Nutrition and Weight Loss Center of Ocean, LLC

<u>Metabolic Typing Questionnaire</u>

Name: _____   **Date:**_____

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

*When answering the questions, **circle or check** 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 answer **A** suits you some of the time (in the morning but not the evening for example), and answer **B** suits you other times, you may circle both provided that the answers refer to how you may feel on any given day, not within a period of 24 hours.

1. I sleep best:

        A. ☐when I eat 1-2 hours before going to sleep
        B. ☐when I eat as much as 3 or 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 serving of meat

3. I sleep best and wake up feeling most rested if I:

        A. ☐don't eat sweet desserts like cakes, candy or cookies. If I eat rich dessert that   is not overly sweet, such as high quality full fat ice cream, I tend to sleep okay.
        B. ☐even if I should 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 a bodybuilder's high-protein shake

B. ☐foods or drinks higher in carbohydrate (sweetener), such as Gatorade, soda, or fruit juice

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 predominately meat based, high in protein and fat (such as roast beef, pork, salmon…) with a carbohydrate as a supplement to the meal
   B. ☐a meal predominately carbohydrate based, such as a salad or vegetables with some bread, and a small amount of protein

6. **Which best describes your reaction to sugar or sweet foods such as jelly donuts, candy or sweetened drinks:**

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

7. **My body shape is closest to:**

   A. ☐Mesamorphic or "V" shaped, like a typical wrestler, gymnast or weight lifter type; Endomorphic or more naturally round shape but I am naturally quite strong and respond very well to anaerobic sports or strength training type exercises.
   B. ☐Ectomorphic or long and lean like a rower or triathlete; Endomorphic or more naturally round shaped but I respond better to endurance athletics than to strength training or anaerobic sports.

8. **Which statement best describes your disposition toward 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 in general.

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 am not particularly attracted to salty foods

10. **Instinctually, I prefer to eat:**

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

B. ☐light meat such as the chicken or turkey breast over the dark leg and thigh meat

11. Which list of fish most appeals to your taste without concern for calories or fat content:

A. ☐anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tune (dark meat)

B. ☐light fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tune (white), turbot

12. When eating dairy products, do you feel best after eating:

A. ☐richer, full fat yogurts and cheeses or desserts

B. ☐lighter low fat yogurt 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 easily in general

14. Which characteristics best describe you:

A. ☐creative, digest food well in general, have a strong immune system and don't get sick often, have an appetite for proteins, feel good when eating fats or fatty foods, more muscular or inclined to gain muscle and/or strength easily

B. ☐logical, more lithe of build, tend to be sensitive to temperature changes and flu season and wouldn't really consider your immune system one of your stronger attributes, prefer light meats and lower fat foods, are more inclined toward endurance athletics

Total **A** answers _____   Total **B** answers _____

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

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