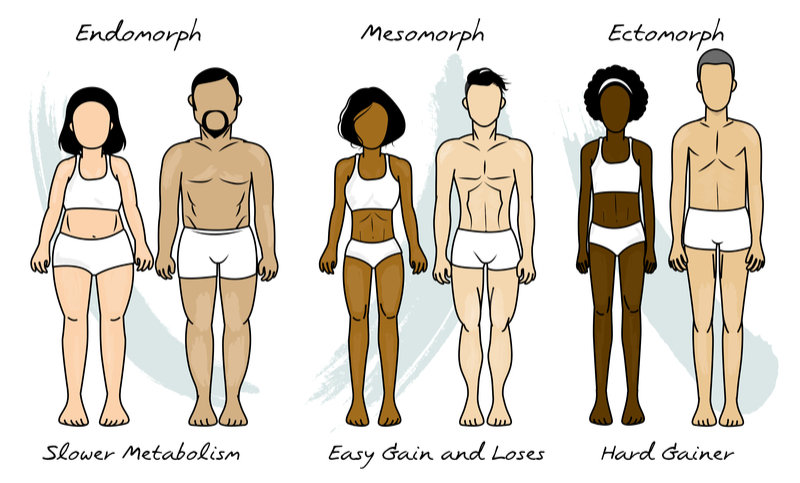
**“ARE YOU EATING THE RIGHT FOOD FOR**

**YOUR BODY TYPE”**



## TAKE THIS QUIZ TO FINDOUT WHAT FOOD WORKS WELL

## FOR YOUR BODY TYPE

## [TAKE THE QUIZ](file:///C:\Users\keerthu\AppData\Local\Temp\Temp2_Inner%20Child%20Quiz.zip\Inner%20Child%20Quiz\quiz.html)

Get results in less than 60 seconds!

**1)WHAT WOULD BE YOUR ANSWER WHEN SOMEONE ASK YOU REGARDING WEIGHT GAIN? / which sentence best describes your body weight?**

1. I have a hard time gaining weight(ecto)
2. I gain weight easily(endo)
3. I both gain and lose weight without too much effort.(meso)

**2) Your body has a/an … shape**.

1. Mostly straight (ecto)
2. Hourglass (meso)
3. Pear (narrow shoulders, wide hips) (endo)

3) **Your shoulders are:**

1. Wider than your hips(meso)
2. The same as your hips(ecto)
3. Narrower than your hips(endo)

**4) When you look in the mirror, what is prevalent in your body?**

1. Bones(ecto)
2. Muscles(meso)
3. Body fat(endo)

**5) If you encircle your wrist with your other hand’s middle finger and thumb, they:**

1. Overlap(ecto)
2. Touch(meso)
3. Don’t touch(endo)

**6)How do you feel after eating heavy carbs-rich-food?**

1. Tired, bloated, lethargic(endo)
2. Feel full and satisfied(meso)
3. Normal, Light(ecto)

**7)How good are you with leg exercises?**

1. I am really good with leg exercises comparing to other workouts(endo)
2. I am good with all type of workouts(meso)
3. Leg workouts are not my favorites(ecto)

**8) Your body tends to carry weight/fat in**

1. belly, hips, and thighs(endo)
2. upper body/equally stored in all body parts(meso)
3. no fat(ecto)

ECTOMORPHS:

Ectomorphs typically do not fare well on high-fat diets. This is because their fast metabolisms crave carbohydrates. However, the type of carbohydrates consumed is of importance. Ectomorphs should stick to complex carbohydrates. This will leave them feeling fuller longer.

They should also avoid highly processed carbohydrate foods like chips and candy. Such foods will break down very quickly. This leads to hunger pains shortly after consumption and then overconsumption of excess calories. For ectomorphs, this can result in a “skinny fat” physique. This term describes individuals that look relatively thin from the outside but carry a lot of visceral fat internally. Visceral fat consists of fat cells that pack around the organs of the body. Increased visceral fat leads to increased risk of cardiovascular issues as well as other metabolic conditions. Ectomorphs will fair best when sticking to whole, unrefined carbohydrates accompanied by moderate protein and healthy fats.

In terms of macronutrient (carbs, protein, fat) breakdown, we suggest ectomorphs eat a 45-35-20 split of carbohydrates, protein, and fat. This means you’ll be eating a moderate protein, lower fat, and higher carbohydrate diet compared with the other diets.

## Food List for an Ectomorph

Ectomorphs tend to respond well to carbohydrates, so you can eat those freely. You’ll just want to choose healthy sources, including fiber-rich fruits, veggies, and whole grains. To optimize your health, reach for plenty of protein, including from lean animal sources and plants like nuts and seeds. Prioritizing protein (along with [strength training](https://www.everydayhealth.com/fitness/add-strength-training-to-your-workout.aspx)) will help with your muscle-building efforts.

Here are some of the foods you can eat on the ectomorph diet:

### **Meat and Fish**

* [Chicken](https://www.everydayhealth.com/diet-nutrition/diet/chicken-benefits-nutrition-how-cook-thaw-more/)
* Turkey
* White fish (cod, mah-mahi)
* Seafood (shrimp, scallops)
* [Eggs](https://www.everydayhealth.com/diet-nutrition/diet/eggs-health-benefits-nutrition-calories-more/)
* Lean steak or beef

### **Dairy**

* Fat-free or low-fat yogurt or milk (keep to 1 serving a day)

### **Fruits and Vegetables**

* [Berries](https://www.everydayhealth.com/diet-nutrition-pictures/amazing-health-benefits-of-berries.aspx)
* Mango
* Oranges
* Apples
* Pears
* [Banana](https://www.everydayhealth.com/diet-nutrition/diet/bananas-nutrition-facts-health-benefits-recipes-risks/)
* Cauliflower
* Green beans
* [Broccoli](https://www.everydayhealth.com/diet-nutrition/diet/broccoli-nutrition-health-benefits-how-prepare-it-more/)
* [Asparagus](https://www.everydayhealth.com/diet-nutrition/diet/asparagus-benefits-how-cook-why-it-makes-your-pee-smell/)
* Brussels sprouts
* Squash

### **Nuts and Seeds**

* [Almonds](https://www.everydayhealth.com/diet-nutrition/diet/almonds-nutrition-benefits-how-eat-more/)
* Pistachios
* Peanuts
* Sunflower seeds
* Pumpkin seeds

### **Grains and Starchy Vegetables**

* Whole-wheat bread
* Old-fashioned or steel-cut [oats](https://www.everydayhealth.com/diet-nutrition/diet/oatmeal-benefits-risks-recipes-more/)
* [Brown rice](https://www.everydayhealth.com/diet-nutrition/diet/rice-nutrition-facts-how-brown-compares-white-how-prepare-it-more/)
* [Quinoa](https://www.everydayhealth.com/diet-nutrition/diet/quinoa-nutrition-facts-types-how-cook-it-more/)
* Farro
* [Sweet potato](https://www.everydayhealth.com/diet-nutrition/diet/sweet-potato-nutrition-benefits-recipes-more/)

### **A 1-Day Sample Menu for Ectomorphs:**

**Breakfast**Oatmeal with fruit and nuts

**Snack**Protein shake

**Lunch**Salad with a variety of chopped veggies, topped with [chicken](https://www.everydayhealth.com/diet-nutrition/diet/chicken-benefits-nutrition-how-cook-thaw-more/) and vinaigrette

**Snack**Apple and [almonds](https://www.everydayhealth.com/diet-nutrition/diet/almonds-nutrition-benefits-how-eat-more/)

**Dinner**Grilled shrimp and [broccoli](https://www.everydayhealth.com/diet-nutrition/diet/broccoli-nutrition-health-benefits-how-prepare-it-more/) over [quinoa](https://www.everydayhealth.com/diet-nutrition/diet/quinoa-nutrition-facts-types-how-cook-it-more/)

MESOMORPHS:

Mesomorphs should watch out for foods notorious for hidden sugars. Foods like yogurts, sauces, instant oatmeal, and non-natural peanut butters. Even peanut butters with “natural” on the label should be checked. Often, they sneak in added sugars but can still label it as “natural”. The best way to avoid added sugars is to read the nutrition facts label.

**Here are the recommended foods on a mesomorph diet:**

* Meat and Fish.
* Dairy.
* Fruits and Vegetables.
* Nuts and Seeds.
* Grains and Starchy Vegetables.

## Food List for a Mesomorph

The body type diet states that a mesomorph will do best with a well-balanced meal plan (40 percent carbs, 30 percent protein, and 30 percent fat), focusing on whole grains and starchy carbohydrates, healthy fats, and protein-rich foods. This will provide the needed energy for workouts and nutrients for muscle repair. They can also usually eat more calories compared with the other body types, as their higher percentage of muscle means a speedier metabolism. Here are the recommended foods on a mesomorph diet:

**Meat and Fish**

* Fish (salmon, tuna)
* [Chicken](https://www.everydayhealth.com/diet-nutrition/diet/chicken-benefits-nutrition-how-cook-thaw-more/)
* Lean steak
* Turkey
* [Eggs](https://www.everydayhealth.com/diet-nutrition/diet/eggs-health-benefits-nutrition-calories-more/)
* Protein shake

**Dairy**

* Yogurt
* Cottage [cheese](https://www.everydayhealth.com/diet-nutrition/diet/cheese-health-benefits-risks-types-top-sellers-more/)

**Fruits and Vegetables**

* [Berries](https://www.everydayhealth.com/diet-nutrition-pictures/amazing-health-benefits-of-berries.aspx)
* Apples
* Pears
* Oranges
* [Avocado](https://www.everydayhealth.com/diet-nutrition/diet/avocados-health-benefits-nutrition-facts-weight-loss-info-more/)
* Cauliflower
* Green beans
* [Broccoli](https://www.everydayhealth.com/diet-nutrition/diet/broccoli-nutrition-health-benefits-how-prepare-it-more/)
* [Asparagus](https://www.everydayhealth.com/diet-nutrition/diet/asparagus-benefits-how-cook-why-it-makes-your-pee-smell/)
* Brussels sprouts

**Nuts and Seeds**

* Nut or seed butter
* [Almonds](https://www.everydayhealth.com/diet-nutrition/diet/almonds-nutrition-benefits-how-eat-more/)
* Cashews
* Pistachios
* Pumpkin seeds
* Sunflower seeds

**Grains and Starchy Vegetables**

* [Sweet potato](https://www.everydayhealth.com/diet-nutrition/diet/sweet-potato-nutrition-benefits-recipes-more/)
* Lentils
* Beans
* [Quinoa](https://www.everydayhealth.com/diet-nutrition/diet/quinoa-nutrition-facts-types-how-cook-it-more/)
* [Brown rice](https://www.everydayhealth.com/diet-nutrition/diet/rice-nutrition-facts-how-brown-compares-white-how-prepare-it-more/)

### **A 1-Day Sample Menu for Mesomorphs****:**

**Breakfast**Toast with scrambled eggs

**Snack**Protein bar and fruit

**Lunch**Salad with mixed chopped veggies, chickpeas, and your choice of dressing

**Snack**Veggies and hummus

**Dinner**Chicken breast, roasted veggies, [sweet potato](https://www.everydayhealth.com/diet-nutrition/diet/sweet-potato-nutrition-benefits-recipes-more/)

Endomorphs

Endomorphs should cut back on their carb intake and focus more on healthy proteins and fats. However, this does not mean they must nix all carbohydrates. Endomorph’s carbs should come from mostly vegetables and whole-grain foods.  Limit breads, beverages, pastas, junk food, and high-sugar fruits. These foods will be digested very quickly and lead to blood sugar spikes.

The endomorph will want to stick with a 20-40-40 split of calories between carbohydrates, protein, and fat in order to shed body fat, (Read: High protein, lower in carbs.) Consume grains with lunch or dinner, depending on the time of your workout.

## Food List for an Endomorph

The thinking goes that endomorphs do best when they focus on reducing calorie intake and taking in more protein, healthy fats, and low-carb foods. This approach will help them trim fat, reduce their waistline, and improve insulin resistance. Here are the foods you’re allowed to eat on an endomorph diet.

### **Meat and Fish**

* [Chicken](https://www.everydayhealth.com/diet-nutrition/diet/chicken-benefits-nutrition-how-cook-thaw-more/)
* Turkey
* Salmon
* Cod

### **Dairy**

* Yogurt
* Milk

### **Fruit and vegetables**

* [Berries](https://www.everydayhealth.com/diet-nutrition-pictures/amazing-health-benefits-of-berries.aspx)
* Apples
* Pears
* [Asparagus](https://www.everydayhealth.com/diet-nutrition/diet/asparagus-benefits-how-cook-why-it-makes-your-pee-smell/)
* Zucchini
* Tomatoes
* Onions
* Greens (spinach, [kale](https://www.everydayhealth.com/diet-nutrition/diet/kale-nutrition-health-benefits-types-how-cook-more/), romaine)

### **Nuts and seeds**

* Nut and seed butter
* [Almonds](https://www.everydayhealth.com/diet-nutrition/diet/almonds-nutrition-benefits-how-eat-more/)
* Pistachios
* Sunflower seeds
* Pumpkin seeds

### **Grains and starchy vegetables**

* [Sweet potatoes](https://www.everydayhealth.com/diet-nutrition/diet/sweet-potato-nutrition-benefits-recipes-more/)
* Squash
* [Quinoa](https://www.everydayhealth.com/diet-nutrition/diet/quinoa-nutrition-facts-types-how-cook-it-more/)
* [Brown rice](https://www.everydayhealth.com/diet-nutrition/diet/rice-nutrition-facts-how-brown-compares-white-how-prepare-it-more/)
* Beans
* [Oats](https://www.everydayhealth.com/diet-nutrition/diet/oatmeal-benefits-risks-recipes-more/)

### **A 1-Day Sample Menu for Endomorphs****:**

**Breakfast**Eggs and spinach

**Snack**Protein bar

**Lunch**Roasted turkey lettuce wraps

**Snack**Veggies and hummus

**Dinner**Chicken with zucchini noodles and quinoa