



## Metabolic Questionnaire

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In answering the following questions, choose the answer which best describes how you commonly feel. If you feel that neither of the answers describes your dietary or lifestyle habits – leave the question blank. If you find that both *A* and *B* apply, you may circle both.

1. My common reaction when indulging in sweet foods and snacks:
  - A. I feel an instant euphoric feeling and a burst of energy. Then I eventually slow down and experience a drop in my blood sugar, which leads me to crave more sweets.
  - B. I seem to not react negatively to sweet candies, cakes and treats. I know how to handle my limits when the craving strikes.
2. After a tense workout routine, I find myself craving:
  - A. Foods and drinks high in protein and/or fat content (protein shakes, meats)
  - B. Sweeter foods and drinks higher in carbohydrates (sports drinks, pasta, grains)
3. When it comes to snacking, I generally:
  - A. Need to eat something small and filling to hold me over between meals
  - B. Don't need to snack in between meals
4. Salting my foods:
  - A. Is something I do regularly
  - B. Is mostly unnecessary – but I do use salt occasionally to flavor some meals
5. At breakfast time, I tend to choose:
  - A. A heavier meal such as eggs, sausage and/or bacon to provide energy throughout the day
  - B. A lighter meal such as yogurt, granola and fruit to provide satiety until a mid-morning snack or lunch
6. Because of the way they make me feel, I generally prefer:
  - A. Full-fat milk, cheeses and yogurt
  - B. Low-fat milk, cheeses and yogurt
7. Meals that commonly provide me energy, balance and optimal performance for daily activities are:
  - A. Mainly composed of proteins such as meats, poultry and fish – with a small amount of carbohydrate
  - B. Mainly composed of carbohydrates such as pasta, breads, salads and vegetables – with a small amount of protein
8. When choosing between meats, I normally go for:
  - A. Dark meat rather than light meat
  - B. Light meat rather than dark meat
9. My general outlook towards food:
  - A. I live to eat
  - B. I eat to live



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10. When it comes to eating before bedtime, I tend to:

- A. Sleep best if I eat 1-2 hours prior
- B. Sleep best if I eat 3 or more hours prior

11. I find my sleep is best when:

- A. My last meal is mostly protein-based with some carbohydrates and vegetables
- B. My last meal is mostly carbohydrate-based with a small serving of protein or meat

12. I normally wake up in the morning feeling rejuvenated and well-rested:

- A. If I avoid sweet cakes, candies and treats
- B. If I have consumed an appropriate portion of a sweet dessert

13. The list of fish I find most appealing is:

- A. Anchovy, caviar, herring, mussels, sardines, crab, lobster, mackerel, octopus, salmon, scallops, shrimp, squid
- B. Catfish, cod, flounder, scrod, sole, trout, turbot, haddock, light fish

14. My body shape is closest to:

- A. The 'V'-shaped, mesomorphic body – similar to that of a wrestler, gymnast or weightlifter; or endomorphic – naturally round but with a great deal of strength and excels at strength training exercises
- B. Long and lean ectomorphic body – a natural round shape; more endurance than strength training ability

15. I describe myself as:

- A. A creative individual with a strong immune system, a particular appetite for protein, comfortable with eating fatty foods, muscular, and inclined to gain muscle and strength more easily
- B. A logical individual with a more sensitive immune system, prefers light meats with lower fat foods, and inclined to stronger endurance

Total **A** answers: \_\_\_\_\_

Total **B** answers: \_\_\_\_\_

Now, calculate all your circled **A** answers, and all your circled **B** answers.

- If you calculated more **A** answers than **B** answers, you are a **Protein Type**
- If your number of **A** and **B** are equal, you are a **Mixed Type**
- If you calculated more **B** answers than **A** answers, you are a **Carbo Type**

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<sup>i</sup> "Metabolic Typing." *The Metabolic Typing Diet*. N.p., n.d. Web. 27 Feb 2012. <[http://www.metabolictypingdiet.com/\\_Rtype.htm](http://www.metabolictypingdiet.com/_Rtype.htm)>.

"The Metabolic Typing Diet"; William Wolcott and Trish Fahey; 2000