

# Diets by body type

## Introduction

If you're an ectomorph, you need to eat a lot of carbs. If you're a mesomorph, you should be eating protein. And if you're an endomorph, then—well, I'm sorry but this isn't the diet for you.

The only way to know which diet is best for your body type is to take a quiz that asks questions about your habits and preferences (and then spits out some results). But since we haven't been able to find any such quizzes in this niche of the internet yet—which makes sense because it's not like anyone cares enough about their body type to bother taking a quiz about it—we've created them ourselves! This will be fun!

## A diet for ectomorphs

If you're an ectomorph, it's not unusual to be naturally thin. You burn calories quickly, so you need small meals throughout the day. Try to avoid eating too much protein or fat (the good fats are okay), and eat plenty of vegetables and fruit.

## A diet for mesomorphs

- Eat a lot of lean protein. Lean proteins include fish, chicken and turkey breast, eggs, beans and lentils.
- Eat plenty of vegetables. Vegetables are filled with vitamins and minerals that help you feel full while also keeping you healthy by providing important antioxidants. Try to eat around 5-6 servings per day!
- Avoid processed foods as much as possible since they are often high in sugar and/or fat (e.g., cookies). Additionally, the more ingredients a food has on the label, the less natural it probably is—processed foods may contain artificial sweeteners like high fructose corn syrup or be loaded with preservatives to extend their shelf life but this can have negative health effects over time! Instead try cooking meals at home yourself so that you know exactly what's going into them (and then don't forget about leftovers!).
- Limit sugary foods such as candy bars because these can cause spikes in blood sugar levels which may lead to overeating later on when looking for something sweet after dinner again...not good news for weight loss goals!

## A diet for endomorphs

Endomorphs need a diet that's rich in fiber and protein, but low in sugar and refined carbs. Here are some sample meals for an endomorph:

- Breakfast: 2 eggs, 3 pieces of bacon (or other meat)
- Lunch: 4 oz chicken breast on a bed of spinach. Serve with 2 slices whole wheat bread and one serving fruit (apple).
- Dinner: 4 oz salmon sauteed in olive oil with one serving broccoli, one small baked potato, and salad dressing made from olive oil and vinegar or lemon juice.

## Takeaway:

The takeaway is the main idea of the article. It should be a statement that is easy to remember, and it can be used to summarize the article.

In this article, I've tried to help you understand how different diets can help people who have different body types. I hope that you now feel more comfortable with finding a diet that will work for your body type!

## Conclusion

With all the information we've provided you can make a better decision about the type of diet that is right for you. If you are looking to lose weight or gain weight then remember not to go on a crash diet or starvation plan because it will only lead to more problems down the road. Also don't think that just because your body type is one way doesn't mean there aren't things that can be done differently with it too!