

# WHAT IS YOUR METABOLIC TYPE?

NAME: \_\_\_\_\_

	1	2	3	4	5
Red meat makes me feel...	Weighted down and tired	Slightly heavy, losing energy	Good, content	Great, energized	The best! Look out, world!
I gain weight...	In a pot belly or all over equally	In the thighs or rear end	In the belly or upper legs	In the upper body (stomach, back, rib cage)	In an extreme way in the upper body
My appetite at scheduled mealtimes is...	Low and under control; I could wait an hour before eating, and remain content; I sometimes forget to eat	Light; I can sense it's time to eat, but I could still wait an hour without any problem	Average; I sometimes feel hungry; I may eat just because it's time, or I might choose to wait an hour	Strong; I must eat; waiting an hour would be difficult and may leave me irritable and with low energy	Very strong; I'm starving, irritable, and have no energy; I could eat a horse. Wait an hour? Not on your life!
I eat fruit as a snack...	More than once a day	Once daily	Occasionally	Rarely	Almost never
Eating chicken or turkey...	Leaves me feeling good, even if I consume just a little of it	Satisfies and energizes me	Leaves me feeling content; I like it	Gives me energy but only when I eat a lot of it	Is okay-but I'd rather have steak!
An hour after eating pasta for lunch, I feel...	<i>Extremely</i> energized	Energized and feeling good	A little tired	Quite sleepy	Sound asleep
My personality is...	<i>Extremely</i> curious, witty, and sociable	Curious, witty, and sociable	Extroverted, a real talker, the life of the party	Controlling and demanding	<i>Extremely</i> controlling and demanding
The perfect hamburger has...	A meatless burger, loaded with vegetables	A small, junior sized patty, loaded with vegetables and sometimes with cheese	An adult-sized patty with cheese on it and some vegetables	An adult-sized patty with cheese on it, but I can take or leave the vegetables (depending on my mood)	An adult- or super-sized patty with cheese (maybe double cheese), but almost never any vegetables (except perhaps pickles)
When I eat fish, I prefer it...	Broiled or baked, although I could do without fish altogether	Broiled or baked, but never fried	Broiled, baked or fried	Fried, broiled, or baked, but I eat it only occasionally	Fried—if I have to eat it at all
Eating candy or fruit for energy...	Is spectacular	Leaves me feeling very good	Is okay	Gives me a burst of energy, but then is wanes quickly	Gives me a very rapid, very intense burst of energy, but then I "crash" and feel hungry
I get hunger pangs...	Very rarely and that are very light	That are occasional and mild	Sometimes when it's my normal mealtime, and that are mild to strong	That are strong; I never miss a meal	That are very strong
When it comes to red meat...	I refuse to eat it	I eat it only on rare occasions, but prefer not to	I eat it once or twice a week and occasionally crave it	I love and crave it and eat it 4 or 5 times a week	It's the best! I could eat it every day!
(WOMEN ONLY) My body build is naturally...	Smallish, less developed; I may even appear frail	Pear-shaped, curvy, a weaker upper body	Long and lanky; I often appear taller than I am; I have medium strength	Strong with a solid build; I'm full-chested with broad shoulders and strong legs	Extremely strong and solid, with very broad shoulders and very strong legs
<b>Totals</b>	<b>Column 1 =</b>	<b>Column 2 =</b>	<b>Column 3 =</b>	<b>Column 4 =</b>	<b>Column 5 =</b>

	1	2	3	4	5
My blood type is...	Type A	Type B	Type AB	Type O	
I would want to put salt on my perfect meal...	Never; I prefer food's natural taste—or another seasoning	Not often or only a pinch; a little salt goes a long way	Sometimes	Because I like salt a lot; I use it to enhance the taste	I love salt. It is the best seasoning on the planet!
I eat fried chicken...	Never	A piece or two on rare occasions	At times, and I like it	Frequently	It's good—and much better than baked chicken
I tend to gain weight...	Not at all! I'm always very trim	On the lower half of my body	If I don't exercise and eat right	If I don't exercise often and vigorously	Easily unless I really concentrate on good nutrition
My personality is...	<i>Extremely</i> calm, intellectual, idealistic	Calm, intellectual, idealistic	Creative, lively, quick; I'm sometimes moody, perfectionistic	Assertive, orderly, decisive, task-oriented	Extremely aggressive, orderly, decisive, task-oriented
I like fast foods (on a 5-point scale)...	5 (can't stand them)	4	3	2	1 (absolutely love them)
I like vegetables...	Very much; I enjoy a wide variety, eat them at every meal and even snacks	A lot; I eat them daily, usually with meals, occasionally as snacks	Moderately well; I often eat them with dinner or perhaps have a salad lunch	Somewhat; I enjoy some varieties, especially potatoes, carrots, or corn	Not very much; I'm very picky—but I absolutely love potatoes, carrots, or corn
After eating a high-fat snack or meal, my energy level..	Becomes very sluggish; it's too heavy	Slows down, so I eat just a taste	Is about average	Increases	Becomes very high
I become angry, internally or externally (on a 5-point scale)...	(Rarely, and only with a lot of provocation)	4	3	2	1 (very easily)
Fasting is...	Very easy for me to do; it makes me feel great!	Slightly uncomfortable, but overall I feel good	Moderately uncomfortable, but I still feel okay	Hard for me; I find it difficult to function while fasting	Very hard for me; I simply can't do it
Eating fruit by itself makes me feel...	Terrific! Look out, world!	Very good and energized	Pretty good; I eat fruit daily	Even more hungry when eating by itself	Extremely hungry, so I eat it only rarely by itself
My feelings about desserts are that...	I like them most of the time	I love and always have room for them	I can take them or leave them; it depends on the dessert	I eat them occasionally if I have room	I eat them rarely; I never consciously leave room for them
At a buffet, I would choose...	Salad, fruit, pasta, vegetables—but no meat except maybe just a taste	A little meat, but mostly salad, fruit, and vegetables	A little of everything	Primarily meat; I might eat a few vegetables but won't fill up on "rabbit food"	I'm a carnivore! Give me meat, meat, and more meat (and maybe some potatoes and gravy, too)!
<b>Totals</b>	<b>Column 1 =</b>	<b>Column 2 =</b>	<b>Column 3 =</b>	<b>Column 4 =</b>	<b>Column 5 =</b>