

METABOLIC TYPING QUESTIONNAIRE

This questionnaire is designed to help determine the optimal macro nutrient ratio (fats:proteins:carbohydrates) for you, and to begin the process of fine tuning your body's feedback mechanisms.

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 you with regard to a particular question, simply don't answer that question. If the answer A suits you some of the time (in the morning for example, but not the evening) and answer B suits you other times, you may circle both, provided that the answers refer to how you feel on any given day, not within a period of 24 hours.

1 I sleep best;

A when I eat 1-2 hours before going to sleep.

B when I eat as much as 3-4 hours before going to sleep.

2 I sleep best if;

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

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

3 I sleep best and wake feeling most rested if I;

A do not eat sweet desserts like cake, chocolate and biscuits. If I eat a rich desert that is not overly sweet, such as high quality full fat ice cream I tend to feel okay.

B even if I eat a sweet dessert now and then.

4 After vigorous exercise, I tend to crave;

A foods or drinks with higher protein and/or fat content such as meats, eggs or a protein shake.

B foods or drinks higher in carbohydrates (sweet), such as Lucozade, fizzy drinks or fruit juices.

5 In order to last 4 hours between meals and maintain mental clarity and a sense of well being, I prefer to eat;

- A a meal predominantly meat based, high in protein and fat (such as roast beef, pork or salmon...) with carbohydrates as a supplement to the meal.
- B a meal predominantly carbohydrate based, such as a salads or vegetables with some bread, and a small amount of protein.

6 Which best describes your reaction to sweet or sugary foods such as chocolate, cakes and sweets?

- A I get a rush of energy, may get the hitters or may feel good for a short time but am then likely to have a blood sugar crash, resulting in the need for more of the same or having to eat some real food to normalise myself.
- B I can do quite well on sweet things and I do not seem to be negatively affected, even though I know it is not good for me.

7 My body shape is closest to;

- A Mesomorphic or 'V' shaped, like a typical wrestler, gymnast or weight lifter type or Endomorphic or more naturally round shaped but am naturally strong and respond well to anaerobic sports or strength training type exercises.
- B Ectomorphic or long and lean like a rower or tri-athlete or endomorphic or more naturally round shaped but I respond better to endurance training rather than strength or anaerobic training.

8 Which statement best describes your attitude towards food in general;

- A I love food and live to eat!
- B I am not fussed over food in general and I eat to live.

9 In general, I prefer;

- A to salt my foods most of the time
- B to taste my foods and apply salt once in a while, but I am not particularly attracted to salty foods.

10 Instinctively, I prefer to eat;

A dark meat such as turkey or chicken legs and thighs over the white breast meat.

B lighter meats such as chicken or turkey breast over the darker leg and thigh meat.

11 Which list of fish most appeal to your taste buds, without the concern for calories or fat content;

A Anchovy, caviar, herring, mussels, sardines, clams, crab, lobster. Mackerel, oyster, salmon and tuna (dark meat)

B light fish, cod, haddock, sole, trout and turbot.

12 When eating dairy products, do you feel best when eating;

A richer full fat yogurts and cheeses or desserts.

B lighter low fat yogurts and cheeses or desserts.

13 With regard to snacking do you;

A tend to do better with snacks between meals

B tend to last between meals in general.

14 Which characteristic best describes you;

A Creative, digest food well in general, have a strong immune system and do not get ill easily. Have an appetite for proteins, feel good when eating fatty foods, more muscular or inclined to gain strength and/or muscle easily.

B Logical, leaner in build, tend to be sensitive to temperature changes and the flu season, and would not consider your immune system to be one of your strong attributes. Prefer light meats and lower fat foods, and more inclined toward endurance training.

Total A answers.....

Total B answers.....

If your number of A answers is three or more than the B answers you are a Protein Type.

If your A and B answers are tied to within 2 of each other you are a Mixed Type.

If your number of B answers are 3 or more than the A answers, you are a Carbohydrate (Carbo) type.