

What's Your Type?

Different body types require different diet plans and training methods. There are three body types: mesomorphs, endomorphs and ectomorphs. Most people are a blend of two body types, with one being more dominant. This article focuses on the mesomorph body type.

Characterized as naturally muscular with a moderate frame, mesomorphs have medium-sized bone structures. They are well-proportioned with wider shoulders and a narrow waist, and typically have low body-fat levels. Of the three body types, mesomorphs are the best for bodybuilding as they are naturally strong and can lose or gain weight easily.

Fitness Goals

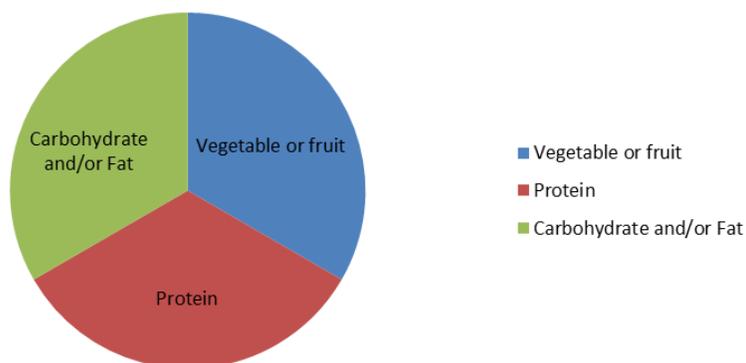
Male and female mesomorphs looking to build muscle have a genetic jump-start in reaching their goals. However, mesomorphs are prone to weight gain and need to focus on diet and a well-rounded training program to achieve a lean physique.

While mesomorphs are genetically inclined to build muscle, if your goal is to stay lean and slim, concentrating on diet and cardio is imperative.

Diet

The calorie needs of a mesomorph body type are slightly higher than the others, due to their higher ratio of muscle mass. Muscle weighs more than fat and requires more calories to maintain. While all body types need carbohydrates, protein and fat, mesomorphs seem to respond better to higher-protein diets. We have found that mesomorphs respond best when their plates are divided into thirds: one-third protein, one-third vegetable (or fruit) and one-third whole grain (or healthy fats).

Mesomorph Plate



Including small amounts of protein in every meal helps with muscle repair and building. Excellent protein sources include eggs (whole or whites), chicken, turkey, fish, beans, lentils, Greek yogurt and protein powder.

Carbohydrates are just as important, as the body requires glucose for energy production as well as glycogen resynthesizes after exercise. Mesomorphs should mix up their carbohydrate choices to include vegetables, fruit and whole grains, such as quinoa, brown rice and oatmeal. These carbohydrate examples provide belly-filling fiber as well as antioxidants and phytochemicals that help repair exercise-induced muscle damage. Choose seasonal and colorful fruits and vegetables,

and make sure to choose organic if it is one of the **Dirty Dozen**.

Healthy fats, such as nuts, seeds, avocado, coconut oil and olive oil, round out a healthy diet as they contain inflammatory compounds and help promote satiety.

Mesomorph body types often can lose weight quickly when following a meal plan that is higher in protein and lower in carbohydrates, and when they are getting plenty of exercise. However, mesomorphs gain weight just as quickly if their eating plan contains too many calories from high-sugar foods.

Try this Pumpkin Pie Shake for a nutritious and delicious pre- or post-workout meal that's perfect for mesomorphs.

Pumpkin Pie Shake



- 1 cup unsweetened vanilla almond milk or rice milk
- 1/2 cup canned pumpkin (not pumpkin pie filling)
- 1 scoop vanilla protein powder
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 Tbsp. chia seed
- 1 Tbsp. ground flax seed
- 4-5 ice cubes

1. Place all ingredients, except ice, into a blender and blend until smooth. Add ice cubes, one at a time, and continue to blend until shake reaches a desired consistency.