

# *Fine-Tuning the Diet*

There are two main issues concerning food consumption: quality (or what kinds of food to eat) and quantity (how much to eat, and in what ratios). Knowing your correct Metabolic Type addresses the quality, while the following chart addresses the quantity, or more specifically, approximately what ratios of macronutrients each Metabolic Type should eat.

## **Macronutrient Ratios**

<b>Macronutrients</b>	<b>Group I (Slow Oxidizers and Sympathetics)</b>	<b>Group II (Fast Oxidizers and Parasympathetics)</b>	<b>Balanced</b>
<b>Proteins</b>	<b>25-30%</b>	<b>40%</b>	<b>30-40%</b>
<b>Fats</b>	<b>20-30%</b>	<b>30-40%</b>	<b>20-40%</b>
<b>Carbohydrates</b>	<b>40-55%</b>	<b>20-30%</b>	<b>20-40%</b>

• *These ratios are shown as percentages of calories, not of volume.* Carbohydrates and proteins yield 4 calories per gram, and fats yield 9 calories per gram. Most protein foods contain fats, so a significant amount of the fat content in the diet will be ingested in your protein foods rather than added separately. It is more important, therefore, to pay attention to the ratio between proteins and carbohydrates, rather than be concerned with the fat ratio.

• *These ratios are guidelines only, and will vary greatly from individual to individual, even individuals of the same Metabolic Type (hence the ranges, rather than fixed ratios, shown above).* Experiment to find out what works best for you. Notice how your hunger level, energy and mood change 1-3 hours after a meal; if there is a worsening in any of these areas, experiment with them.

