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Metabolism Type Test

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Adapted from The Metabolic Typing Diet (Wolcott and Fahey 2000. 135), this simple test is the most basic way to determine your metabolic type.*

Circle the answer that best completes the following 25 statements according to how you actually feel, not how you think you should feel. If you don’t usually pay attention to your body’s cues before and after eating, then do so for a few days (while continuing your present eating habits) before taking the test. To ensure a valid result, be honest and do not skip any questions.

**Questions**

1. **When I feel anxious, angry, or irritable:**
	1. heavy, fatty foods such as meat or salty nuts makes me feel better.
	2. fruit, vegetables, or fruit juice makes me feel better.
2. **I feel best when I eat the following for breakfast:**
	1. sausage, eggs, and or bacon.
	2. cereal, fruit, and or toast.
3. **If I attended a buffet and could eat whatever I wanted (all health rules aside), I would choose**
	1. steak, pork chops, ribs, gravy, and a salad with creamy dressing.
	2. chicken, turkey, fish, vegetables, and a dessert.
4. **I feel best when the temperature is:**
	1. cool or cold: I don’t like hot weather.
	2. warm or hot: I don’t like cold weather.
5. **Coffee makes me feel:**
	1. jittery, jumpy, nervous, hyper, shaky, or hungry.
	2. okay, as long as I don’t drink too much.
6. **In the morning, I am:**
	1. hungry and ready to eat breakfast.
	2. not hungry and don’t feel like eating.
7. **At midday, I am:**
	1. hungry and ready to eat lunch.
	2. not noticeably hungry and have to be reminded to eat.
8. **In the evening, I am:**
	1. hungry and ready to eat dinner.
	2. not noticeably hungry and have to be reminded to eat.
9. **I concentrate best if I have eaten a meal that includes:**
	1. meat and fatty foods
	2. fruits, vegetables, and grains.
10. **When I have cravings, I tend to want:**
	1. salty and fatty snacks (peanuts, cheese, or potato chips).
	2. baked goods or other carbohydrates (bread, cereal, or crackers).
11. **When I eat sugar or a sugary snack:**
	1. I feel a rush of energy, and then am likely to crash and feel fatigued.
	2. my energy levels are restored.
12. **If dessert is served;**
	1. I can take it or leave it; I would rather have cheese, chips, or popcorn.
	2. I definitely will indulge; I like to have something sweet after a meal.
13. **If I have dessert I most often choose:**
	1. cheesecake or creamy French pastries.
	2. cakes, cookies, or candies.
14. **For dinner, I feel best (satiated) after eating:**
	1. steak and vegetables.
	2. skinless chicken breast, rice, and salad.
15. **I sleep best if my dinner is:**
	1. heavy and includes more proteins.
	2. light and includes more carbohydrates.
16. **I wake up feeling rested if:**
	1. I don’t eat sweets in the evening.
	2. I eat sweets in the evening.
17. **I feel best during the day if I eat:**
	1. small meals frequently, or three meals a day plus some snacks.
	2. two or three meals a deal and no snacks; I can last pretty long without eating.
18. **I describe myself as someone who:**
	1. loves to eat; food is a central part of my life.
	2. is not very concerned with food; I may forget to eat at times.
19. **If I skip a meal, I feel:**
	1. irritable, jittery, weak, tired, or depressed.
	2. okay; it doesn’t really bother me.
20. **If I had a fruit and low-fat cottage cheese for lunch, I would feel:**
	1. hungry, irritable, and sleepy soon after.
	2. satisfied and probably could go until dinner after that.
21. **During the day, I feel hungry:**
	1. often and need to eat several times a day.
	2. rarely and have a weak appetite.
22. **I would describe myself and someone who is more:**
	1. extroverted-I am a very social person.
	2. introverted-I usually keep to myself.
23. **When a food or meal is very salty:**
	1. I love it.
	2. I do not enjoy it.
24. **If I get hungry mid afternoon, I feel best (more energized) after eating:**
	1. cheese and nuts.
	2. something sweet.
25. **After exercising, I feel best if I eat:**
	1. a protein shake or food that contains protein.
	2. a high sugar drink or food, such as Gatorade or a banana.

\*\***Scoring**

*First, count how many times you circled A and B to determine your scores:*

Total number of A answers = \_\_\_\_\_\_\_\_

 Total number of B answers = \_\_\_\_\_\_\_\_

Next, referring to these scores, select you metabolism type classification according to the following criteria:

* + If your A score is 5 or more points higher than your B score, then you are a **Protein Type**.
	+ If your B score is 5 or more points higher than you’re a score, then you are a **Carbohydrate Type.**
	+ If your A and B scores are within 3 points of each other, then you are a **Mixed Type.**