WHAT TO EAT FOR YOUR BODY TYPE

By Dr. Eric Berg DC
The body type program refers to four body types: adrenal, ovary, thyroid, and liver. This breakdown is based on what’s happening with your inner glands and the various hormone shifts that can occur, thus distorting your shape. This explains why some diets work, yet others do not – different bodies need different foods.

Based on where the fat is held, one can get a clue as to what body type you may have; however, there are other symptoms, too. The first thing to do is take the Body Type Quiz to determine your type by going to **www.drberg.com/body-type-quiz**.

This guide is a small summary of the food section of the book, The 7 Principles of Fat Burning, by Dr. Eric Berg DC.
Summary of the Body Types

Adrenal
(Sagging Belly Fat)

- Pendulous (sagging) abdomen
- Round face
- Buffalo hump
- Poor sleep
- Stressed, anxiety
- Craves salty foods or chocolate
- Inflammation or pain
- Twitch on the left eye lid
- Needs coffee to keep awake
- Best sleep is half an hour before the alarm goes off
- Low vitamin D levels
- Low stress tolerance
Adrenal types need more protein – between 6 and 7 ounces per meal and preferably animal protein. Eggs for breakfast are ideal and even 3-4 eggs a day will not increase your bad cholesterol. Eggs have a natural chemical called lecithin, which is anti-cholesterol.

Adrenal types need more snacks between meals due to unstable blood sugar levels.

The key mineral needed for adrenal types is potassium. Our bodies need 4700 mg each day, which means over a period of 1 day, you must consume 7-9 cups of vegetables or salad. I know this seems a lot and rarely does anyone do this, but lots of body issues get cleared up when you do this. I eat a huge salad at lunch and am good for the whole day.

Avoid sugars, grains, and foods with hidden sweeteners, such as juice and flavored yogurt.
BELOW IS AN EXAMPLE OF A 3-DAY MEAL PLAN

### ADRENAL TYPE

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><img src="image7.png" alt="Image" /></td>
<td><img src="image8.png" alt="Image" /></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><img src="image10.png" alt="Image" /></td>
<td><img src="image11.png" alt="Image" /></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><img src="image13.png" alt="Image" /></td>
<td><img src="image14.png" alt="Image" /></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><img src="image16.png" alt="Image" /></td>
<td><img src="image17.png" alt="Image" /></td>
</tr>
</tbody>
</table>
INGREDIENTS:
• ½ cup cocoa powder (unsweetened)
• 1 cup chopped walnuts
• 2 sticks butter (melted) or 1 stick butter and ½ cup coconut butter
• ¾ cup or ¾ cup xylitol sweetener (depending on how sweet you like it)
• 4 eggs (whole)
• 1 tsp. vanilla extract

DIRECTIONS:
• Preheat oven to 375 degrees.
• Melt the butter (or coconut butter).
• On low speed, mix butter, cocoa powder, xylitol, vanilla, walnuts, and eggs until batter is smooth and fluffy; this can take a few minutes.
• Grease a glass or metal 8” x 8” square pan with butter or coconut butter.
• Pour mixture evenly in the baking pan.
• Bake for 20-25 minutes – put toothpick in center to see if brownie mix sticks. If the toothpick comes out clean, the brownies are fully cooked.
• Remove and let cool for 15 min. These brownies must be kept in the refrigerator because they contain butter, which tends to melt at room temperature.

Consume sparingly, due to a small amount of caffeine in chocolate.
Thyroid
(Weight All Over)

- Weight gain all over the body
- Hair loss
- Cravings for carbs (breads, cakes, and sweets)
- Loose skin under arms and neck
- Loss of outer eyebrows
- Cold feet
- Brittle nails
- Depression or sluggishness
- Despite lots of sleep, still don’t feel rejuvenated
Thyroid types need smaller amounts protein – between 3 and 5 ounces per meal. This is because of their lowered metabolism. It’s important to consume a protein breakfast to establish stable blood sugar all day long. If you consume a grain breakfast, you will notice major cravings later in the evening.

Because the metabolism is slower in a thyroid type, excessive snacking is not recommended. A lighter protein dinner is recommended due to the slower metabolism.

Thyroid types do not do well with any type of estrogen. This means avoiding soy products and ensuring that your meats, cheeses, dairy products, etc., are hormone free. Many thyroid gland problems are secondary to high levels of estrogen.

The key mineral thyroid types need is iodine. The thyroid needs this mineral to produce its hormones. Foods high in iodine are sea kelp, seafood, and strawberries. Also note that cruciferous vegetables (kale, broccoli, cabbage, bok choy, brussels sprouts, and cauliflower) are anti-iodine, so avoid them or add some sea kelp to your diet if you consume them.

Avoid sugars, grains, and foods with hidden sweeteners, such as juice and flavored yogurt. Some fruits are OK, but berries are preferable.
**BELOW IS AN EXAMPLE OF A 3-DAY MEAL PLAN**

**THYROID TYPE**

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><img src="image1" alt="Breakfast" /></td>
<td><img src="image2" alt="Breakfast" /></td>
<td><img src="image3" alt="Breakfast" /></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><img src="image4" alt="Lunch" /></td>
<td><img src="image5" alt="Lunch" /></td>
<td><img src="image6" alt="Lunch" /></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><img src="image7" alt="Dinner" /></td>
<td><img src="image8" alt="Dinner" /></td>
<td><img src="image9" alt="Dinner" /></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><img src="image10" alt="Snack" /></td>
<td><img src="image11" alt="Snack" /></td>
<td><img src="image12" alt="Snack" /></td>
</tr>
</tbody>
</table>
Ovary
(Saddle Bags – Hip/Thigh Weight)

• Bad menstrual cycle
• Hot flashes
• PMS
• Cravings for ice cream, yogurt
Ovary types need a **moderate amount of protein** – between 5 and 6 ounces per meal. It is not important for the ovary type to consume a high-protein breakfast.

Because ovary types have higher estrogen than other types, you want to **avoid estrogenic foods** like soy and ensure that animal meats and dairy products are hormone free.

Good snacks for the ovary type are nuts, berries, and cheeses (hormone free).

Ovary types do well with cruciferous vegetables because they are anti-estrogenic – perfect for the ovary type. I recommend a kale shake (kale and berries) in the morning.

The key mineral ovary types need is iron. The ovary type usually has menstrual cycle problems and iron is the mineral that replaces and fortifies blood.

Avoid sugars, grains, and foods with hidden sweeteners, such as juice and flavored yogurt. Some fruits are OK, but berries are preferable.
BELOW IS AN EXAMPLE OF A 3-DAY MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-breakfast</td>
<td><img src="image1" alt="" /></td>
<td><img src="image2" alt="" /></td>
<td><img src="image3" alt="" /></td>
</tr>
<tr>
<td>Breakfast</td>
<td><img src="image4" alt="" /></td>
<td><img src="image5" alt="" /></td>
<td><img src="image6" alt="" /></td>
</tr>
<tr>
<td>Lunch</td>
<td><img src="image7" alt="" /></td>
<td><img src="image8" alt="" /></td>
<td><img src="image9" alt="" /></td>
</tr>
<tr>
<td>Dinner</td>
<td><img src="image10" alt="" /></td>
<td><img src="image11" alt="" /></td>
<td><img src="image12" alt="" /></td>
</tr>
<tr>
<td>Snack</td>
<td><img src="image13" alt="" /></td>
<td><img src="image14" alt="" /></td>
<td><img src="image15" alt="" /></td>
</tr>
</tbody>
</table>

OVARY TYPE
• 1 handful of kale (stems and all)
• 8 ounces of water
• 1 handful of frozen fruit or blueberries, a banana (optional)
• Combine ingredients and blend for 3 minutes!
Liver
(Potbelly)

- Skin issues
- Right shoulder pain
- Bloating after eating
- Grouchy in the morning (due to low blood sugar)
- Headaches
- High cholesterol
- Liver belly is fluid, not fat – called ascites, which means fluid
LIVER BODY TYPE

Eating Plan

Liver types need the least amount of protein – between 3 and 4 ounces per meal. The liver heals with lots of vegetables. Excess protein is hard on the liver. Some is OK, but low-stress protein like fish, sea food, and eggs is preferred.

The best types of vegetables for the liver are cruciferous. These include kale, broccoli, brussels sprouts, cabbage, bok choy, and collard greens. Despite being bitter, they can greatly help the liver heal. The type of belly a liver type has is a “potbelly,” which is usually fluid, not fat. Eating more vegetables that are high in potassium can re-balance the fluids in the body.

The liver does not do well on fats either. Coconut oils are OK, but limit fats and oils to small amounts. Nuts can also aggravate the liver and gallbladder, causing the right shoulder and neck to develop pain, but seeds are OK.

Some liver types experience lots of bloating if they eat cruciferous vegetables – if this is true in your case, consume more fermented vegetables like pickles and sauerkraut.

Good snacks for the liver type are veggies, berries, and fruits.

This cranberry drink is also good for liver types: Add 2 ounces of unsweetened cranberry juice, 1 tsp. of lemon juice, and 1 tsp. of apple cider vinegar to a glass of water. Drink 1-3 servings per day.

Avoid sugars, grains, and foods with hidden sweeteners, such as juice and flavored yogurt. And stay away from alcohol.
Below is an example of a 3-day meal plan for the thyroid type:

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-breakfast</td>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
</tr>
<tr>
<td>Breakfast</td>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
</tr>
<tr>
<td>Lunch</td>
<td><img src="image7.png" alt="Image" /></td>
<td><img src="image8.png" alt="Image" /></td>
<td><img src="image9.png" alt="Image" /></td>
</tr>
<tr>
<td>Dinner</td>
<td><img src="image10.png" alt="Image" /></td>
<td><img src="image11.png" alt="Image" /></td>
<td><img src="image12.png" alt="Image" /></td>
</tr>
<tr>
<td>Snack</td>
<td><img src="image13.png" alt="Image" /></td>
<td><img src="image14.png" alt="Image" /></td>
<td><img src="image15.png" alt="Image" /></td>
</tr>
</tbody>
</table>

*The middle dinner example is kale slaw.
DIRECTIONS:
1. In a small bowl, whisk olive oil, mustard, and apple cider vinegar. Season with salt and pepper.
2. In another bowl, combine kale, cabbage, carrot, parsley, and red onion with sunflower, pumpkin, and hemp seeds.
3. Season with salt and pepper, drizzle with dressing, and toss to coat.

INGREDIENTS:
- 1 tbsp. olive oil
- 1 tbsp. Dijon mustard
- 1 tsp. apple cider vinegar
- Coarse salt and pepper
- 3 cups mixed shredded kale and red cabbage
- 1 carrot, peeled and julienned
- 1/4 cup fresh parsley leaves
- 2 tbsp. diced red onion
- 2 tbsp. sunflower seeds
- 2 tbsp. pumpkin seeds
- 2 tbsp. hemp seeds

Kale Slaw
Kale Shake

- 1 handful of kale (stems and all)
- 8 ounces of water
- 1 handful of frozen fruit or blueberries, a banana (optional)
- Combine all ingredients and blend for 3 minutes!

Cranberry Drink

- 2 ounces of unsweetened cranberry juice
- 1 tsp. of lemon juice or ½ of a lemon
- 1 tsp. of apple cider vinegar
- 1 glass of water
I heard that eggs will increase my cholesterol.
Eggs are a great source of protein. I have been consuming 4 eggs each morning for 25 years. Eggs are also loaded with lecithin, which by the way is the antidote to cholesterol. You also have to realize that our own bodies make lots of cholesterol daily (2000 mg), so in reality consuming eggs will only temporarily increase your good cholesterol – nothing to worry about.

I heard that eating fat will increase my own fat.
There is nothing wrong with consuming fat on the plan for the adrenal body type. Fat does not convert to fat. Fat is neutral when we talk about hormones and does not increase insulin (hormone that makes you fat). Sugar is the problem; it turns into fat more than any other type of food.

I am a mixed body type, where do I start?
The best thing to do is take the body type quiz on www.drberg.com/body-type-quiz to determine your primary body type.

I heard that carbohydrates are bad for me.
There are several types of carbs. Vegetable carbohydrates are totally acceptable. Fruits and grains are NOT acceptable for an adrenal body type. Other body types can have fruits and berries. The worst type of carb is grains (breads, pasta, cereal, crackers, cakes, etc.). The best type of carb is vegetables. Starches, also carbs, can definitely pack on weight – potatoes and rice, for example.

How can I possibly consume 7-10 cups of salad per day?
One cup of vegetables is a small handful, not much. If you ate 2 medium-sized salads, it would be easy to get your daily potassium.
Your Next Step?

Get a FREE Consult at our office in Alexandria, VA

The Health & Wellness Center
4609 D Pinecrest Office Park Drive
Alexandria, VA 22312

CALL 703-354-7336 for a Free Consult / Exam
Who Is Dr Berg?

Dr. Eric Berg DC, author of the Amazon best-selling book, The 7 Principles of Fat Burning and associate professor at Howard University (Nutrition Dept.), has been in practice for 25 years. His busy clinic is located in Northern Virginia (Alexandria) and welcomes patients who are interested in holistic and alternative healthcare. He has presented more than 4800 seminars to virtually all governmental agencies and local churches. His YouTube videos, now reaching just under 4 million views, are his method of educating people in a simple and sometimes humorous way.
See Dr. Berg on Youtube

www.youtube.com/user/drericberg123