



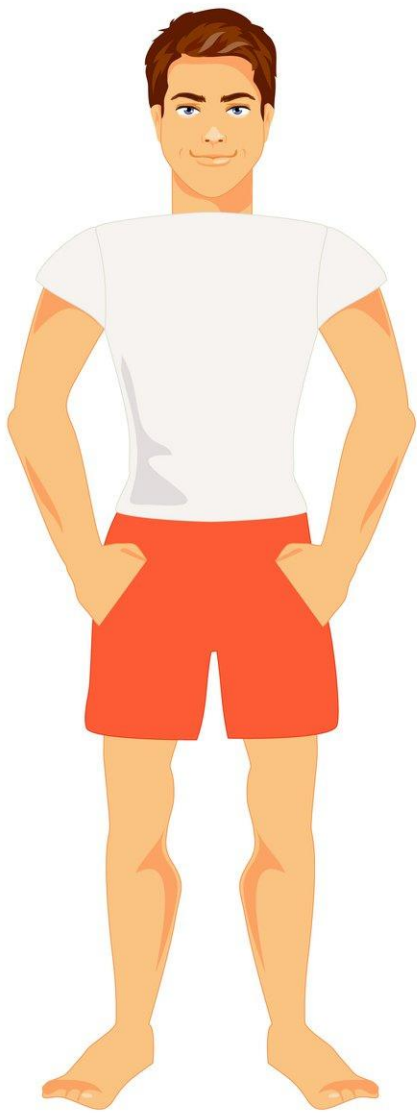
TORQUE



HOW TO EAT FOR YOUR BODY TYPE

Body type, or somatotype, refers to the idea that there are three generalised body compositions that people are predetermined to have. Let's see how we can learn to eat for the three different somatotypes; endomorph, mesomorph, and ectomorph.

THE THREE BODY TYPES



1. ECTOMORPH

An ectomorph typically has a slim, light build. They have small joints, long limbs and lean muscle. They also usually have a fast metabolism and can find it hard to gain weight.

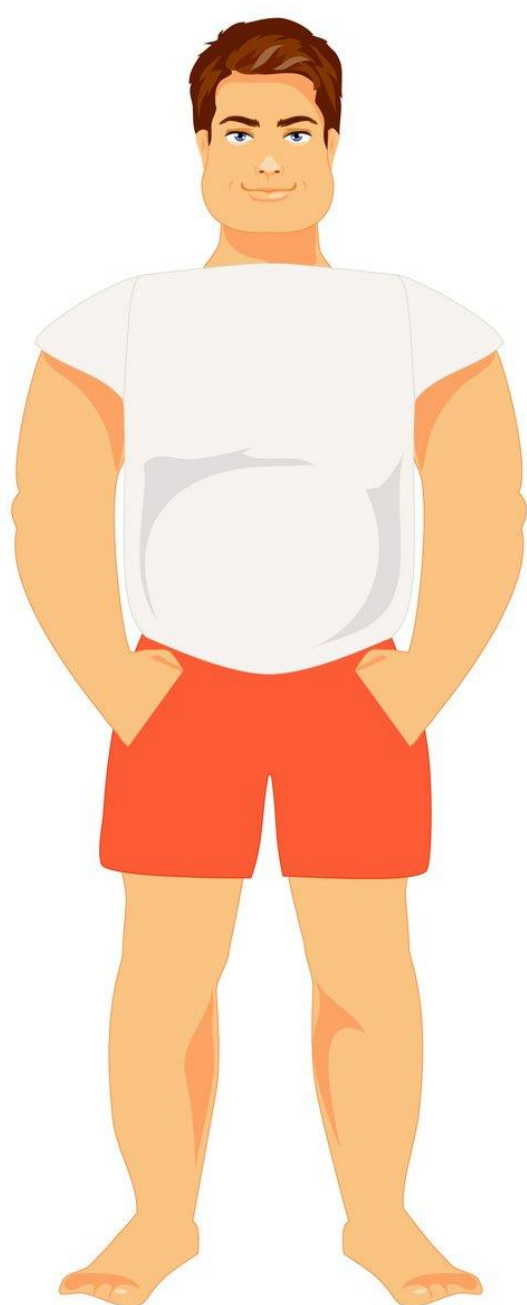
As a result ectomorphs need a large amount of calories in order to gain weight. Workouts should be intense and short, focusing on the larger muscle groups. Supplements are recommended and ectomorphs should eat before bed to prevent muscle catabolism during the night.



2. MESOMORPH

A mesomorph has larger muscles and bone structure. They are typically athletic with well defined muscles and a more rectangular shaped body. Mesomorphs are naturally strong and make for good bodybuilders.

The mesomorph body type typically gain and lose weight quickly. They should watch their calorie intake to be sure not to gain too much fat. A combination of cardio exercise and weight training is usually best for this body type.



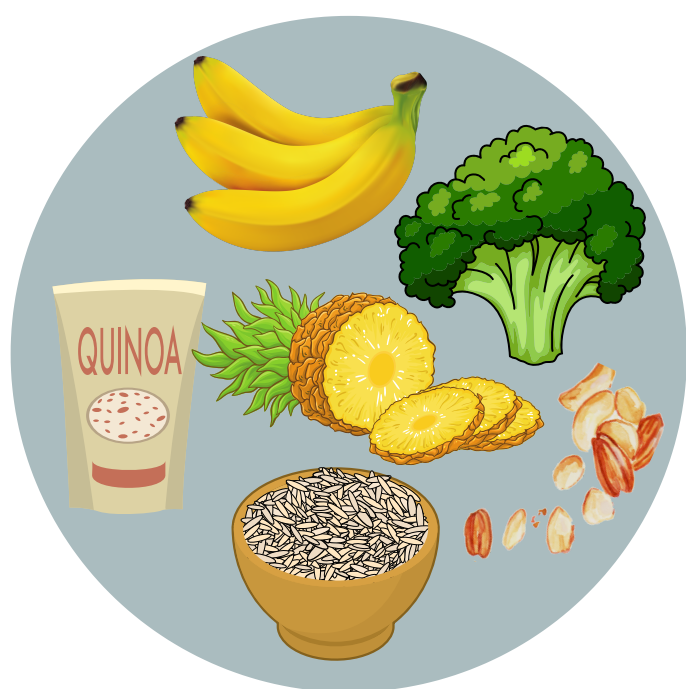
3. ENDOMORPH

An endomorph has a typical soft and round body shape. They gain muscle and fat very easily. With a slow metabolism they find it hard to lose fat. Muscles are generally less well defined although the muscles are strong, especially in the upper legs.

Endomorphs should always do cardio along with weight training. Supplements are generally not needed as long as the person has high amounts of protein in their diet.

WHAT AND WHEN TO EAT

1. ECTOMORPH



GENERAL NUTRITION TIPS

An ectomorph should eat a diet that is higher in carbohydrates and calories. Approximately 50 to 60 percent of calories should come from carbs, 25 percent from protein and 25 percent from fat. Generally it is good for ectomorphs to eat frequently, every two to four hours is best.

Starchy carbohydrates including oats, brown rice and sweet potatoes are recommended. Fruits, vegetables and nutrient dense snacks including nuts, seeds and nut butters are also good choices. The key is to eat a balanced diet rich in nutrients.

PRE- AND POST-WORKOUT NUTRITION

About 30 to 60 minutes before a workout, make sure to eat or drink a fast-digesting carbohydrate and protein to keep you energised. Your post-workout meal should be consumed 60 to 120 minutes after your workout. The ideal post-workout meal includes a 3:1 ratio of carbs to protein to help quickly replenish your glycogen stores and repair and build muscle fibers.



2. MESOMORPH



PRE- AND POST-WORKOUT NUTRITION

About 30 to 60 minutes before a workout, make sure to eat or drink a fast-digesting carbohydrate and protein to keep you energised. If the goal is fat loss or body re-composition, essential amino acids (EAAs), 5-15 g per hour of training, may be a better option. 20+ grams of quality/complete protein in each meal/snack is ideal, as the essential amino acids are key to help your body repair and synthesise muscle tissue.

GENERAL NUTRITION TIPS

A mesomorph will perform best with a well-balanced meal plan of around 40 percent carbs, 30 percent protein and 30 percent fat.

They should focus on starchy carbohydrates, whole grains, healthy fats and protein-rich foods which will provide energy for workouts and nutrients for muscle repair. Generally they can eat more calories compared with the other body types, as their higher percentage of muscle means a speedier metabolism.



3. ENDOMORPH



PRE- AND POST-WORKOUT NUTRITION

Eat a well balanced meal around 1-2 hours before exercise and 1-2 hours after exercise. Essential amino acids (EAAs), 5-15 g per hour of training, or water are suggested during exercise. Avoid dextrose, maltodextrin, or other high glycemic carbs post workout. On days that you are not exercising it is best to eat a smaller amount of carbs.

GENERAL NUTRITION TIPS

An endomorph should limit their intake of simple carbohydrates. These foods are high in sugar and calories, which can cause fat storage. They will perform best with a well-balanced meal plan of around 30 percent carbs, 35 percent protein, and 35 percent fat.

It is better to eat smaller, more frequent meals to prevent overeating. Eating more protein, healthy fats, and low-carb foods will help to reduce fat and improve insulin resistance.

