METABOLIC QUESTIONNAIRE

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 – you may skip that question. If you find that both **A** and **B** apply, you may choose both.

1   My common reaction when indulging in sweet foods and snacks:

A. 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 don't 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 such as protein shakes, and meats

B. Sweeter foods and drinks higher in carbohydrates such as sports drinks, pasta, and 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

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, and squid	B. Catfish, cod, flounder, scrod, sole, trout, turbot, haddock, and 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**