

THE CARBOHYDRATE TYPE

★ TYPICALLY MORE NATURAL ENDURANCE ATHLETES

- CROSS-COUNTRY
- MARATHON

★ TYPICALLY TYPE A PERSONALITIES

FATS & PROTEIN ARE REQUIRED TO SUSTAIN BETWEEN MEALS

REFINED SUGAR BASED CARBS MIGHT MAKE YOU FEEL GOOD, BUT WILL STILL INCREASE BLOOD SUGAR

WHOLE GRAINS

SPROUTED
GO FOR THE HIGHEST QUALITY
NOT REFINED OR ENRICHED OR WHITE

DON'T FORGET TO EAT PROTEIN WITH THE GRAINS

WITHOUT THEM ENERGY METABOLISM & BLOOD SUGAR ISSUES CAN ARISE

STILL NEED TO EAT MEATS

I THINK I SHOULD EAT SOMETHING?

THEY DON'T LIVE TO EAT, ALMOST HAVE TO REMEMBER TO.

COMMONLY NOT AN O BLOOD TYPE

DO BETTER WITH THE LIGHTER MEATS

DIET SHOULD CONTAIN MOSTLY NON-STARCHY CARB SOURCES. ADD STARCHES JUDICIOUSLY

COMMERCIALY AVAILABLE JUICES ARE NOTHING BUT SUGAR WATER

FRESH HOME MADE JUICES & SMOOTHIES ARE GREAT FOR THE CARB TYPE

EAT ALL THE NON-STARCHY VEGGIES YOU WANT

70%

20%

10%

