This is a mistake as it can trigger excess insulin output from the pancreas, leading to food cravings, particularly for sugar or other sweets, blood sugar regulation problems, increased fat storage, and a whole host of degenerative processes.

Get a good mix of protein type and carbo type proteins each day

Eating purines, special protein substances, will improve your body's energy-producing processes. Here proteins are divided into two parts: Protein type and carbo type. For you it is recommended to mix these two types of protein in your diet. Start testing the best ratio. Too much or not enough of one or the other will result in disturbances in your energy, mood, and well-being

Snack as needed

There is one rule here, whatever you eat should improve your energy, make you feel clearer and more focused without creating cravings for sugar. In theory mixed type does not need snacks but if you do, you should be able to feel good after anything, including just fruits. So for the first two-three weeks start paying attention to what you eat and how you feel afterwards. Take notes and make adjustments if needed. You do have to listen to your body.

Carefully consider dairy

Many people do have problems after eating dairy but if you don't see any negative symptoms you can include it in your diet. As a mixed type, it may satisfy you if your appetite is lower but if you are really hungry you will need to eat the meat to satisfy you. So eat it, depending on how you are feeling.

Consider carbohydrates carefully

The mixed type is truly the most challenging type as you have to keep on testing the right mix of different foods and find the right one for you. But when you do it your energy and vitality will be skyrocketing. You will lose weight and feel truly fantastic. The same as with protein, you have to find the right balance of protein type carbs and carbo type carbs. Different carbs will affect your metabolism in a different way. High starch carbohydrates will easily and quickly spike your insulin response, which may lead to higher fat storage. Over time it also can lead to some several health problems like allergies, asthma, chronic fatigue, depression, obesity, alcoholism just to name a few. So listen to your body and find the right balance for you.

Grains

You can only use whole grains in your diet, including baking. If you have carbohydrate sensitivity or high blood sugar problems avoid wheat completely as it breaks down into sugar very fast and disturbs insulin metabolism. Try using spelt instead as it is still very good for baking yet does not have the same impact on insulin. Remember, if you start craving sugary foods after your meal it means you've had too many grains in your meal and you have to increase the amount of protein next time.

Bread

Only eat sprouted-grain bread. Unlike white breads, they will not inhibit calcium absorption plus have more vitamins B and C and does not contain the enzyme inhibitor typically found in grain. Always use butter as it will minimise the blood sugar fluctuations. If you have carbohydrate sensitivity or high blood sugar problems minimise bread intake.

Fruits

Sugar cravings are always the best indicator that will confirm how much fruits and carbohydrates in general you can include in your diet. Normally mixed types do pretty well with fruits, yet they may potentially cause insulin regulation problems, sweet cravings or weight gain.

Juices

Excessive amounts of vegetable juices and fruit juices in general can potentially imbalance your metabolic type and lead to weight gain, food cravings, blood sugar fluctuations and sugar cravings. You can have small amounts of fresh vegetable juices or smoothies made of whole fruits.

Fats and Oils

Consumption of healthy fats like olive oil, cold pressed vegetable oils, fatty fish, avocados, nuts will be beneficial for you. Don't overdo those but don't cut them out of your nutrition. Fats are essential for good health, efficient immune functions, hormonal production and energy production. Avoid margarines and hydrogenated fats which are very unhealthy.

Glycaemic index

It is best to avoid high – glycaemic index carbohydrates and eat more lower index ones. Whenever you reach for high glycaemic index foods make sure you combine them with proteins, which will slow down the tempo they will be converted to sugar.

PROTEIN TYPE PROTEIN 1		
MEAT/POULTRY	SEAFOOD	DAIRY
High purine	High purine	Whole fat
Organ meats	Anchovy	High purine
Pate	Caviar	Cheese
Beef liver	Herring	Cottage cheese
Chicken liver	Mussels	Cream
Medium purine	Sardine	Eggs
Beef	Medium purine	Kefir
Bacon	Abalone	Milk
Chicken 2	Clam	Yogurt
Duck	Crab	LEGUMES
Fowl	Crayfish	Low purine
Goose	Lobster	Tempeh
Kidney	Mackerel	
Lamb	Octopus	Medium purine
Pork chops	Oyster	Beans, dried
Spare ribs	Salmon	Lentils
Turkey	Scallop	NUTS
Veal	Shrimp	All are okay
Wild game	Snail	

	Squid	
	Tuna, dark	
1. Every meal should contain a protein from these sources, but dairy, legumes, or nuts are not a substitute for meats at main meals 2. Dark meat is best		

CARBO TYPE PROTEINS		
MEAT/POULTRY	SEAFOOD	DAIRY
Light meats	Light fish	Non/low fat
Chicken breast	Catfish	Cheese
Cornish game hen	Cod	Cottage cheese
Turkey breast	Flounder	Kefir
Pork, lean	Haddock	Milk
Ham	Halibut	Yogurt
Only occasional lean red meat or restrict entirely	Perch	Eggs
	Scrod	LEGUMES
	Sole	Use sparingly
	Trout	High starch
	Tuna, white	Dried beans
	Turbot	Lentils
		Low starch
		Tempeh
		NUTS
		Sparingly

PROTEIN TYPE CARBOHYDRATES		
GRAIN	VEGETABLE	FRUIT
Whole grains only	Non-starchy	Avocado
High starch	Asparagus	Olive
Amaranth	Beans, fresh	Not fully ripe -
Barley	Cauliflower	Apple (some)
Brown rice	Celery	Pear (some)
Buckwheat	Mushroom	High starch
Corn	Spinach	Banana
Kamut	High starch	
Kasha	Artichoke	
Millet	Carrot	
Oat	Pea	
Quinoa	Potatoes fried in butter only	
Rye	Squash, winter	
Spelt	LEGUMES	
Triticale	Non-starchy	
Sprouted-grain bread is the only bread allowed	Tempeh	
	High starch	
	Beans, dried	
	Peas, dried	
	Lentils	

CARBO TYPE CARBOHYDRATE			
GRAIN	VEGETABLE		FRUIT
Whole grain only	High starch	Low starch	All are ok
High starch	Potato	Beet green	Apple
Amaranth	Pumpkin	Broccoli	Apricot
Barley	Rutabaga	Brussels sprout	Berry
Brown rice	Sweet potato	Cabbage	Cherry
Buckwheat	Yam	Chard	Citrus
Corn	Moderate starch	Collard	Grape
Kamut	Beet	Cucumber	Melon
Kasha	Corn	Garlic	Peach
Millet	Eggplant	Kale	Pear
Oat	Jicama	Leafy greens	Pineapple
Quinoa	Okra	Onion	Plum
Rice	Parsnip	Parsley	Tomato
Rye	Radish	Peppers	Tropical
Spelt	Spaghetti squash	Scallion	LEGUMES
Triticale	Summer squash	Sprouts	High starch
wheat	Yellow squash	Tomato	Dried beans
	Turnip	Watercress	Dried peas
	zucchini		Lentils

FOODS TO AVOID

You may already guess which foods are best to avoid. Normally these are the foods that you would have a strong aversion to. Yet if your metabolism is less sensitive the reactions may be slight or even non existent. It is also possible that sometimes you get the reaction and sometimes not. Finally please bare in mind that the effects of nutrition are cumulative and will depend on how often and how much of undesirable foods you consume.

Alcohol

As you know alcohol is a poison to your body. It will mess up with your metabolism. It triggers excessive insulin secretion, blood sugar imbalances, increased fat storage... so really consume it with moderation.

Food allergies

The foods that have been recommended to you here are in general suitable to your metabolic type. However, it does not mean you do not have any allergic reaction to any of these foods. If you know you do not deal well with any food that has been listed earlier, please cut it from your diet for a short time. As your chemistry changes with your metabolic suitable nutrition you may find that that food sensitivity has vanished.

Caffeine

Coffee in general stimulates our adrenal glands, which are energy/stress producing glands. If you feel like you need a coffee to keep your energy high during the day you already have weaker adrenal glands and if you keep on drinking coffee you will just make it worse. So try to avoid caffeine, including teas and high caffeine herbs or soft drinks. If however you cannot imagine completely letting it go, make sure you only drink organic and pretty weak cuppas! Limit those to 1-2 cups a day.

Fruit juices

As mentioned in the previous chapter are better avoided. If you care about your waistline have some freshly made vegetable juices or a whole fruit smoothie instead!

Sugar

Too much of good or bad sugar will sabotage all your efforts. So really be aware of how much sugar you are consuming every day. Carefully read labels of processed foods you are consuming and don't forget that deli meats and table sauces are full of it.

Foods high in Oxalic Acids

These foods interfere with calcium absorption. So be careful not to overeat these foods: apples, asparagus, black tea, blackberries, beets, beet greens, chard, chocolate, cocoa, cranberries, red currants, endive, gooseberries, grapes, green peppers, plums, raspberries, rhubarb, spinach, strawberries, tomatoes. Cooking destroys the oxalic acid so some of these foods can be easily consumed cooked.

Foods high in phytates

Phytates are found in the bran portion of grains as well as legume skin. It prevents absorption of iron, magnesium, phosphorus and zinc. If overconsumed they can cause serious mineral deficiencies, allergies, intestinal distress and bone loss. Wheat, soy and soy milk have the highest concentration (I hardly ever mention soy here as a food recommendation due to high oestrogen content and generally negative health impact). So soak all grains overnight before you cook them.

Foods high in gluten and enzyme inhibitors

Gluten is hard to digest protein found in grains. It has been linked to allergies, celiac disease, mental illness, indigestion and yeast overgrowth. Good news is that soaking and fermenting will make these proteins more digestible.

Thyroid suppressing foods

Chemical known as thiocyanate blocks the production of thyroid hormone that regulates all of your metabolic activities. They belong to substances known as goitrogens and are found in raw broccoli, brussels sprouts, cabbage, cauliflower, kale, mustard, rutabaga and watercress. If you eat these foods frequently supplement your diet with iodine in the form of kelp. You can use it in a salt shaker. Cooking will only partially inactivate these thyroid-suppressing chemicals found in these foods so use them conservatively and use kelp to support your thyroid functions.

YOUR MACRONUTRIENT RATIO

Think of your food as fuel, eat the right foods for you and right mixture of three macronutrients: proteins, fats and carbohydrates.

Here is your general macros ratio:

50% { Carbohydrates: about 50% (fruits, vegetables, grains)
Proteins: approx. 30% (red meats, poultry, seafood, dairy, legumes, nuts)
Fats: approx. 20%

Just stick to your 50% carbohydrate /50% protein + fats ratio remembering that more calories should come from protein rather than fat. You don't have to be perfect, just do the best you can. You can at the beginning use MyFitnessPal to make it easier for you or simply tune with your body. Don't try to be perfect. When you get it right you will see your appetite will naturally be satisfied and the calorie issue will take care of itself. So don't overthink the portion size and just focus on what food you are consuming and at what proportions to normalise your weight. Try to eat at regular intervals and have a daily routine. Eat before you get hungry, so grab a snack when you need it.

YOUR PERSONAL FUEL MIX

Remember that 50%/50% ratio is just a general guideline for you. Every person is different and now we will have to find the optimal macro ratio for you. Some people will do better with less, and some with more protein vs carbs. Now you will have to experiment with different food ratios and find the best one for you. Too many carbs or too many proteins will both give you the same symptoms: mood swings, food cravings, decreased energy.

1. Eliminate majority carbs for 5-7 days: grains, cereals, breads, desserts, fruits, starchy veg and milk products
2. Eat freely on any proteins and fats from your allowable list
3. During these few days limit your vegetable intake to the following, non-starchy veg: asparagus, celery, green beans, cauliflower, spinach and mushrooms. Start with just a small portion of these
4. Eat until you are full but not stuffed
5. Have snacks between meals of the same food choices
6. Most mixed types will feel much better almost immediately. You may be able to go much longer without eating. Other people may experience a carb withdrawal effect for the first 48h, feeling lethargic, having extreme sweet cravings. So just hang on to it and soon you should start experiencing positive changes.
7. When you reach the point, after about 5-7 days, irritable, short-tempered, tired, crave sweets, feeling hungry or unsatisfied after eating increase the amount of non-starchy vegetables as compared to your quantity of protein, until you once again feel well.
8. If that does not help start adding a little starch to your meals starting with just a tablespoon from the table above such as artichokes, corn, peas, potato, sweet potato, yam or winter squash for dinner
9. If you still feel good or even better by eating a little starchy vegetable with dinner, then one tablespoon at lunch and afterwards at breakfast as well.
10. If you feel good, increase your starchy vegetables to two tablespoons per meal.
11. When that goes well substitute some whole grain in place of starchy vegetables
12. At this point slowly keep on increasing your carbohydrate intake. Eventually you will overeat your carbs and start experiencing previous symptoms: fatigue, depression, mood swings, sweet cravings or digestive problems and other symptoms. This is when you will have to start decreasing your carbs gradually until you feel well again. If you still have any doubts you can start the whole process again.

Remember that too little or too many carbohydrates in your diet will produce similar results.

Every time we try and change the way we eat we feel a bit overwhelmed and confused. It is natural to feel that way. But after just a few days of sticking to your food list you will find it much easier and eventually you will not need any list at all. So don't stress and start with eating foods from your allowable list. After you feel comfortable with that follow the 12 step guide to determine your own, specific nutritional mixture. The only person who can tell you what is your perfect macro split is you. You have to listen to your body and just pick up all the foods that make you feel amazing and all those that make you feel worse. It will take a bit of time, so don't get frustrated. When you find that right balance of nutrients you will look and feel much better. No more fatigue, mood swings, extra weight, brain fog, dry skin, allergies, etc. It all will change. How much time do you need? It is again very individual. It depends on what was your lifestyle and nutrition before and what is the state of different metabolic processes in your body. The longer you were living an unhealthy life the more time you will need to get all benefits of nutrition change, yet you will feel better immediately!

Here are a few points I would like to share with you, that may answer some questions that may have come to your mind now:

1. There are different causes of being overweight. Excess weight is simply a result of biochemical imbalances in your body. After you address your genetic requirements you will lose weight and keep it off easily. Plus, in contrast to all fad diets you will look and feel better, including increased energy and mind sharpness.
2. If you are not sure if you answered all the questions well in the metabolic test remember that you can always retake the test. Secondly you can review these answers with someone who is close to you. Finally,

when you start following your new nutritional guidelines your body will immediately confirm if what you are doing is good

3. if you don't like foods in your metabolic chart just start with eating these you like. When your body chemistry changes you may enjoy eating other foods as well. Excess use of sugar, alcohol, nicotine, and junk foods as well as air and water pollution distorted our appetites. But as soon your body start finding its balance you will find yourself enjoying the right foods for you.
4. The macro ratio is specific for you. It does not mean that anyone else in your family will have the same requirements
5. If you are thinking about taking part in a sport event like marathon your macros ratio may change. Again, you will have to listen to your body to adjust those accordingly.
6. If you take part in regular exercise you still have to eat according to your own metabolic type and do not follow any sports nutrition protocols that don't match your own, individual needs.
7. Following the diet that is specific for you will help you miss all the colds and flues, keeping you healthy and full of energy all the time
8. If you refuse to eat animal protein, that is against your metabolic type, you may not get full benefits of following your new plan, however sticking as much as possible to your macronutrients ratio should help you feel better
9. If you are eating only foods from your allowable list but still don't feel good you may be having too long gaps between your meals that may cause your blood sugar imbalances. Get the right ration of your macronutrients in each meal, try to avoid high GI foods and watch foods that may give you allergies
10. Your metabolic type may change with stress, aging, illness, hormonal shifts etc. if that happens your body will send you a signal so retake the test
11. Some women will notice that there is a need to adjust your diet to your monthly hormonal changes. The imbalances seem to be more pronounced in the two weeks prior your period. During that time you may need to increase the amount of some nutrients, i.e. protein type would need to increase the amount of protein
12. PROTEIN TYPE: eating protein higher in fats will not increase your cholesterol level. You may notice that cutting those foods will have this type of response. "one man's food is another's person poison".
13. PROTEIN TYPE: snack on leftovers, hard-boiled eggs, cheese, yogurt, nuts and seeds
14. PROTEIN TYPE: if you stick 95% to your food guideline you can still enjoy the food out of your allowable list, i.e. desserts.
15. PROTEIN TYPE: If at the beginning you experience a sluggish bowel add fibre to your diet in the form of psyllium seed husk powder mixed with water or freshly ground flaxseeds added to your yoghurt. Always drink enough fluids with that as too much fibre may also slow down your bowel
16. CARBO TYPE: Some people with this metabolic type will struggle with protein indigestion. First you will have to stick to protein that are good for your type, then find the right amount of protein in your diet. The reason you struggle to digest protein is simply caused by metabolic imbalance in your body. To make sure you are getting back on track you may need to use some support of digestive enzymes, otherwise you will struggle to nourish your body and get the benefits of this new nutritional protocol.
17. CARBO TYPE: you may never feel hungry and struggle to eat regular meals. The reason again is your metabolic imbalances. As soon as you start eating food that is right for you, you will find your appetite increasing. Your body needs specific quantities of vitamins, minerals, enzymes, protein, carbohydrates and fats on a daily basis otherwise it will start taking those from your muscles and bones. Start with establishing a daily schedule of minimum three meals and routinely eat at those times even if you are not hungry. Make sure you get all carbohydrates, protein and fats at all three meals.
18. MIXED TYPE: having such a good variety of available foods may be a bit confusing. There is just one rule. During the day try to have balanced amount of both protein type and carbo type protein, carbohydrates and fats. If that is easier it is ok if you mix it in each meal, if that is too much to think about, just make sure you have a good ration of all of them during the day.
19. MIXED TYPE: it is very likely that you will be heavily leaning towards either protein or carbo type. Don't stress, just listen to your body and find the fuel mix right for you.