MIXED TYPE DIET ALLOWABLE FOODS CHART							
PROTEINS			CARBOHYDRATES			OILS/FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED	OIL/FAT
	As a <i>Mixed Type</i> , you need to eat foods from <i>both</i> the Protein Diet and						
	Carbo Diet each day and <i>not</i> get in the habit of eating foods from one						
	group or another.						
	For this reason, you need to become familiar with the allowable food charts						
	of both the Protein and Carbo Type Diets.						