

Metabolic Typing Quiz

	Question	Explanation	A	B	C	Choose A, B or C
1	Anger and Irritability	Sometimes we get angry "for good reason." But for some people, feelings of anger or irritability occur frequently or even daily, are specifically influenced by what is or isn't eaten. Skip this question if you do not experience anger or irritability that is affected by food.	When I feel angry, eating meat or fatty food seems to make it worse	Sometimes eating relieves my anger and it doesn't really matter what I eat.	I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty like meat.	
2	Anxiety	Some people have a tendency to be anxious, apprehensive, or worried. In many cases these feelings are increased or lessened by the kinds of foods that are eaten. Don't answer this question if you do not experience anxiety that is influenced by food.	When I feel anxious, fruits or vegetables calm me down.	When I feel anxious, eating almost anything helps alleviate my anxiety.	When I feel anxious, heavy fatty food improves the way I feel and lessens my feelings of anxiety.	
3	Ideal Breakfast	What kind of breakfast gives you the greatest energy, sense of well-being, peak performance, and satisfies your hunger the longest?	Either no breakfast or something light like fruit; and/or toast or cereal; and/or milk or yogurt	Egg(s), toast, fruit	Something heavy like eggs, bacon or sausage, hash browns, toast; or steak and eggs	
4	Meal Preference	What is your favorite type of meal if you had your choice? This is not necessarily the "healthiest" favorite meal.	Lighter foods such as chicken, turkey, light fish, salads, vegetables and sample various desserts	Choose combination of foods from answers A and C	Choose heavy, rich, fatty foods; roast beef, beef Stroganoff, pork chops, ribs, salmon, potatoes, gravy, few vegetables, or maybe a small salad with vinaigrette or blue cheese dressing; cheesecake or no dessert.	
5	Climate	Please select the choice that best describes how temperature affects you.	I do best in warm or hot weather. Can't take the cold.	Temperatures doesn't matter that much. I do well whether it's hot or cold.	I do best in cool or cold temperatures. Can't take the heat.	
6	Chest pressure	A distinct sensation of pressure in the chest area. It often makes people feel as though a weight is on their chest, and tends to inhibit the ability to breathe	None	None	I have a tendency to get or have problems with chest pressure.	
7	Coffee	Please indicate how coffee affects you	I do well on coffee (as long as I don't drink too much).	I can take it or leave it.	I don't do well with coffee. It makes me jittery, jumpy, nervous, hyper, nauseated, shaky or hungry.	
8	Appetite at breakfast	A "normal" appetite is to feel hunger around regular mealtimes (morning, noon, and evening), but not to a noticeable extreme in either direction.	My appetite at breakfast is typically low, weak or lacking.	My appetite at breakfast is typically normal. Don't notice it being either strong or weak.	My appetite at breakfast is typically noticeably strong or above average.	
9	Appetite and lunch	Please choose the answer that best describes your typical tendency.	My appetite at lunch is typically low, weak, or lacking.	My appetite at lunch is typically noticeably strong or above average	My appetite at lunch is typically noticeably strong or above average.	

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10	Appetite at dinner	Please choose the answer that best describes your typical tendency.	My appetite at dinner is typically low, weak, or lacking.	My appetite at dinner is typically noticeably strong or above average	My appetite at dinner is typically noticeably strong or above average.	
11	Concentration	What foods worsen your ability to concentrate	Meat and/or fatty food	No particular kind of food seems to disrupt my concentration.	Fruit and vegetables and grain-based carbohydrates.	
12	Coughing	Diet related coughs are typically "dry" in nature, short in duration and often worse at night or soon after eating.	None	None	I tend to cough every day	
13	Cracking Skin	A tendency to have skin cracking for no apparent reason, typically occurs on the fingertips or on the feet or heels. Often worse in winter.	None	None	I have a tendency to have problems with skin cracking.	
14	Cravings	Indicate any food cravings you might have other than sugar	Vegetables, fruits, grain-based products (bread, cereal, crackers)	None	Salty, fatty foods (peanuts, cheese, potato chips, meats, etc.)	
15	Dandruff	Please choose C if you have a tendency to have dandruff.	None	None	I tend to have problems with dandruff.	
16	Depression	If you suffer from depression and have noticed a connection to food, select the appropriate choice.	I seem to feel more depressed after eating meats and fatty foods (and less depressed after eating fruits and vegetables)	None	I seem to feel more depressed after eating fruits and vegetables (and less depressed after eating meats and fatty foods)	
17	Desserts	What is your general feeling or attitude toward having desserts after meals?	I really love sweets, and/or I often need something sweet with a meal in order to feel satisfied.	I enjoy dessert from time to time, but can really take it or leave it.	I don't really care for sweet desserts that much; I may like something fatty or salty instead (like cheese, chips, popcorn) for a snack after meals.	
18	Dessert preference	Which desserts, if you were forced to choose and calories were not an issue, are you most likely to gravitate toward?	Cakes, cookies, fruit pies, candies	Truly no preference. I'd choose different kinds each day.	Heavier, fatty types like cheesecakes, creamy French pastries.	
19	Ideal Dinner	What kind of meal works best for you at dinnertime?	Something light like skinless chicken breast, rice, salad, maybe a little dessert	Most foods work fine for me.	I definitely do better with a heavier meal.	
20	Ear color	Please select the response that best describes your ear color.	My ears tend to be pale, lighter than my facial skin tone.	My ears tend to be the same shade as my face.	My ears tend to be pink, red, or darker than my facial tone.	
21	Eating before bed	Please describe how eating before bed can affect your sleep.	Eating just about anything before going to bed disrupts or worsens my sleep.	Eating just about anything before going to bed doesn't seem to make a difference; I can take or leave it.	Eating just about anything before going to bed usually helps me sleep better	

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22	Eating Heavy food before bed	Heavy food refers to protein foods or fatty foods like meat, fowl and cheese.	It prevents or disturbs my sleep.	It's usually okay, as long as it isn't too much.	It improves my sleep	
23	Eating light food before bed	"Light food" refers to carbohydrates like bread, toast, cereal, or fruit--perhaps accompanied by small amounts of foods like milk, yogurt or nut butter.	I usually don't do well eating before sleep, but I definitely do better with light food.	I can take it or leave it.	It's better than nothing, but I do better with heavier food.	
24	Eating sweets before bed.	How do sweets affect your sleep	Sweets don't interfere with my sleep at all.	Sweets sometimes bother my sleep.	I clearly don't do well eating sweets before sleep	
25	Eating Frequency	How often do you eat each day? This question refers to your "need" to eat to maximize your well-being and productivity?	2-3 meals a day and either no snacks, or light snacks	3 times a day and no snacks, usually	3 meals or more a day and snacks, often something substantial	
26	Eating Habits	What is your attitude toward food?	I'm unconcerned with food and eating; may forget to eat; rarely think about food; eat more because I have to than because I want to.	I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way.	I love food, love to eat, food is a big or central part of my life.	
27	Eye moisture	Which of the following best describes your eyes	My eyes tend to be dry.	I don't notice one way or the other	My eyes tend to be very moist, even to the point of tearing.	
28	Skipping meals	What happens to you when you go four hours or more without eating or skip a meal altogether?	Doesn't really bother me, I can easily forget to eat.	I may not be at my best, but it doesn't bother me, really	I definitely feel worse, getting irritable, jittery, weak, tired, low on energy, depressed or negative symptoms.	
29	Facial Coloring	How would you characterize your facial coloring?	I'm noticeably on the pale side.	I have average coloring.	I'm noticeably darker (not from the sun) or pink, flushed, ruddy.	
30	Facial Complexion	How would you characterize your facial complexion?	More dull or pasty	Average	Bright, radiant, clear	
31	Fatty food	Contrary to popular opinion, fatty foods are not bad for everyone. Please don't respond by indicating how you are supposed to feel. How much do you like or dislike fatty foods in general?	I don't really like fatty foods.	They're fine in moderation	I love them or crave them and would like them often if I knew they were good for me.	
32	Fingernail thickness	How would you characterize the thickness of your fingernails?	My nails tend to be thick, strong, hard.	Seem average in thickness	I definitely tend to have thin and/or weak nails	
33	Fruit salad lunch	How would you tend to feel after eating a (large) fruit salad with a little cottage cheese or yogurt for lunch?	It satisfies me; I do well on it and don't get hungry until dinner.	I do pretty well, but usually need a snack before dinner.	Pretty bad result. I usually get sleepy, tired, spacey, depressed, anxious, irritable, and/or hungry as a result and definitely need to eat something else before dinner.	

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34	Gaining weight	Which of the following best describes your tendency to gain weight?	Meats and fatty foods cause me to gain weight.	No particular foods seem to cause me to gain weight, but I'll gain weight if I eat too much and get enough exercise.	I tend to gain weight eating too many carbs (bread, pasta, other grain products, fruits, and/or vegetables).	
35	Gag reflex	How would you describe your gag reflex?	I rarely, if ever, gag; its' hard to make me gag	I probably have a normal reflex.	I easily gag and/or often gag.	
36	Goose bumps	Are you prone to goose bumps	I often get goose bumps.	I occasionally get goose bumps.	I rarely, if ever, get goose bumps.	
37	Energy boosters	What kinds of foods generally boost your energy and give you lasting energy?	Fruit, candy, or pastry restores and gives me lasting energy.	Just about any food restores lasting energy	Meat or fatty food restores my energy and well-being.	
38	Heavy-Fat Meal Reaction	This questions concerns how you feel after eating fat, not whether you think fat is good for you.	Decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion.	Causes no special reaction one way or the other.	Increases my well-being; makes me feel good, energetic, satisfied, like I "had a good meal".	
39	Hunger feelings	What kind of hunger signals do you typically get from your body?	I rarely get hungry or feel real hunger, or have weak hunger feelings that pass quickly, or can easily go long periods without eating or can forget about food altogether.	I have pretty normal hunger around mealtimes or when I'm late for meals	I often feel hungry' need to eat regularly and often; may get strong hunger sensations.	
40	Energy Drain	What kinds of foods take your energy level down a notch or two instead of giving you the boost you are looking for?	Meat or fatty food generally makes me more tired, lowers my energy even more.	No foods in particular seem to take me down on a regular basis.	Fruit, pastry, or candy makes me worse, usually giving me a quick lift, then a crash.	
41	Insect bite or sting	How do insect bites or stings affect you?	Reactions tend to be mild or weak and go away quickly.	Average reaction.	Clearly strong reaction, stronger than most (can involve above-average swelling, pain, itching, bruising, redness), and can take a long time to go away, even leaving discoloration afterward.	
42	Insomnia	There are many types of insomnia, the insomnia of interest in this question is when you wake up and need to eat in order to fall asleep again.	I rarely or never get this kind of insomnia.	I occasionally wake up and need to eat in order to go back to sleep.	I often wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I'm awake.	

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43	Itching eyes.	Not related to cold, hay fever or Candida overgrowth or allergies.	None	None	I tend to get itching eyes often, even though I don't have a cold, allergy or Candida problem.	
44	Itching skin	Not related to bites or stings.	None	None	My skin tends to itch often.	
45	Meal Portions	When you eat out, do you tend to eat less than others, more than others or about the same as others.	I don't eat that much. Definitely less than average. Doesn't take much to get me full.	I don't seem to eat more or less than other people	I generally eat large portions of food, usually more than most people.	
46	Nose Moisture	Please select the option that best describes the way you are when you're not ill or suffering from an allergic reaction. Notice to moisture content of the skin inside your nostrils.	My nose often seems too dry.	I don't notice my nose being dry or moist.	My nose often tends to run.	
47	Fruit Juice Between Meals	How does drinking a glass of juice between meals effect you?	It energizes and satisfies me. This works well to nourish me until my next meal.	Its okay, but not always the best snack	Overall bad result. It can make me light-headed, hungry soon after, shaky, anxious, etc..	
48	Personality	Which of the following best describes your natural tendency in a social situation or daily interactions with people.	I tend to be more aloof, withdrawn, a loner or introverted.	I am reasonably social, the middle ground	I tend to be more social and extroverted.	
49	Potatoes	Whether they are good for you or not, how do you feel about potatoes?	I don't really care for them much or don't like them at all.	I can take it or leave it.	I love them, could eat them every day.	
50	Red Meat	Here we are seeking how you feel after eating red meat, not your belief as to whether or not you think it is bad or good for you.	It decreases my energy and well being. Can make me depressed or irritable.	I do not notice one way or the other.	I definitely feel good or better when I eat red meat.	
51	Pupil Size	Your pupil is the black, center portion of your eyes. The iris is the color portion. This question concerns the pupil relative to the size of the iris. Average means the width of these two are basically the same. Look at your eyes in the mirror with average lighting.	My pupil larger than my iris.	Average	My pupil is smaller than my iris.	
52	Salad for lunch	If you have a large vegetarian salad for lunch, what effect would it have on your productivity through the afternoon	I do well with that type of lunch	I can get by, but it is not the best lunch for me.	Bad result. Makes me sleepy, irritable, tired, lethargic or nervous.	
53	Saliva Quantity	What is your natural tendency for saliva quantity when your are not stressed or hungry.	My mouth tends to be dry a lot of the time.	I do not notice one way or the other.	I tend to have a lot of saliva or have a tendency toward drooling.	
54	Salty Foods	Whether it is good for you or not, how do you feel about salt? How much do you salt your food?	Foods often taste too salty, I lightly salt my food.	Don't really notice	I love salt or crave it. Like a lot of salt on my food.	

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55	Snacking	If you eat three meals a day, do you typically need to snack or eat between meals? Are those three meals all the food you need for peak performance.	I rarely if ever want or need snacks.	I occasionally want a snack.	I often want or need a snack to stay balanced.	
56	Snack Preference	A snack that is good for you should provide lasting energy and improve your emotional well being. Which is the best choice of a snack for you?	I prefer something sweet if I need a snack at all.	I do well on pretty much anything.	I definitely want and need snacks in order to be at my best. Do poorly on sweets and best on protein and fat.	
57	Sneezing	We usually connect sneezing with colds or allergies. Some people sneeze daily, without colds or allergen exposure. This question pertains to brief sneezing attacks composed of one or two sneezes. Which best describes you?	I only sneeze when sick or allergic	I sneeze from time to time, but not regularly.	I often regularly tend to sneeze and usually a little after eating.	
58	Sociability	How would you describe your natural, innate tendency toward social situations?	I tend to be a little anti-social, in that I enjoy being alone and feel awkward in social situations.	I'm in the middle.	I tend to be a people person and prefer to be with others than alone.	
59	Sour Foods	Some people really like or crave sour tastes like pickles, sauerkraut, lemon, and yogurt. Which of the following describes your reaction to sour foods?	I generally don't like sour tastes.	I don't feel one way or the other.	I love or crave sour foods.	
60	Physical and Mental Stamina	Stamina refers to physical endurance or the ability to work long hours with out exhaustion. Some foods optimize our physical and mental stamina while others reduce it. What types of food best support your stamina?	My stamina is better when I eat light foods like fish, vegetables and grains.	My stamina is good with any wholesome food.	My stamina is best with heavy and fatty foods.	
61	Consuming Sweets	How do you react when you eat something sweet all by itself?	Sweets don't bother me alone.	Sometimes it bothers me and sometimes it doesn't.	I usually don't do well eating sweets alone and then I crave more.	
62	Meat for Breakfast	How do you feel after consuming meat for breakfast?	I don't feel as good. Tends to make me more sleepy, lethargic, angry, or thirsty.	I can take it or leave it.	I feel much better with meat: more energetic, have good stamina, keeps me going without getting hungry before lunch.	
63	Red Meat for Lunch	How do you feel after consuming red meat such as beef or lamb for lunch as opposed to going with out?	I don't feel as well with it as without. Tends to make me more sleepy, lethargic, angry, irritable, thirsty or causes me to lose my energy.	I can take it or leave it.	I feel much better with red meat: more energetic, have good stamina, keeps me going with-out getting hungry before dinner.	
64	Red Meat for Dinner	How do you feel after consuming red meat such as beef or lamb for dinner as opposed to going with out?	I don't feel well with it as without.	I can take it or leave it.	I feel much better with it. It keeps me from getting hungry before bed.	

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65	Dinner Preference	Your hungry and really need to eat food that will keep you awake and increase your energy. You have 3 choices which would you choose?	Skinless chicken, rice, salad and apple pie	Combination plate with a little of each of the other choices	Pot roast cooked with carrots, onion and potatoes, served with biscuits and gravy. Cheesecake.	