

Metabolic Typing Questionnaire

This questionnaire is designed to help you determine the optimal macronutrient ratio (fats: proteins:carbohydrates) to begin the process of fine tuning your body’s feedback mechanisms. For those of you not sure of what a fat, protein or carbohydrate is, let me simplify that for you. If the food comes from something that has a set of eyes, it is going to higher in fats and proteins; fats and proteins most often come together in nature. For example, cows, sheep, birds, and fish all have sets of eyes and all provide higher protein/fat foods. Foods like vegetables, fruits, and cereals do not come from a source that had a set of eyes are generally much higher in carbohydrates and lower in fat and protein. There are a few exceptions to this rule such as nuts, seeds, and avocados, which have no eyes, yet are high fat foods.

When answering the questions, circle the answer that best describes the way you feel not the way you think you should eat! If none of the answers suit with you regard to a particular question, simply do not answer that question. If the answer A suits you some of the time (in the morning, but not the evening for example), and answer B suits you other times, you may circle both provided that the answers refer to how you may feel on any given day, not within a period of 24 hours.

1. I sleep best:

A. When I eat a snack high in protein and fat 1-2 hours before going to sleep.

B. When I eat a snack higher in carbohydrates 3-4 hours before going to sleep.

2. I sleep best if:

A. My dinner is composed of mainly meat with some vegetables or carbohydrates.

B. My dinner is composed mainly of vegetables or other carbohydrates and a comparatively small serving of meat.

3. I sleep best and wake up feeling rest:

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- A.** If I don't eat sweet desserts like cakes, candy or cookies. If I eat a rich dessert that is not overly sweet, such as high quality full fat ice cream, I tend to sleep O.K..
- B.** If I occasionally eat a sweet dessert before I go to bed.

4. After vigorous exercise, I feel best when I consume:

- A.** Foods or drinks with higher protein and/ or fat content, such as a high protein shake.
- B.** Foods or drinks higher in carbohydrate (sweetener), such as Gatorade.

5. I do best- maintain mental clarity and a sense of well-being for up to 4 hours after a meal - when I eat:

- A.** A meat based meal containing heavier meats such as chicken legs, roast beef and salmon, with a smaller portion of carbohydrate.
- B.** A carbohydrate based meal containing vegetables, bread or rice and a small portion of a lighter meat such as chicken breast or white fish.

6. If I am tired and consume sugar or sweet foods such as donuts, candy or sweetened drinks without significant amounts of fat or protein.

- A.** I get a rush of energy, but then I am likely to crash and feel sluggish.
- B.** I feel better and my energy levels are restored until my next meal.

7. Which statement best describes your disposition toward food in general:

- A.** I love food and I live to eat.
- B.** I do not fuss over food and I eat to live.

8. I often:

- A.** Add salt to my foods.
- B.** Find that foods are too salty for my liking.

9. Instinctually, I prefer to eat:

- A.** Dark meat, such as the chicken or turkey legs and thighs over the white breast meat.
- B.** Light meat such as the chicken or turkey breast over the dark leg or thigh meat.

10. Which list of fish most appeals to you?

- A.** Anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna (dark meat)
- B.** White fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tuna (white), turbot.

11. When eating dairy products, I feel best after eating:

- A.** Richer full fat yogurts and cheeses or desserts.
- B.** Lighter, low fat yogurts and cheeses or desserts.

12. With regard to snacking:

- A.** I tend to do better when I snack between meals or eat more smaller meals throughout the day.
- B.** I tend to last between meals without snacking.

13. Which describes the way you instinctually prefer to start your day in order to feel your best and to have the most energy.

- A.** A large breakfast that includes protein and fat, such as eggs with sausage or bacon.
- B.** A light breakfast such as cereal, fruit, yogurt, breads and possibly some eggs.

14. Which characteristics best describes you:

A. In general, I digest food well, have an appetite for proteins, feel good when eating fats or fatty foods, am more muscular or inclined to gain muscle or strength easily.

B. I am more lithe of build, prefer light meats and lower fat foods, am more inclined toward endurance athletics.

Total A answers:_____ Total B answers:_____

Determining Your Metabolic Type

To score your test, add the questions you circled **A** and the number you circled **B**.

- * If your number of **A** answers is three or more than **B** answers, you are a Protein Type.
- * If your number of **A** and **B** answers are tied or within two of each other, you are a Mixed Type.
- * If your number of **B** answers is three or more than **A** answers, you are a Carb Type.

What is Metabolic Typing?

Metabolic typing is a system that identifies an individuals genetically based nutrition and

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diet requirements. there is not one diet that is right for everyone, therefore to achieve optimal health, you must determine what is right for you. You can find out what your Metabolic Type is through this questionnaire, which will categorize you as a protein type, a carb type, or a mixed type. You may notice that the diet for a protein type is similar to the popular Zone Diet, while the diet for a carb type is closer to the Ornish Diet. The great thing about Metabolic Typing is that it will direct you towards the diet plan that is right for your body.