

Now use the figures you entered in the above table in conjunction with the guide below to help determine your metabolic type.

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

Protein Type:

70% proteins & fats
30% carbohydrates

Carbohydrate Type:

60% carbohydrates
40% proteins & fats

Mixed Type:

50% carbohydrates
50% proteins & fats

- A. Lighter foods like chicken, fish, fruit, vegetables and grains
- B. Pretty much any whole food
- C. Heavy / fatty foods

61. Consuming Sweets

How do you react when you eat something sweet all by it self e.g. cake, cookies, candy etc.?

- A. Sweets don't bother me. They generally satisfy my appetite and don't produce a bad reaction.
- B. I am sometimes bothered when I eat sweets by themselves and they don't usually satisfy my appetite.
- C. I usually don't do well eating sweets by themselves. Often I have a bad reaction or crave more.

62. Meat for Breakfast

How do you feel after consuming some meat for breakfast?

- A. I don't feel as well as I do without it. I feel lethargic, irritable and angry and I lose my energy mid morning.
- B. I can take it or leave it.
- C. I feel much better with it. I have more energy and it keeps me going until lunch time.

63. Red Meat for Lunch

How do you feel after consuming some red meat for lunch?

- A. I don't feel as well as I do without it. I feel lethargic, irritable and angry and I lose my energy mid afternoon.
- B. I can take it or leave it.
- C. I feel much better with it. I have more energy and it keeps me going until dinner.

64. Red Meat for Dinner

How do you feel after consuming some red meat for dinner?

- A. I don't feel as well as I do without it. I feel lethargic, irritable and angry and I lose my energy.
- B. I can take it or leave it.
- C. I feel much better with it. I have more energy and it keeps me going until bedtime.

65. Dinner Preference

If you were on a long journey and stopped off at a café for a meal that will sustain you and keep you alert, which of the following options would you choose if faced with no other?

- A. Plate 1 - Skinless chicken breast, rice and salad followed by an apple pie.
- B. Plate 2 - A combination of a little of everything from plates 1 and 3.
- C. Plate 3 - Pot roast cooked with carrots, onions and potatoes, served with biscuits and gravy, followed by cheesecake.

To interpret your result, write down the number of times you circled each letter.

Number of A answers	
Number of B answers	
Number of C answers	

53. Saliva Quantity

Often our mouths become dry when, for example, we are fearful or anxious, and become watery when we smell food. Please select the option that most accurately describes your saliva.

- A. My mouth tends to be dry a lot of the time.
- B. I don't seem to have too much or too little saliva.
- C. I tend to have a lot of saliva or sometimes find myself drooling.

54. Salty Foods

Whether or not you feel that salt is good for you, how do you feel about salt?

- A. Foods often taste too salty; I only like my food lightly salted.
- B. I use an average amount on food and tend not to notice one way or the other.
- C. I really love salt and the amount I use is viewed as too much by other people.

55. Snacking

If you have three meals a day, do you usually need to snack between meals?

- A. I rarely, if ever, want or need a snack.
- B. Occasionally I want or need a snack between meals.
- C. I often want or need to snack between meals.

56. Snack Preference

What is your snack preference?

- A. I generally don't need snacks but if I do have one it will be something sweet.
- B. If I snack I do well on pretty much anything.
- C. I do poorly on sweets but do well on protein and fat e.g. meat, chicken, cheese, eggs and nuts.

57. Sneezing

We usually think of sneezing in connection with colds and allergies. Please select the option that best describes you.

- A. I almost never sneeze unless I am sick or have an allergy.
- B. I sneeze from time to time when I am not sick, but not regularly.
- C. I tend to sneeze regularly, sometimes after eating.

58. Sociability

How would you describe your natural innate tendencies towards sociability apart from the way your family and friends have influenced you.

- A. I tend to be a little antisocial. I enjoy being alone and feel awkward at social gatherings.
- B. I am in the middle – not antisocial but not particularly compelled to be with others.
- C. I am a "people person" and prefer not to be alone.

59. Sour Foods

Which of the following best describes your reaction to sour food?

- A. I generally don't care for sour food.
- B. I don't feel one way or the other, neither liking nor disliking it.
- C. I definitely like some sour food or crave them.

60. Physical and Mental Stamina

What types of food give you more stamina (physical and mental endurance)?

My stamina is better when I eat;

When you eat out do you normally eat less than others, more than others or roughly the same as them?

- A. I don't eat that much and it doesn't take much to make me feel full.
- B. I tend to eat the same as other people.
- C. I generally eat large portions of food, usually more than other people.

46. Nose Moisture

Please select the option that best describes the way you are when you are not ill or suffering an allergic reaction.

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

47. Fruit Juice Between Meals

If you are hungry between meals, how does drinking a glass of fruit juice affect you? Does it satisfy your appetite and leave you feeling well until your next meal or does it result in an adverse reaction?

- A. It energizes me and nourishes me until the next meal.
- B. It's okay but isn't always the best snack for me.
- C. It can make me feel light headed, jittery, shaky, nauseous, anxious, depressed etc.

48. Personality

Which of the following best describes your natural tendency in social gatherings, or your preferences with respect to day-to-day interactions with other people?

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

49. Potatoes

Potatoes have many nutritional benefits but don't suit all metabolic types. Irrespective of whether or not you think they are good for you, how do you feel about potatoes?

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

50. Red Meat

Red meat is a healthy choice for some metabolic types. How do you normally feel after eating red meat?

- A. It decreases my energy and can make me depressed or irritable.
- B. I don't notice any particular feeling.
- C. I definitely feel good or better after eating red meat.

51. Pupil Size

Your pupils are the black centre part of your eyes. The iris is the coloured region that surrounds (forms) the pupil. For this test, look at your eyes in a mirror in a room with average lighting (neither bright nor dark).

- A. My pupils are larger than my iris.
- B. They are the same size as my iris.
- C. They are smaller than my iris.

52. Salad for Lunch

If you ate a large salad for lunch, what effect would it have on your productivity throughout the afternoon?

- A. I do pretty well if I have a salad for lunch.
- B. I can get by but it isn't the best type of food for me.
- C. Salad makes me feel sleepy, lethargic, nervous and / or irritable.

38. Heavy Fat Meal Reaction

Liking fat is one thing but how you react to it is another. Select the answer that best describes how you feel after eating a high fat meal.

- A. It decreases my well being and energy or makes me sleepy or too full or causes indigestion.
- B. It causes no special reaction.
- C. It increases my well being, makes me feel good, energetic and satisfied.

39. Hunger Feelings

Getting hungry can produce a variety of symptoms ranging from occasional thoughts of food to all out hunger pangs. What type of hunger signals do you usually get?

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

40. Energy Drain

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

- A. Meat or fatty food generally makes me tired and lowers my energy level further.
- B. No foods in particular seem to take me down regularly.
- C. Fruit, pastry or candy makes me worse giving me a quick lift then a crash.

41. Insect Bite or Sting

Reactions to stings / bites vary from small or mild to strong reactions involving itching, pain, bruising or welts that take a long time to go away. How do insect bites / stings affect you?

- A. Reactions tend to be mild or weak and go away quickly.
- B. Average reaction
- C. Reactions are very strong and can take a long time to go away.

42. Insomnia

There are many kinds of insomnia. With a certain type, people often wake up in the middle of the night for reasons other than having to use the bathroom. With this type of insomnia people need to eat in order to sleep again. Do any of the following choices apply to you?

- A. I rarely or never get this type of insomnia.
- B. I occasionally wake up and need to eat in order to go back to sleep.
- C. I often wake up and need to eat in order to go back to sleep; food before sleep solves this problem.

43. Itching Eyes

Sometimes we experience itching eyes. This can happen when you have a cold, hay fever or candida overgrowth etc. For others itching eyes can be a common occurrence even without a medical condition.

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

44. Itching Skin

Some people find that their skin itches regularly, typically the scalp, arms or calves. Because they are so used to it they may not even be aware of their frequent itching.

- C. My skin tends to itch often.

45. Meal Portions

31. Fatty Food

Contrary to popular opinion, fatty foods are not bad for everyone. They are beneficial to certain metabolic types. How do you feel about fatty foods?

- A. I don't really like fatty foods.
- B. They're fine in moderation.
- C. 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 etc. How would you characterize the thickness of your fingernails?

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

33. Fruit Salad Lunch

How would you tend to feel after eating a large fruit salad with a little cottage cheese or yoghurt for lunch?

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

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

35. Gag Reflex

No one likes to gag but everyone has a gag reflex. Some people gag often and very easily while others very rarely gag. How would you describe your gag reflex?

- A. I rarely gag.
- B. I probably have a normal reflex.
- C. I easily gag and / or do so often.

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. Some people form goose bumps more easily than others. Are you prone to goose bumps?

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

37. Energy Booster

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 wholesome food or quick "pick me ups" like sugar or caffeine. What kinds of food generally boost your energy?

- A. Fruit, candy or pastry
- B. Just about any food
- C. Meat or fatty food

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

26. Eating Habits

Different types of metabolism have different feelings towards food. Some people are very focused on food. They think about it a lot. They imagine what they'll be eating long before meal time. 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 mind, even to the point of forgetting to eat. For them, having to eat is bad enough but talking about food is an uninteresting waste of time. They are the "eat to live" types. What's your attitude towards food?

- A. 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.
- B. I enjoy food, enjoy eating, rarely miss a meal but don't really focus on food in any way.
- C. I love food, love to eat; food is a big central part of my life.

27. Eye Moisture

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

- A. My eyes tend to be dry.
- B. I don't notice one way or the other.
- C. 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 is long past their meal time, but other metabolic types don't do well at all if they miss a meal. If they miss a meal their performance drops noticeably. What happens to you when you go four hours or more without eating or skip a meal altogether?

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

29. Facial Colouring

The thickness of the skin along with blood flow levels 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 colouring?

- A. I'm noticeably on the pale side.
- B. I have average colouring.
- C. I'm noticeably darker, or pink, flushed or ruddy.

30. Facial Complexion

Some people simply have a very bright look to their face. Their skin may appear very clear or shiny. Others can have the opposite look; pasty, chalky, unclear and dull. How would you categorize your facial complexion?

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

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

20. Ear Colour

This concerns blood flow to your ears. In some Caucasians the ears are bright red while in others it is pale. Darker or lighter ears can also be seen in people of colour. Please select the response that best describes your ear colour.

- A. My ears tend to be pale; lighter than my facial skin tone.
- B. My ears tend to be the same shade as my face
- C. 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 disrupts other people's sleep. For some it depends what they eat; for others, anything at all is a problem. This question concerns the latter.

Eating just about anything before going to bed;

- A. Disrupts or worsens my sleep.
- B. Doesn't seem to make a difference. I can take it or leave it.
- C. 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.

Eating just about anything before going to bed;

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

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 food like milk, yoghurt or butter.

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

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. How do sweets affect your sleep? (skip this if you have candida overgrowth problems or are diabetic).

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

25. Eating Frequency

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 dry and short in duration. It often worsens at night or soon after eating. If you are one of these people circle answer C below.

- C. I tend to cough every day.

13. Cracking Skin

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

- C. I tend to have a problem with cracking skin.

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. Vegetables, fruits, grain based products (bread, cereal, crackers)
- C. 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 C below.

- C. I tend to have problems with dandruff.

16. Depression

Like other emotional issues, depression can arise from many possible causes yet it 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 below.

- A. I seem to feel more depressed after eating meat and fatty food.
- C. I seem to feel more depressed after eating fruits and vegetable.

17. Desserts

Food provides 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. What is your general feeling or attitude towards having desserts after meals?

- A. I really love deserts and / or often need something sweet with a meal in order to feel satisfied.
- B. I enjoy desserts from time to time but can take it or leave it.
- C. I don't really care for deserts much. I may prefer something salty or fatty instead.

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 kind would you gravitate towards? (Ice cream has been deliberately left out as most people like ice cream).

- A. Cakes, cookies, fruit pies and candies
- B. Truly no preference. I would choose different kinds each day.
- C. Heavier, fatty types like cheesecakes, creamy French pastries etc.

19. Ideal Dinner

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

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 their ability to breathe.

- C. I have a tendency to get (or have problems with) chest pressure.

7. Coffee

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

- A. I do well on coffee as long as I don't drink too much.
- B. I can take it or leave it.
- C. I don't do well with coffee. It makes me jittery, jumpy, nervous, hyper, nauseous, 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 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. Low, weak or lacking
- B. Normal. I don't notice it being strong or weak.
- C. 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. Low, weak or lacking
- B. Normal. I don't notice it being strong or weak.
- C. Noticeably strong or above average

10. Appetite at Dinner

For many people, their strongest appetite is at dinner. For others it is 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 dinner time.

- A. Low, weak or lacking
- B. Normal. I don't notice it being strong or weak.
- C. Noticeably strong or above average

11. Concentration

Concentration or intense mental activity actually uses up a lot of energy and thus requires sufficient fuel. It also requires the right kind of fuel. 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. Meat and / or fatty food.
- B. No particular kind of food seems to disrupt my concentration.
- C. Fruits, vegetable and grain based carbohydrates.

12. Coughing

Metabolic Typing Questionnaire

Please read through the statements and circle the letter of the answer / option that is most appropriate. If none of them apply in any way draw a diagonal line through the options / answers.

1. Anger & Irritability

Sometimes we get angry for good reason but for some people, feelings of anger or irritability occur frequently, and can be 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. When I feel angry, eating meat or fatty food seems to make it worse.
- B. Sometimes eating relieves my anger and it doesn't really matter what I eat.
- C. 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 food eaten. Skip this question if you do not experience anxiety that is affected by food.

When I feel anxious;

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

3. Ideal Breakfasts

Some people say that breakfast is the most important meal of the day, but this simply 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 "engine of metabolism". What kind of breakfast gives you the greatest energy, sense of well being, peak performance and satisfies your hunger the longest?

- A. Either no breakfast or something light like fruit, and / or toast or cereal; and / or milk or yoghurt.
- B. Eggs, toast or fruit.
- C. Something heavy like eggs, bacon or sausage, hash browns, toast; or steak and eggs.

4. Meal Preference

Pretend it's your birthday and all rules and restrictions for dieting and good health are thrown out of 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 kind of food would you choose?

- A. I would choose lighter foods such as chicken, turkey, light fish, salads and vegetable and I would sample various desserts.
- B. I would choose a combination of foods from answers A and C.
- 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 come alive when it is cold while others retreat and hibernate. For others, climate and temperature don't seem to make much difference. Please select the statement that best describes how temperature affects you.

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