



The Metabolic Type Self-Test

Instructions: For each of the following questions, please circle the one response (A, B, or C) that best applies to you.

If for any given question you are certain that none of the responses applies to you, simply leave that question unanswered. However, in some cases you may find that none of the responses to a given question describe you exactly. In these instances, don't worry about the fact that a given response may not describe you with absolute precision. Just choose the answer that best describes your general tendencies.

Remember, we're looking for your general metabolic patterns or tendencies, so there's no need to get hung up on the exact details or specific wording of each question or response.

Please answer all questions in terms of how you are now, not how you used to be or would like to be or think you should be. Try to be as thoughtful and honest as you can, but remember that there are no right or wrong answers!

You may be surprised to realize that you really don't know the answers to some of the questions. For example, you may not know offhand how you would react to a specific type of food or combination of foods. If this is the case, what you should do is simply put the self-test aside for a little while until you can test your reaction to the foods in question.

Though you should not have to struggle with any question or aspect of this test, accuracy is important, so it's best to take your time and not rush through it.

Note that you can always take the test again at any point in the future. This is something you'll want to do periodically anyway, to see if your body chemistry has shifted, which can occur.



1. Anger and Irritability

Sometimes we all get angry "for good reason." But for some people, feelings of anger or irritability occur frequently or even daily, and are specifically influenced by what is - or isn't eaten. (Skip this question if you do not experience anger or irritability that is affected by food.)

A	B	C
When I feel angry, eating meat or fatty food seems to make it worse.	Sometimes eating relieves my anger and it doesn't really matter what I eat.	I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty like meat.

2. Anxiety

Some people have a tendency to be anxious, apprehensive, or worried. In many cases these feelings are increased or lessened by the kinds of foods that are eaten. (Don't answer this question if you don't experience anxiety that is influenced by food.)

When I feel anxious:

A	B	C
Fruits or vegetables calm me down.	Eating almost anything helps alleviate my anxiety.	Heavy, fatty food improves the way I feel and lessens my feelings of anxiety.

3. Ideal Breakfast

Some people say that breakfast is the most important meal of the day. But this isn't true from a metabolic perspective. Actually, every time you eat anything, what you eat is very important, because your ability to function depends on the kind of fuel you provide your "engines of metabolism."

What kind of breakfast gives you the greatest energy, sense of wellbeing, peak performance, and satisfies your hunger the longest?

A	B	C
Either no breakfast or something light like fruit; and/or toast or cereal; and/or milk or yogurt	Egg(s), toast, fruit	Something heavy like eggs, bacon or sausage, hash browns, toast; or steak & eggs

Page tallies: A= _____ B= _____ C= _____



4. Meal Preference

Pretend it's your birthday and all rules and restrictions for dieting and (supposed) good health are thrown out the window. You're ready to cut loose and treat yourself to your favourite foods and just have a good time. If you went to a sumptuous buffet dinner tonight, what kinds of food would you choose?

A	B	C
I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables, and I'd sample various desserts.	I would choose a combination of foods from answers A and C.	I would choose heavy, rich fatty foods: roast beef, beef Stroganoff, pork chops, ribs, salmon, potatoes, gravy few vegetables, or maybe a small salad with vinaigrette or blue cheese dressing; cheesecake or no dessert

5. Climate

Climate, temperature, environment – all can make a big difference in a person's sense of well-being, energy levels, productivity, and moods. Some thrive in the heat, while others wilt. Some come alive when it's cold, while others retreat and "hibernate." For others, temperature and climate don't seem to make much difference. Please select the choice that best describes how temperature affects you.

A	B	C
I do best in warm or hot weather. Can't take the cold.	Temperature doesn't matter that much. I do pretty well whether it's hot or cold.	I do best in cool or cold temperatures. Can't take the heat.

6. Chest Pressure

Some metabolic types commonly experience "chest pressure," a distinct sensation of pressure in the chest area. It often makes people feel as though a weight is on their chest, and tends to inhibit the ability to breathe.

A	B	C
		I have a tendency to get or have problems with chest pressure.

Page tallies: A= _____ B= _____ C= _____



7. Coffee

Coffee, when organically grown, properly prepared, and not misused, is an acceptable beverage for some metabolic types. Of course, anything that is overdone can be bad for you, even water. Nonetheless, coffee affects different people in different ways. Please indicate how coffee affects you.

A	B	C
I do well on coffee as long as I don't drink too much.	I can take it or leave it.	I don't do well on coffee. It Makes me jittery, nervous, hyper, nauseated, shaky or hungry.

8. Appetite at Breakfast

Appetites vary dramatically from person to person, from ravenous to normal to very little. Of course, your appetite can vary from day to day to some degree, but what is being asked about here is your overall tendency. A "normal" appetite is to feel hunger around regular mealtimes (morning, noon, and evening), but not to a noticeable extreme in either direction.

My appetite at breakfast is typically:

A	B	C
Low, weak, or lacking.	Normal. Don't notice it being either strong or weak.	Noticeably strong or above average.

9. Appetite at Lunch

For many people, appetites can change from breakfast to lunch to dinner. For others, it remains pretty much the same throughout the day. Please circle the answer that best describes your typical tendency-the way you are most of the time.

My appetite at lunch is typically:

A	B	C
Low, weak, or lacking.	Normal. Don't notice it being either strong or weak.	Noticeably strong or above average.

Page tallies: A= _____ B= _____ C= _____



10. Appetite at Dinner

For many people, their strongest appetite is at dinner. For others, it's just the reverse. How does your appetite at dinner compare to your appetite at other times of the day? Choose the answer that best describes your usual appetite around dinnertime. My appetite dinner is typically:

A	B	C
Low, weak, or lacking.	Normal. Don't notice it being either strong or weak.	Noticeably strong or above average.

11. Concentration

Concentration or intense mental activity actually uses up a lot of energy and thus requires sufficient fuel. But it also requires the right kind of fuel- to enable individuals to maintain mental clarity and stay focused. The wrong kind of fuel can make your mind hyper, causing a flood of uncontrollable thoughts. Or you could feel spacey or sleepy, or experience thoughts that seem to dissipate as soon as they arise. What foods worsen your ability to concentrate?

A	B	C
Meaty and/or fatty food.	No particular foods seem to disrupt my concentration.	Fruits and vegetables and grain-based carbohydrates

12. Coughing

Usually we think of coughing as something associated with illness. But some people naturally cough, easily and often, and do so every day, even when they aren't sick. Typically, the cough will be a "dry" cough, and usually short in duration. It often worsens at night or soon after eating. If you're one of these people, circle answer C to the right.

A	B	C
		I tend to cough everyday.

13. Cracking Skin

Some people have a problem with their skin cracking for no apparent reason. This typically occurs on the fingertips or on the feet, especially on the heels. The problem can show up any time of year, but tends to happen more often in the winter.

A	B	C
		I have a tendency to have problems with skin cracking.

Page tallies: A= _____ B= _____ C= _____



14. Cravings

Some people do not have food cravings, so answer this question only if you do. Sugar is intentionally not listed as a choice here because most people, when low on energy, will begin to think of something sweet. Please indicate any other kinds of food cravings you might have besides sugar.

A	B	C
Vegetables, fruits, grain-based products (bread, cereals, crackers)		Salty, fatty foods (peanuts, cheese, potato chips, meats, etc)

15. Dandruff

Dandruff is the exfoliation, or shedding of skin, on the scalp in the form of dry white scales. If you have a tendency to have dandruff, please circle the answer to the right.

A	B	C
		I tend to have problems with dandruff.

16. Depression

Like other emotional issues, depression can arise from many possible causes. Yet depression is often alleviated or worsened by what you eat. If you suffer from depression and have noticed a connection to food, select the appropriate choice from the two options.

A	B	C
I seem to feel more depressed after eating meats and fatty foods (and less depressed after eating fruits and vegetables).		I seem to feel more depressed after eating fruits and vegetables (and less depressed after eating meats and fatty foods).

Page tallies: A= _____ B= _____ C= _____



17. Desserts

Foods provide various combinations of the six tastes: sweet, sour, salty, bitter, astringent, and pungent. We like to experience each of these effects from time to time, and they all have beneficial roles to play in our health. For example, everyone likes sweet foods, but not to the same degree and in the same quantity. What's your general feeling or attitude toward having desserts after meals ?

A	B	C
I really love sweets and/or need something sweet with a meal in order to feel satisfied.	I enjoy dessert from time to time, but can really take it or leave it	I don't really care for sweet desserts that much; I may like something fatty or salty instead (like cheese, chips, popcorn) for a snack after meals.

18. Dessert Preference

What are your favourite kinds of desserts ? Which would you choose most often ? Even if you don't particularly like desserts, if you were forced to choose, which kinds would you gravitate toward ? NOTE: Ice cream is purposefully not listed in the choices, as almost everyone likes ice cream, regardless of their metabolic type.)

A	B	C
Cakes, cookies, fruit, pies, candies.	Truly no preference, I'd choose different kinds each day.	Heavier, fatty types like cheesecakes, French pastries.

19. Ideal Dinner

The right kind of food at dinner can provide great energy and well-being for the entire evening. Whereas the wrong dinner for your type can leave you feeling exhausted, and initiate a strong case of couch potatoitis. What kind of meal works best for you at dinnertime ?

A	B	C
Something light like skinless chicken breast, rice, salad maybe a little desert.	Most foods work well for me.	I definitely do better with a heavier meal.

Page tallies: A= _____ B= _____ C= _____



20. Ear Colour

This query is concerned with blood flow to the ears. In some Caucasians, the ears are bright red, while in others, they're noticeably pale. Darker or lighter ears can also be seen in people of colour. Please select the response that best describes your ear colour.

A	B	C
My ears tend to be pale, lighter than my facial skin tone.	My ears tend to be the same shade as my face.	My ears tend to be pink, red, or darker than my facial tone.

21. Eating Before Bed

Eating before bed helps some people sleep better, while it clearly disrupts other people's sleep. For some, it depends on what they eat. For others, eating anything at all is a problem. This question concerns the latter.

A	B	C
Disrupts or worsens my sleep.	Doesn't seem to make a difference; I can take it or leave it.	Usually helps me sleep better.

22. Eating Heavy Food Before Bed

Please indicate what reaction you would typically have to eating heavy foods before bedtime. "Heavy food" refers to protein foods or fatty foods like meat, fowl, and cheese.

A	B	C
It prevents or disturbs my sleep.	It's usually OK, as long as it isn't too much.	It improves my sleep.

23. Eating Light Food Before Bed

Please indicate what reaction you would typically have to eating light foods before bedtime. "Light food" refers to carbohydrates like bread, toast, cereal, or fruit-perhaps accompanied by small amounts of foods like milk, yogurt, or nut butter.

A	B	C
I usually don't do well eating before sleep, but I definitely do better with lighter food.	I can take it or leave it.	It's better than nothing, but I do better with heavier food.

Page tallies: A= _____ B= _____ C= _____



24. Eating Sweets Before Bed

People have quite a range of reactions to sweets and sugars. Some can eat sugar before going to sleep and note no ill effect; it does not keep them from sleeping or disturb their sleep in any way. For others, sweets can cause insomnia, prevent them from sleeping soundly, or cause them to wake up, needing to eat something in order to go back to sleep. (Skip this question if you know you have Candida overgrowth problems or are diagnosed as hypoglycaemic or diabetic.) How do sweets affect your sleep? Eating just about anything before going to bed:

A	B	C
Sweets don't interfere with my sleep at all.	Sweets sometimes bother my sleep.	I clearly don't do well eating sweets before sleep.

25. Eating Frequency

How often do you eat each day? The answer to this question should reflect your need to eat. For maximum energy and performance, some people need to eat more than three times a day. For others, twice is plenty. How often do you need to eat in order to maximize your well-being and productivity?

A	B	C
2 to 3 meals a day and either no snacks, usually, or light snacks.	3 times a day and no snacks usually.	3 meals or more a day and snacks, often something substantial.

26. Eating Habits

Different types of metabolizers have different feelings toward food. Some people are very focused on food. They think about it a lot. They enjoy talking about food, particularly about their likes and dislikes. These are the "live to eat" types. For others, food is almost the last thing on their minds, even to the point of forgetting to eat. They tend to view food more as one of life's unavoidable necessities, as compared to one of life's real pleasures. Talking about food is an uninteresting waste of time. They're the "eat to live" types. What's your attitude toward food?

A	B	C
I'm unconcerned with food and eating; may forget to eat; rarely think about food eat more because I have to than because I want to.	I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way.	I love food, love to eat, food is a big or central part of my life.

Page tallies: A= _____ B= _____ C= _____



27. Eye Moisture

Like most functions in the body, eye moisture is something we really don't notice unless it's out of balance. Everyone's eyes at some point will feel too dry, or perhaps produce excessive moisture and tearing. But some people have a noticeable tendency in one direction or the other. Which of the following best describes your eyes?

A	B	C
My eyes tend to be dry.	I don't notice one way or the other.	My eyes tend to be very moist, even to the point of tearing.

28. Skipping Meals

Some metabolic types hardly notice when they haven't eaten. They often just happen to look at their watch and realize that it's long past their mealtime. But other metabolic types don't do well at all if they miss a meal. Their bodies let them know in no uncertain terms that it's time to eat. If they miss a meal, their performance drops dramatically. What happens to you when you go four hours or more without eating or skip a meal altogether?

A	B	C
Doesn't really bother me. I can easily forget to eat.	I may not be at my best, but it doesn't bother me, really.	I definitely feel worse, getting irritable, jittery, weak, tired, low on energy, depressed, or other negative symptoms.

29. Facial Colouring

The combination of thickness of the skin along with blood-flow level can produce variability in facial colouring. Increased blood flow can produce a pink, red, flushed, ruddy appearance, while decreased flow can produce a noticeably pale look. How would you characterize your facial coloring?

A	B	C
I'm noticeably on the pale side.	I have average colouring.	I'm noticeably darker (not from sun) or pink, flushed, ruddy.

Page tallies: A= _____ B= _____ C= _____



30. Facial Complexion

Some people simply have a very bright look to their face. The skin may appear noticeably clear, translucent, shiny. Others can have the opposite look: noticeably pasty, chalky, unclear, dull. Most fall somewhere in between. How would you characterize your facial complexion?

A	B	C
More dull or pasty.	Average.	Bright, radiant, clear.

31. Fatty Food

Contrary to popular opinion these days, fatty foods are not bad for everyone. They're actually beneficial for certain metabolic types. How do you feel about fatty foods? Remember, don't respond by indicating how you think you're supposed to feel. Value judgments aside, how much do you like or dislike fatty foods in general?

A	B	C
I don't really like fatty foods.	They're fine in moderation.	I love them or crave them and would like them often if I knew they were good for me.

32. Fingernail Thickness

Fingernails have a lot of properties: size, shape, moon or no moon, ridges or smooth surfaces, and so on. They can even develop troughs or they can curl. But this question pertains only to thickness. How would you characterize the thickness of your fingernails?

A	B	C
My nails tend to be thick strong, hard.	Seem average in thickness.	I definitely tend to have thin and/or weak nails.

33. Fruit Salad

How would you tend to feel after eating a (large) fruit salad with a little cottage cheese or yogurt for LUNCH?

A	B	C
It satisfies me; I do well on it and don't get hungry until dinner.	I do pretty well usually, but need a snack before dinner.	Pretty bad result. I usually get sleepy, tired, spacey, depressed, anxious, irritable and/or hungry as a result and definitely need to eat something else before dinner.

Page tallies: A= _____ B= _____ C= _____



34. Gaining Weight

When you eat foods that are wrong for your metabolic type, what usually happens is that the food does not get fully converted to energy but gets stored as fat instead. Which of the following options best describes your tendency to gain weight ?

A	B	C
Meats and fatty foods cause me to gain weight.	No particular foods seem to cause me to gain weight, but I'll gain weight if I eat too much and don't get enough exercise.	I tend to gain weight eating too many carbs (bread, pasta, other grain products, fruits, and/or vegetables).

35. Gag Reflex

No one likes to gag, but everyone has a gag reflex. However, sensitivity to the gag reflex varies dramatically. Some people gag often and very, very easily-at the dentist's, while brushing teeth and tongue, even from eating. Others rarely, if ever, gag, and it takes a lot for them to gag when they do. How would you describe your gag reflex ?

A	B	C
I rarely, if ever, gag; it's hard to make me gag.	I probably have a normal reflex.	I easily gag and/or often gag.

36. Goose Bumps

The formation of goose bumps is a reaction produced by the nervous system. They often appear on the arms and legs as the result of fright, or a sudden chill, or light brushing or touching of the skin. Some people form goose bumps very easily and often, while others rarely, if ever, seem to form them. Are you prone to goose bumps ?

A	B	C
I often get goose bumps.	I occasionally get goose bumps.	I rarely, if ever, get goose bumps.

Page tallies: A= _____ B= _____ C= _____

37. Energy Boosters

Food is our fuel for life. But different foods have different energy-boosting effects on different metabolic types. Most people know how to bolster their energy using either wholesome foods or quick pick-me-ups like sugar or caffeine. What kinds of foods generally boost your energy- and give you lasting energy?

A	B	C
Fruit, candy, or pastry restores and gives me lasting energy.	Just about any food restores my energy and well-being.	Meat or fatty food restores my energy and well-being.

38. Heavy-fat-Meal Reaction

Liking fat is one thing, but how you react to it is another. Let's find out here. Note that this question concerns how you feel after eating fat, not whether you think fat is good for you. Please choose the option that best describes how you would react to a high-fat meal.

A	B	C
Decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion.	Causes no special reaction one way or the other.	Increases my wellbeing; makes me feel good, energetic, satisfied, like I "had a good meal."

39. Hunger feelings

Getting hungry can produce a variety of symptoms, ranging from occasional thoughts of food, to all-out hunger pangs, even to the point of nausea. What kind of hunger signals do you typically get from your body?

A	B	C
I rarely get hungry or feel real hunger, or have weak hunger feelings that pass quickly, or can easily go long periods without eating, can forget about food altogether.	I have pretty normal hunger around mealtimes or can forget about food altogether.	I often feel hungry; need to eat regularly and often; may get strong hunger sensations.

Page tallies: A= _____ B= _____ C= _____



40. Energy Drain

What kinds of foods take your energy level down a notch or two instead of giving you the boost you're looking for?

A	B	C
Meat or fatty food generally makes me more tired, lowers my energy even more.	No foods in particular seem to take me down on a regular basis.	Fruit, pastry, or candy makes me worse, usually giving me a quick lift, then a crash.

41. Insect Bite or Sting

No one likes to get stung by a bee or bitten by a mosquito. But reactions can be extremely varied, ranging from a very small or mild reaction that disappears quickly to a very strong reaction (non-allergic) involving itching, pain, bruising, or welts that take a long time to go away, sometimes leaving discoloration for weeks or months. How do insect bites or stings affect you?

A	B	C
Reactions tend to be mild or weak and go away quickly.	Average reaction.	Clearly strong reaction, stronger than most (can involve above-average swelling, pain, itching, bruising, redness), and can take a long time to go away, leaving discoloration even afterward.

42. Insomnia

There are many kinds of insomnia. But with a certain type of insomnia, people routinely wake up in the middle of the night for reasons other than having to use the bathroom. Typically with this type of insomnia, people need to eat something in order to fall asleep again. With that in mind, do any of the following choices apply to you?

A	B	C
I rarely or never get this kind of insomnia.	I occasionally wake up and need to eat in order to go back to sleep.	I often wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I'm awake.

Page tallies: A= _____ B= _____ C= _____



43. Itching Eyes

From time to time, everyone experiences itching eyes. This can happen when you have a cold, or hay fever, or Candida overgrowth, or allergies. But for many people, itching eyes can be a common occurrence even when the above conditions are not present. This is the focus of this question.

A	B	C
		I tend to get itching eyes often, even though I don't have a cold, allergy, or Candida problem.

44. Itching Skin

This question concerns itching skin that is not due to bites or stings. Everyone's skin itches occasionally. But some people find that their skin itches on a regular daily basis, typically the scalp, arms, or calves. Because they're so used to it, they may not even be conscious of their frequent scratching.

A	B	C
		My skin tends to itch often.

45. Meal Portions

Most everyone eats at least three meals a day. But the amounts at each meal can vary dramatically. Some people eat a lot of food, and may even have two or three helpings. Others eat very little but still feel full as a result. If you're not sure, think of it this way: When you eat out, do you usually eat less than others, more than others, or about the same as others?

A	B	C
I don't eat that much. Definitely less than average Doesn't take much to get me full.	I don't seem to eat more - or less - than other people.	I generally eat large portions of food, usually more than most people.

Page tallies: A= _____ B= _____ C= _____



46. Nose Moisture

Normally, we're not aware of the moisture content of the skin inside our nostrils. It's only when the nose becomes too dry or too moist (runny, watery) that we're likely to think about it at all. Please select the option that best describes the way you are when you're not ill or not suffering from an allergic reaction.

A	B	C
My nose often seems too dry.	I don't notice my nose being too dry or too moist.	My nose often tends to run.

47. Fruit Juice Between Meals

If you're hungry, say between meals, how does drinking a glass of orange juice (or other fruit juice) affect you? Overall, is it a good effect or a bad effect? Does drinking fruit juice satisfy your appetite and leave you feeling well until your next meal? Or does it result in some kind of adverse reaction?

A	B	C
It energizes me, satisfies me, works well to nourish me until my next meal.	It's okay, but isn't always the best snack for me.	Overall bad result. Can make me lightheaded, hungry soon after, jittery, shaky, nauseated, anxious, depressed, etc

48. Personality

People have distinctly different personality traits, and many of these traits are related to, or heavily influenced by, one's biochemical makeup. Which of the following choices best describes your natural tendency in social gatherings, or your preference with respect to day-to-day interactions with other people?

A	B	C
I tend to be more aloof, with- drawn, a loner, or introverted.	I'm pretty average, neither introverted nor extroverted.	I tend to be more social, a "people person," or extroverted.

Page tallies: A= _____ B= _____ C= _____



49. Potatoes

Potatoes are a wonderful food and they have many excellent nutritional attributes. But they aren't the best food for all metabolic types. Whether or not you think that potatoes are good for you, how do you feel about potatoes?

A	B	C
I don't really care for them that much or don't like them at all.	I can take them or leave them.	I really love them, could eat them almost every day.

50. Red Meat

Contrary to conventional wisdom, red meat is a healthy food choice for some metabolic types. When you eat red meat-like steak or roast beef-how do you normally feel afterward? Here we are seeking your reaction to red meat, not your belief as to whether or not you think it's good or bad for you.

A	B	C
It decreases my energy and well-being. Can make me depressed or irritable.	I don't notice one way or the other.	I definitely feel good or better when I eat red meat.

51. Pupil Size

Your pupils are the black, centre portion of your eyes. The iris is the coloured portion that surrounds the pupil. This question concerns the size of the pupil relative to the size of the iris. Average means the pupil and iris are basically the same size. Larger means the width of the pupil is clearly larger than the width of the iris. To answer, first look in a mirror, but do so in an average-lighted room-not dark, not bright. The size of my pupil tends to be:

A	B	C
Larger than my iris.	Average. The same size as my iris.	Smaller than my iris.

Page tallies: A= _____ B= _____ C= _____



52. Salad for Lunch

If you eat the wrong foods for lunch, you're likely to tank in the afternoon. Instead of being productive, you may find that you can barely keep your eyes open, or that you need coffee or candy to try to stay alert and focused. If you ate a large vegetarian salad for lunch, what effect would it have on your productivity through the afternoon?

A	B	C
I do pretty well with that kind of lunch.	I can get by, but it isn't the best type of food for me.	Bad result. Makes me feel either sleepy, tired, lethargic, hyper, nervous, irritable.

53. Saliva Quantity

Many people have had the experience of their mouth becoming very dry when frightened or nervous, such as when they're about to give a speech. In contrast, most of us have experienced our mouth's "watering" when we encounter the aroma of good food. However, for some people, these conditions are their natural tendency for no apparent reason. Please select the option that most accurately characterizes your saliva.

A	B	C
My mouth tends to be dry a lot of the time.	I don't notice that I have too little or too much saliva	I tend to have a lot of saliva, or I have a tendency towards drooling.

54. Salty Foods

Salt, like sweet, is one of the six tastes. And like sweet, people have a varied reaction to and interest in salt. Some people salt their food heavily and seem to crave salt. Others really aren't that interested in it and actually find that many prepared foods taste too salty. Whether or not you feel that salt is good for you, how do you feel about salt?

A	B	C
Foods often taste too salty, I like my food salted only lightly.	I don't really notice salt one way or the other. Rarely seems like too much or too little. Just use an average amount on foods.	I really love salt, or crave it. I like a lot of salt on foods, to the point that others think my food is too salty.

Page tallies: A= _____ B= _____ C= _____

55. Snacking

Assume for this question that you eat three meals a day. If this is the case, do you typically need to snack, or to eat something between meals? Or are those three meals all the food you need for peak performance?

A	B	C
I rarely if never want or need snacks.	I occasionally want or need to snack between meals.	I often want or need to snack between meals.

56. Snack Preference

A good snack should provide you with lasting energy and improve your emotional well-being, in addition to satisfying your hunger. It should also not produce a negative effect, such as a craving for sweets. With this in mind, which of the following choices best describes your preference for snacks?

A	B	C
I generally don't need snacks, but if I do have one, I usually prefer and do well on something sweet.	I sometimes need snacks and do well on pretty much anything.	I definitely want and need snacks in order to be at my best. Do poorly on sweets, but do well on protein and fat (meat, chicken, cheese, hardboiled egg, nuts).

57. Sneezing

We usually think of sneezing in connection with colds or allergies. But some people sneeze daily as a matter of course, even when they're not sick or plagued with allergies. For example, some people sneeze routinely after eating. This question pertains to brief sneezing attacks composed of just one or two sneezes-not continuous, prolonged sneezing attacks. With that in mind, please select the option that best describes you.

A	B	C
I almost never sneeze unless I'm sick or have allergies.	I do sneeze from time to time when not sick or allergic, but not regularly.	I often regularly tend to sneeze and/or usually sneeze a little after eating.

Page tallies: A= _____ B= _____ C= _____



58. Sociability

Many people believe that social tendencies are learned behaviour. But one need only look at siblings in a family to see that people have innate tendencies with regard to sociability, even though these tendencies are influenced to a degree by life experiences. How would you describe your natural, innate tendency toward sociability, apart from the way your family or friends may have influenced you in this regard?

A	B	C
I tend to be a little "antisocial," in that I enjoy being alone, feel awkward at social gatherings or parties, and usually prefer to leave quickly or not to go at all.	I'm in the middle - not really antisocial, but also not particularly compelled to be with others.	I tend to be very social, a "people person," and love company and to be with others, prefer not to be alone.

59. Sour Foods

Sour, like sweet and salty, is one of the six tastes. Some people really like, love, or even crave sour foods like pickles, sauerkraut, vinegar, lemon juice, or yogurt. Others have an aversion to sour foods, or just don't like them all that much. Which of the following best describes your reaction to sour foods?

A	B	C
I generally don't care for sour foods.	I don't feel one way or the other, particularly. Don't like or dislike them much more than any other food.	I definitely like (some) sour foods or crave them.

60. Physical and Mental Stamina

Stamina refers to physical endurance, or the ability to persevere or work long hours without exhaustion. This capacity is greatly dependent on what we eat. Some foods optimize physical and mental stamina, while other foods noticeably reduce it. What type of foods best support your stamina? My stamina is better when I eat:

A	B	C
Lighter foods like chicken, fish, fruit, vegetables, grains.	Pretty much any wholesome food.	Heavy foods, fatty foods.

Page tallies: A= _____ B= _____ C= _____

61. Consuming Sweets

There's hardly anyone who doesn't like sweets from time to time. But this question is not concerned with whether or not you like sweets. Rather, how do you react when you eat something sweet all by itself (e.g., cake, cookies, candy, etc.)?

A	B	C
Sweets don't bother me even when I eat them by themselves. Generally sweets satisfy my appetite and don't produce bad reactions.	I'm sometimes bothered when eating sweets by themselves, and often they don't satisfy my appetite.	I usually don't do well eating sweets by themselves. They usually produce some manner of bad reaction and/or create a desire for more sweets.

62. Meat for Breakfast

In this question, meat refers to flesh proteins like ham, sausage, bacon, steak, hamburger, and salmon. How do you feel after consuming meat for breakfast-as opposed to going without it? Remember, this question does not include eggs, milk, or cheese as a substitute for the other animal proteins listed above.

A	B	C
I don't feel as well as I do without it.	Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midmorning. I can take it or leave it, varies.	I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before lunch.

63. Red Meat for Lunch

In this question, red meat refers to flesh proteins like beef or lamb. How do you feel after consuming some red meat at lunch, as opposed to going without it? This question does not include eggs, milk, or cheese as a substitute for the other animal proteins listed above.

A	B	C
I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midafternoon.	I can take it or leave it, varies.	I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before dinner.

Page tallies: A= _____ B= _____ C= _____

64. Red Meat for Dinner

In this question, meat refers to flesh proteins like beef or lamb. How do you feel after consuming some red meat for dinner, as opposed to going without it? This question does not include eggs, milk, or cheese as a substitute for the other animal proteins listed above.

A	B	C
I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy.	I can take it or leave it, varies.	I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before bedtime.

65. Dinner Preference

Pretend you're on vacation in the American West. It's night time and you're driving across the Death Valley Desert. You just spotted a sign that says DINER AHEAD. 10 MILES. NEXT EATING PLACE, 150 MILES. You're hungry, so you decide to pull into the diner.

There you find that there are only three choices on the menu - Dinner Plates 1, 2 and 3. Since you have a long drive ahead of you, it's essential for you to eat the kind of food that will keep you awake and energized. Which dinner plate would you choose to give you the best stamina, energy, and alertness?

A	B	C
Dinner Plate 1 - Skinless chicken breast, rice, salad. Apple pie.	Dinner Plate 2 - A combination plate including a little of everything from Plates 1 and 3.	Dinner Plate 3 - Pot roast cooked with carrots, onions, and potatoes, served with biscuits and gravy. Cheesecake.

Page tallies: A= _____ B= _____ C= _____



SCORING YOUR TEST AND IDENTIFYING YOUR TYPE

Congratulations on completing your self-test. You're about to identify your metabolic type, which will assist you in balancing your plate – no matter what your current style of eating is.

All you need to do now is tally your score. It's very simple. Just follow the three easy steps below:

1. On each page of the self-test, add up the number of times you circled choices A, B, and C and write each subtotal at the bottom of the page in the Page Tallies box. 2.
2. Then add up the subtotals on each page and write them in this scoring box:

PAGES	A	B	C
Page 2			
Page 3			
Page 4			
Page 5			
Page 6			
Page 7			
Page 8			
Page 9			
Page 10			
Page 11			
Page 12			
Page 13			
Page 14			
Page 15			
Page 16			
Page 17			
Page 18			
Page 19			
Page 20			
Page 21			
TOTAL			



3. Next, refer to the scoring box above and select your metabolic type classification, using the following criteria:

- * If your number of A answers is 5 or more higher than both B and C, then you are a Carbo Type (example: A=25, B=20, C= 15)
- * If your number of C answers is 5 or more higher than both A and B, then you are a Protein Type (example: A=15, B=20, C=25)
- * If your number of B answers is 5 or more higher than both A and C, then you are a Mixed Type (example: A=20, B=25, C= 15)
- * If neither A, B, nor C are 5 or more higher than both of the other two, then you are a Mixed Type (example: A= 18, B=22, C=20)

I am a metabolic type:.....

So what does that mean about the ideal way for you to eat going forward?

Refer to the next pages to find out to eat for you type.



Carbohydrate Type A:

Carb types have a small appetite and they don't need that much food to feel full and don't need that much food throughout the day. Carb types don't think about food as often as protein types or mixed types and they can also skip a meal and it doesn't affect them that much.

Although carbohydrate types skip meals easily they have a higher need for caffeinated beverages in comparison to other metabolic types. Those workaholics that never have time to eat and are busy doing other things during lunch time are likely carb types.

Skipping meals and the caffeine dependency slows the metabolism down even more and this can lead to weight problems and make it very hard to lose weight effectively.

Carb types can eat a lot of carbohydrates and they tolerate bread, baked goods and starches well. However many Carb Types can go overboard with carbohydrates and it can cause various conditions like diabetes, insulin resistance and also hypoglycaemia. This happens because many of the carbs that are popular in our diet today are refined carbs and a lot of sugars. Even for carb types this can be too much, especially if you are taking in too much refined carbs from pasta, pizza, bread, fries and other foods that have been highly processed and refined.

Foods for the Carb Type:

Carb types need a diet plan with more carbohydrates and less fats and proteins. Do remember that this does not imply that you should not eat any fat or proteins, on the contrary, you need to eat them in the right proportions.

The best proteins and fats for the carb type are from white meat like white fish and poultry. These meats don't have a lot of fat and have a good amount of protein. When eating carbs they have a wider choice and they can be eaten in large quantities when compared to the mixed type and the protein type.

Carb types can absorb carbohydrates much more slowly than protein types but this doesn't mean that they can go crazy and eat all they want. Raising insulin levels and creating spikes in sugar blood is still a problem



and that destroys all weight loss efforts. If you want to be able to lose weight fast and lose belly fat remember that insulin is a catabolic hormone and it will make you store fat.

Eating any kind of food in abusive quantities will lead to a weaker immune system, disease and weight gain. So you should always maintain a balanced diet following the proportions or ratios that are recommended by the metabolic typing diet and for your particular metabolic type.

If you are a carb type you can burn fat and lose weight with a diet that consists mostly of carbohydrates and with a low amount of fat and protein.

Carb Type Guidelines:

Eat low fat and light proteins. Eating white meats and white fish with each meal is important. You will feel less energetic if you eat high fat proteins like beef and eat a lot of fatty foods. This will cause you to become fatigued, lethargic and even depressed.

Careful with dairy. Metabolizing dairy products is harder for carb types. Some carb types tolerate it better than others so you should test this out by eating a meal with a dairy product. If you feel fatigued, weak or lethargic after the meal you should lower your dairy intake.

Choose carbs wisely. Being a carb type doesn't mean you can eat low quality and unhealthy refined carbohydrates. Eat a lot of vegetables with low starch, like green salads and broccoli and don't eat a lot of starchy foods like pasta, grains and bread. If you feel weak, sleepy and slow after eating a meal it is possible you ate too much grain. If this happens increase the protein amount, decrease the amount of grains or do both the next time you eat that meal.

Go easy on the nuts and seeds. Nuts and seeds add a lot of fat to a meal and this is not good for carb types. For the carb types the best source for protein is from lean meats because they are digested easily with this type of metabolism. Nut butters and nuts are very healthy snacks for protein types.

See how you respond to legumes. Legumes are not easily digested by carb types because of the proteins that are in them so you should not



eat them that frequently. Like with any food you have to monitor your response to it and also keep in mind the combination of foods. Some people feel great when they eat beans, vegetables and chicken but they feel lethargic when they eat beans, vegetables and rice.

APPROXIMATE recommended macronutrient ratios: 25% Protein, 15% Fat, 60% Carbs

60 % ■
Carbohydrate

25 % ■
Protein

15 % ■
Fat

Carbohydrate Metabolic Type





Protein Type C:

- ***Strong Appetites*** - to the point of being ravenously hungry a great deal of the time.
- ***Fatigue, Anxiety, and Nervousness*** – energy problems of one kind or another—you might have low, “flat” energy, and are prone to feeling apathetic, depressed, listless, and sleepy. Or, you might feel “wired” or “on edge” on the surface, while feeling exhausted underneath.
- ***Failure with low-calorie diets*** – have tried to lose weight by cutting calories or “fasting”, only to find your weight either increased or stayed the same despite the caloric deficit.
- ***Cravings for Fatty, Salty foods*** – typically the more you eat anything sweet, the stronger your cravings will become for foods like sausage, pizza, nuts, and potato chips.
- ***Caffeine Dependency*** – caffeine can make energy metabolizers feel “half alive” again, and may feel quite unable to function without it. Coffee has a universally stimulating effect on the body’s energy-producing glands. In energy metabolizers, coffee directly worsens the imbalances in their cellular oxidative processes, increasing their oxidative rates even further. Those people who feel they need coffee have weak or exhausted energy glands. The stimulation of those glands by coffee or caffeine is like whipping a tired horse. Short term, this stimulation is pleasurable, but long-term it only worsen the problem by further exhausting the energy glands



Special Dietary emphasis for your metabolic type

- Concentrate on high-density, high-purine proteins. These proteins are the dark meats of chicken and turkey and every protein that exists with the exception of: dairy, eggs, soy protein, and light meats like chicken and turkey breast, Cornish game hen, pork and lean ham.
- Salmon – as long as you know it has been laboratory tested and shown to be safe from mercury and other toxins – is also a good choice.
- Avoid grains and potatoes completely.
- Emphasize the following vegetables: **asparagus, fresh green beans, cauliflower, spinach, celery, and mushrooms**. These vegetables tweak your biochemistry in the proper direction.
- Limit the amount of fruits you consume because your metabolism tends to have blood sugar problems; **coconuts, avocados, black and green olives, green apples, and pears are the best choices**.
- Energy metabolizers tend to be hungrier than other types so be sure and snack as needed. Your snacks should include a protein food. Nuts like **walnuts** or **dairy snacks like grass-fed cheese** may work but if they leave you hungry or tired you will need to eat snacks with heavier protein like pate, lamb, or grass-fed beef.
- Energy metabolizers are able to better support their fast metabolism by consuming a liberal amount of **healthy fats and oils like butter, coconut oil, and olive oil, fat from animal based foods, and nuts**.
- Alcohol in any form is especially bad for your type; you might feel a temporary lift after drinking it, but this will usually be followed by a major energy crash. Listen to your body and carefully moderate your alcohol intake or avoid it altogether.



- Eat the protein part of your meal first to slow down your oxidation rate, and then eat your vegetables.

Protein Types love to eat and crave foods that are rich and fatty like meat, pizza and salty foods like roasted salty nuts.

A protein type may not be satisfied with a small snack and may feel hungry even after eating a decent sized meal. When a protein type eats too much carbohydrates there is a big tendency to crave sugar, and after you start eating sweet and sugary foods it will be hard to stop.

Eating sugary foods or drinks makes a protein type jittery and it drops the energy levels shortly after.

Trying to lose weight fast by using fad diets that cut calories in an extreme way is not the way to go if you want to lose weight effectively.

Of all the three metabolic types this one has the hardest time to lose weight by decreasing calories. (NB* They tend to also be what we at Ideal Weight call our “hungry ones” – those who struggle to reduce calories because they genuinely need more protein than others.)

Eating the wrong foods puts a protein type in a mode of extreme fatigue and starvation or it makes them feel a little nervous or on the edge.

When a protein type feels anxious it helps to eat more often but it makes it worse afterwards. If you are a person whose energy levels are all over the place, rising up and going down, this is a sign that the person is not eating the right kind of foods for their metabolic type.



Foods for a Protein Type

A protein type needs to eat a lot of protein and fats and eat a low amount of carbohydrates. But remember that there has to be a balance to this because this is not an extreme diet. Protein types can eat a variety of carbs from different vegetables, fruits and grains but these need to be balanced with the right amount of protein and fats.

Protein types are hungry all the time because they digest food much quicker than other types. This is why they need foods that are heavier and slower to digest that contain protein and fats. Foods like beef, dark poultry meat, whole eggs, etc.

Protein types are the metabolic type that gets the most problems from the industrial diet that the majority of the Western population eats nowadays. Because people eat so much processed and refined foods they end up eating much more carbohydrates in quantity and in proportion. A high proportion of carbohydrates, low fat products or products with unhealthy hydrogenated fats that are contained in processed and packaged foods are an absolute nutritional disaster for protein types.

On the other hand, protein types have a lot to gain when they make the right adjustments to their eating habits.

If you are a protein type and you feel fatigued, anxious and hungry all the time it is because you are not eating in the right proportions. You need more protein and more healthy fats. Eating more fats and proteins helps protein types control their weight and it will be the key to lose weight fast and start losing belly fat fast.



Protein Type Meals

Eat Protein at Every Meal:

Eating sufficient protein at every meal will maximize your energy, trim your waistline, and assure peak performance. Failure to do this can lead to chronic fatigue, diminished well-being, and emotional imbalances such as depression, anxiety, and melancholy. If you eat carbohydrates alone as a meal or snack, will worsen your imbalance, increase fat storage, and intensify food cravings for sugar and other sweets

Emphasize High-purine, High-density proteins:

Purines are special class of proteins, which play an important part in energy-producing processes in body tissue. Higher-density proteins, animal proteins are preferable to the vegetable protein. You should notice that if you eat low-purine, low-density foods as the primary protein source at any meal, you won't feel as satisfied, nor will your performance or energy be optimal. On the other hand, incorporating the higher-purine, high-density proteins into two or three of your meals on a daily basis will supercharge your diet with the ideal fuel mixture for your engines of metabolism.

Snack as Needed:

If you snack, be sure to include a protein food. It's best for your metabolic type to never eat carbohydrates alone. You may find that nuts or dairy work well for snacks but are not adequate protein sources for main meals.

Be Cautious with Carbohydrates:

Any plant-based foods—grains, vegetables, or fruits—are carbohydrates. But there are different kinds of carbohydrates and they don't all affect your metabolism in the same way.

- **Starchy carbohydrates** – break down easily into sugar, which means they hit your bloodstream quickly. This can cause a strong



insulin response from your pancreas, which can lead to increased fat storage and blood sugar problems like hypoglycaemia.

- **Bread** – Limit bread intake, both in quantity and frequency, as much as possible. Opt for sprouted grain bread instead. When you do eat bread, always use butter, as it will minimize any potential adverse blood sugar fluctuation.
- **Grains** – Use only whole-grain products. Do not consume any refined grain products made with white flour or enriched flour. All baked foods should contain only whole grain flours. However, avoid wheat and wheat products as much as possible, since wheat breaks down into sugar faster than any other grains and therefore has a disruptive influence on insulin metabolism.
- **Fruit** – People with energy metabolism are predisposed to low blood sugar problems. This means you're not likely to do well on fruits, which are high in potassium and sugar.
- **Juice** – Vegetable juice as long as they're freshly made, are allowed in moderation—but don't have more than one glass, three to four times per week. Do not consume fruit juice at all. Fruit juice will strongly imbalance your metabolic type and lead to weight gain, food cravings, blood sugar fluctuations, energy disruptions, and a desire for sugar.

Free Use Fats and Oils:

In general, fats and oils in their natural state are not bad for you and eating them will not produce high cholesterol or heart disease any more than any other natural food. Fats contain fatty acids that are essential for good health, efficient immune function, normal hormonal production, energy production, proper cell membrane permeability—in short, for life itself. Never consume margarine, hydrogenated oils, or fat substitutes',



as research has uncovered these substances can have serious negative impact on your health! Use only real butter (organic if possible) and natural cold-pressed oils that have been properly manufactured.

Caffeine:

Avoid caffeine products as much as possible, including coffee, black teas, caffeine-containing herbs and soft drinks. If you do insist on drinking coffee, make sure it's organic and limit it to no more than one to two weak cups per day. Also, when drinking caffeinated beverages, make sure to eat some protein, as protein will, to a degree, help combat caffeine's adverse effect on your type,

Alcohol:

In any form (beer, wine, hard liquor), alcohol is a form of poison to your body. When you consume it, your body must detoxify it and neutralize its adverse effects. As a simple sugar, consuming alcohol is like throwing gasoline on your metabolic fire—it produces a quick energy burst but is followed by an energy crash, along with excessive insulin secretion and increased fat storage.

Sugar:

In significant quantities, sugar is not good for anyone. However, sugar is particularly bad for your metabolic type so avoid or minimize it as much as you can. Be especially watchful for hidden sugars in processed packaged foods. Sugar is added to a great many commercial foods, and it can secretly sabotaging your best intentions to follow your dietary recommendation.



APPROXIMATE recommended Macronutrient ratios:

45% Protein, 20% Fat, 35% Carbs

35 % ■
Carbohydrate

45 % ■
Protein

20 % ■
Fat

Protein Metabolic Type





Mixed Metabolic Type B:

The Mixed type diet is the easiest to follow of all three because it has the greatest choice of foods. It's a balanced diet between carbohydrates, fats and proteins. Variety is key in this diet. The mixed type is a mixture between the carb type and the protein type diets.

Mixed types have variable appetites throughout the day, the feeling of hunger goes from being strong when the meal time arrives but weak between meals, sometimes they have a very big appetite and sometimes they don't feel like eating. These feelings of hunger depend on the food choices of that day, but generally mixed types they don't have problems with cravings.

Like the protein type and the carb type the mixed types have a tendency to eat too much carbs and sugar and this develops sugar cravings.

A mixed type needs a balanced mixture between high fat and low fat proteins and a mixture of high starch and low starch carbohydrates. This means that you need proteins and fats from both beef, fatty fish, organ meats and balance that with lighter meats like white poultry meat and white fish. You should read the protein type diet and the carb type diet and understand both of them because both rules apply to you.

Mixed types can be in the middle of the spectrum but in most cases they have a tendency to be a protein type or a carb type. To discover your personal fuel mix you will have to test out foods and food combinations and see the reactions you get to food combinations.



You have to discover the food combinations that help you feel energetic and satisfied and find out which foods give you fatigue, cravings and hunger. After taking the metabolic typing test you can see by your score if you have a tendency to being a carb type, a protein type or if you are really in the middle. If you tend to one of the other types keep that in mind when testing around with food. If you tend to the protein type then you can eat more proteins and fats and less carbs. If you are closer to the carb type then you do it the other way around.

When you find the right proportions between carbohydrates, healthy fats and proteins you will be able to lose weight fast and permanently and you will feel much better and go through the day with more energy and vitality.

APPROXIMATE recommended Macronutrient ratios:

30% Protein, 20% Fat, 50% Carbs

- 50 % ■ Carbohydrate
- 30 % ■ Protein
- 20 % ■ Fat

Mixed Metabolic Type

