

Metabolic Type I Questionnaire

For each of the following questions circle the response A, B or C that best applies to you. Don't answer based on what you think you "should" be eating; instead be honest about your preferences, tendencies and habits.

1. In the and morning you:
 - A. Don't eat breakfast
 - B. Have something light like fruit, toast or cereal.
 - C. Have something heavy like eggs, bacon, steak or hash browns.
2. At a buffet, foods you choose are:
 - A. light meats like fish and chicken, vegetables and salad, a sampling of different desserts.
 - B. A mixture of A and C
 - C. Heavy, fatty foods like steak, ribs, pork chops, cheeses and cream sauces
3. Your appetite at lunch is:
 - A. Low
 - B. Normal
 - C. Strong
4. Your appetite and dinner in is:
 - A. Low
 - B. Normal
 - C. Strong
5. Caffeine makes you feel:
 - A. Great--it helps me focus
 - B. Take it or leave it
 - C. makes me jittery or nauseous.
6. The types of foods you crave are:
 - A. fruits, bread and crackers
 - B. Both A and C
 - C. Salty foods, cheeses and meats
7. At dinner you prefer to eat:
 - A. chicken or fish, salad, rice
 - B. No preferences choice varies daily
 - C. Heavier fatty foods-pastas, steak, potatoes
8. After dinner you:
 - A. Need to have something sweet
 - B. Could take desert or leave it

C. Don't care for sweets and would rather have something salty like popcorn

9. The types of sweets you like are:
 - A. Sugary candies like Skittles or Hot Tamales
 - B. No preference
 - C. Ice cream or cheesecake
10. Eating fatty foods like meat and cheese before bed:
 - A. Prevents me from sleeping
 - B. Doesn't bother me
 - C. improves my sleep
11. Eating carbs like bread and crackers before bed:
 - A. Disturbs my sleep; I sleep better on lighter foods
 - B. Doesn't affect me
 - C. Is better than nothing, but I sleep better on heavier foods
12. Eating sweets before bed:
 - A. Doesn't keep me from sleeping at all
 - B. Sometimes makes me feel restless in bed
 - C. Keeps me up all night
13. How often do you eat each day?
 - A. Two or three meals with no snacks
 - B. Three meals with maybe one light snack
 - C. Three meals with constant snacking
14. Your attitude towards food is:
 - A. I often forget to eat
 - B. I enjoy food and rarely miss a meal
 - C. I love food--it's a central part of my life
15. A. When you skip meals, you feel:
 - A. Fine
 - B. I don't function of my best, but it doesn't bother me
 - C. I feel shaky, irritable, weak and tired
16. How much do you like fatty foods?
 - A. Not at all
 - B. Moderately
 - C. I crave them regularly
17. When you eat fruit salad for breakfast or lunch you feel:
 - A. Satisfied
 - B. Okay, but I usually need a snack between meals.
 - C. Unsatisfied and still hungry

18. What kind of foods drain your energy?
- A. Fatty foods make me feel lethargic
 - B. No food affects me in this way
 - C. Fruit, candy, or confections give me a quick boost and then a sugar crash
19. Your food portions are:
- A. small--less than average
 - B. Average--not more or less than other people
 - C. I eat large portions of food, usually more than most people
20. How do you feel about potatoes?
- A. Don't care for them
 - B. Take them or leave them
 - C. Love them
21. Red meat makes you feel:
- A. Tired
 - B. No particular feeling one way or the other
 - C. Strong
22. A salad for lunch makes you:
- A. Feel energized and healthy
 - B. Fine, but it isn't the best type of food for me
 - C. Sleepy
23. How do you feel about salt?
- A. Foods often taste too salty to me
 - B. Don't notice one way or the other
 - C. I crave salt and salt my food regularly
24. Your snack of choice is:
- A. I don't really snack, but if I do, I like something sweet
 - B. I can snack on anything
 - C. I need snacks but prefer meats, cheeses, eggs or nuts
25. How would do you feel about sour foods like pickles, lemon juice or vinegar?
- A. Strongly dislike them
 - B. They don't bother me, but I don't particularly like them
 - C. I like sour foods
26. When you eat just sweets, you feel:
- A. Sweets alone can satisfy my appetite
 - B. They don't bother me, but don't totally satisfy me
 - C. I don't feel satisfied and often crave more sweets

27. When you just eat meat (bacon, sausage and salmon) for breakfast, you feel:
- A. Sleepy, lethargic or irritable
 - B. It varies day to day
 - C. Satisfied and I don't get hungry until lunch
28. Out of the three following dinner choices you'd prefer:
- A. grilled fish, salad and rice
 - B. A mixture of plates A and C
 - C. Lamb chops, cooked carrots and baked potatoes
29. When you eat heavy or fatty foods you feel:
- A. Irritable
 - B. Doesn't affect me
 - C. Often alleviates my anger or irritability
30. When you feel anxious:
- A. Fruits or vegetables calm me down
 - B. Eating anything calms me down
 - C. Fatty foods calm me down
31. You concentrate best when you eat:
- A. Fruits and grains
 - B. Nothing in particular affects my concentration
 - C. Meat and fatty food
32. You feel more depressed when you eat:
- A. Fatty or heavy foods
 - B. Food doesn't affect me in this way
 - C. Fruits, breads or sweets
33. You notice you gain weight when you:
- A. Eat fatty foods
 - B. No particular food makes me gain; I gain whenever I overeat
 - C. Eat fruits or carbs
34. What type of insomnia, if any, applies to you?
- A. I rarely get insomnia from hunger
 - B. I rarely get insomnia, but if I do, I often need to eat something to go back to sleep
 - C. I often wake up during the night and need to eat. If I eat right before bed, it alleviates the insomnia
35. Your personality type is:
- A. Aloof, withdrawn or introverted

- B. Neither introverted nor extroverted
 - C. I am an extrovert
36. Your mental and physical stamina are better when you eat:
- A. Light proteins like egg whites, chicken, or fish
 - B. Any wholesome food
 - C. Fatty foods
37. Your climate preference is:
- A. Warm or hot weather
 - B. Doesn't matter to me
 - C. Cold climates
38. You have problems with coughing or chest pressure (if no, skip question): C. Yes
39. You have a tendency to get cracked skin or dandruff (if no skip question) C. Yes
40. You have a tendency to get lightheaded or dizzy (if no skip question) C. Yes
41. Your eyes tend to be:
- A. Dry
 - B. Don't notice one way or the other
 - C. My eyes tear often
42. Your complexion is:
- A. Noticeably pale
 - B. Average color
 - C. Pink or often flushed
43. Your fingernails are:
- A. Thick
 - B. Average
 - C. Thin
44. Do you have a gag reflex
- A. Very hard to make me gag
 - B. Normal
 - C. I gag easily
45. You often get goosebumps:
- A. Often
 - B. Occasionally
 - C. Very rarely
46. Is your body more prone to:
- A. Constipation

B. No stomach problems

C. Diarrhea

47. When insects bite you, your reaction is:

A. Mild

B. Average

C. Strong

48. Your body type is:

A. Short and stocky

B. Average

C. Tall and thin

49. Your nose is:

A. Dry

B. Normal

C. Runny

Scoring Your Metabolic Type Test

When you have finished the test, add up the number of A answers, B answers, and C answers you have circled.

_ If your number of A answers is 5 or more higher than your number of B or C answers, you are a slow oxidizer.

_ If your number of B answers is 5 or more higher than your number of A or C answers, or if neither A's, B's nor C's are 5 or more higher than the other two, you are a balanced oxidizer.

_ If your number of C answers is five or more higher than your number of A or B answers, you are a fast oxidizer