

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

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 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. For example, cows, sheep, birds and fish all have eyes and all provide higher protein/fat foods. Foods like vegetables, fruits and cereals do not come from a source that had 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, seeds, and avocados, which have no eyes, yet are high fat foods (even though potatoes have "eyes", they are not the kind you can see from! Therefore they are under the no eyes group).

**When answering the questions, circle 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 leave that question blank. If the answer A suits you some of the time (in the morning, but not in 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 over a period of more than 24 hours.

**1. I sleep best when:**

- A. I eat 1-2 hours before going to sleep.
- B. I eat as much as 3-4 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 a rich dessert that is not overly sweet, such as high-quality full-fat ice cream, I tend to sleep OK.
- B. Occasionally eat a sweet dessert before bed.

**4. After vigorous exercise, I tend to crave:**

- A. Foods or drinks with higher protein and/or fat content, such as a high-protein shake.
- B. Foods or drinks higher in carbohydrates (sweeter), 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 predominantly meat-based, high in protein and fat (such as roast beef, pork, salmon...) with carbohydrate as a supplement to the meal.

- B. A meal predominantly carbohydrate base, 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. Mesomorphic or "V" shaped, like a typical wrestler, gymnast or weight lifter type; or Endomorphic or more naturally round shaped, 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; or 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 towards food in general:**
- A. I LOVE food and life to eat!
- B. I am not fussed over food in general and I eat to live.
- 9. In general, I prefer to:**
- A. Salt my foods most of the time.
- B. 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 meat breast.
- B. Light meat such as the chicken or turkey breast over the dark meat leg and thigh.
- 11. Which list of fish appeals most to you?**
- A. Anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna, (dark meat).
- B. White fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tuna (white), turbot
- 12. When eating dairy products, I feel best after eating:**
- A. Richer, full fat yogurts and cheeses or desserts.
- B. Lighter, low fat yogurts and cheeses or desserts.

**13. With regard to snacking:**

- A. I tend to do better when I snack between meals or eat a greater number of small meals throughout the day.
- B. I tend to last between meals without snacking

**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 fast 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:** \_\_\_\_\_

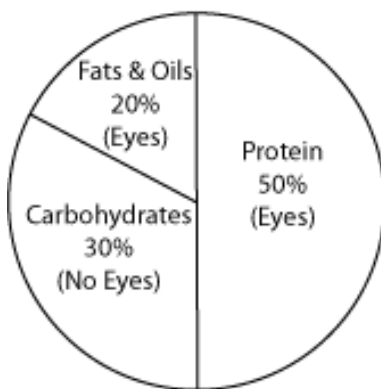
**Total "B" answers:** \_\_\_\_\_

## DETERMINING YOUR METABOLIC TYPE

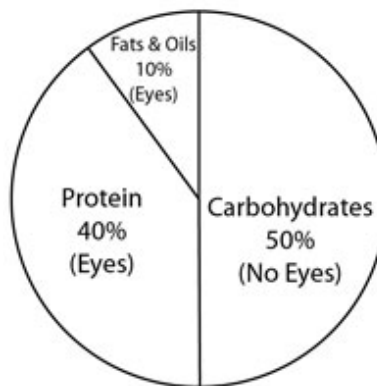
To score your test, calculate the number of "A" and "B" answers from the previous questions.

- If your number of "A" answers is three or more than your "B" answers, you are a Protein Type.
- If your number of "A" and "B" answers are tied or within two of each other, you are a Mixed Type.
- If your number of "B" answers is three or more than your "A" answers, you are a Carb Type.

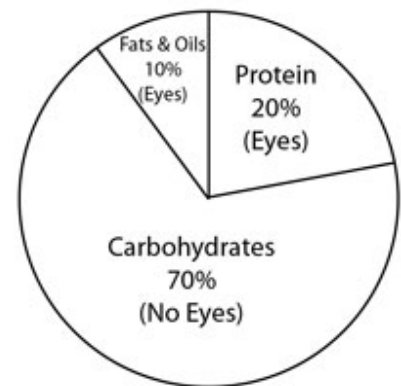
**Protein Type**



**Mixed Type**



**Carbohydrate Type**



## **What is Metabolic Typing?**

Metabolic Typing is a system that identifies an individual's genetically-based nutrition and diet requirements. There is not one diet that is right for everyone, therefore to achieve optimal health; you must determine what is right for you. You can find out what your metabolic type is through the previous questions. You may notice that the diet for the protein type is similar to the popular Zone diet, while the diet for a carb type is closer to the "Ornish" Diet. The great thing about metabolic typing is that it will direct you towards the diet plan that is right for your body. A FRESH! Holistic Lifestyle Coach will work with you to coordinate your eating and lifestyle habits to achieve the greatest benefits.

*The previous questionnaires were adapted from the Holistic Lifestyle Coaching – level 1 course developed by the CHEK Institute ([www.chekinstitute.com](http://www.chekinstitute.com)).*