

Metabolic Typing Questionnaire

Circle the TRUE or FALSE answer that best describes you (neither choice may fit you exactly, but try to choose the one that comes closest to describing your tendencies.

If neither choice applies, do not circle either.

My appetite at breakfast is strong	FALSE	TRUE
My appetite at lunch is strong	FALSE	TRUE
My appetite at dinner is strong	FALSE	TRUE
Eating before bedtime improves my sleep	FALSE	TRUE
I live to eat, not to maintain life	FALSE	TRUE
I often get hungry between meals	FALSE	TRUE
Fruits (generally) do not agree with me	FALSE	TRUE
Fasting makes me feel awful	FALSE	TRUE
I crave salt	FALSE	TRUE
Orange juice in the morning does not agree with me	FALSE	TRUE
A meal heavy with fat agrees with me (healthy fats such as avocado, nuts, seeds, unrefined oils)	FALSE	TRUE
Going without food for 4 hours is uncomfortable	FALSE	TRUE
I do not care for sweet desserts	FALSE	TRUE
Vegetarian meals are not satisfactory to me	FALSE	TRUE
Meat or fish (protein) for breakfast makes me more energetic	FALSE	TRUE
Meat or fish (protein) for lunch makes me more energetic	FALSE	TRUE
Meat or fish (protein) for dinner makes me more energetic	FALSE	TRUE
Eating meats or fatty foods restores my energy	FALSE	TRUE
TOTALS		

Interpretation of Results

Add the total number of “FALSE” and “TRUE” responses in each column. If there are a higher number of FALSE responses, then you are likely to be a Group 1 type or “Carbohydrate” type. If there are a higher number of “TRUE” responses, then you are likely to be a Group 2 type or a “Protein” type. Balanced types occur when there is a close balance in the responses.

Group 1 (Carb Type): Proteins 25-30% -- Fats 20-30% -- Carbohydrates 40-55%

The Group 1 types require less protein and fats than the Group 2 types, and also do best on less rich proteins. Group 1 proteins should be in the form of lighter meats (white-meat chicken and turkey, lean cuts of other meats) and the less oily fish (primarily white fish).

The Group 1 diet is easily adaptable for vegetarians. Vegetarian diets are almost always low in protein and high in complex carbohydrates. This is because plant foods are composed predominantly of carbohydrates, even the higher protein plant foods like gluten-free grains and legumes. Group 1 vegetarians would, however, need to eat a higher proportion of legumes than is generally recommended for Group 1 types in order to obtain sufficient protein.

Group 2 (Protein Type): Proteins 40% -- Fats 30-40%-- Carbohydrates 20-30%

The Group 2 types require more protein and fats than the Group 1 types. This makes the diet “politically incorrect,” according to conventional recommendations. Protein and good quality fat should be the central focus of every meal. All proteins are suitable for Group 2 types, but do best with darker meats (red meat and poultry) and oilier fish.

Group 2 types generally require snacks to keep energy levels stable, so between meals snacks should be higher in protein and *healthy* fat. It should be noted that it is very hard to successfully be a vegetarian on the Group 2 diet. Vegetarian diets are inherently higher in carbohydrates than in protein and very low in purine-containing foods. Eating purine-rich foods may help prevent hunger and blood sugar crashes.