

General Test to Determine Your Basic Metabolic Type

For the following general test, simply answer the questions as honestly as you can, choosing the number that best represents your answer on the scale provided for each question. Remember, there are no right or wrong answers, and it's of course not "better" to be one type or another. If you don't know the answer to a question because you haven't tried a specific food yet, or don't remember how it affects you, then consume that food first and notice its effects on you, and then answer the question.

1) Does a high-carbohydrate meal or snack, one that is loaded with plenty of

vegetables, bread, toast, cereals, rice, fruits, grains or potatoes, as the main food

source satisfy your appetite, or stimulate it further?

1	2	3	4	5	6	7	8	9	1 0	
satisfies									stimulates	
2) When you eat a lot of red meat does it cause you to lose or gain body fat? Do										
you look slimmer in the mirror or is it easier for your clothes to fit?										
1	2	3	4	5	6	7	8	9	1 0	
gain weigł	ain weight lose weight									
3) Do you constantly think about food and frequently look forward with eager										
anticipation to your next meal or what you want to eat?										
1	2	3	4	5	6	7	8	9	1 0	
No									yes	
4) What is your appetite like at breakfast, lunch and dinner?										
breakfast										
1	2	3	4	5		6	7	8	9	10
weaker										stronger
lunch										
1	2	3	4	5		6	7	8	9	10

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weaker									stronger
38 THE DIETARY KEY: EAT ACCORDING TO YOUR METABOLIC TYPE									
dinner									
1	2	3	4	5	6	7	8	9	10
weaker									stronger
5) Does eating something higher in fat and/or protein such as dark meats, avocados,									
cream, butter or coconuts within an hour or two of bedtime help you sleep better?									
1	2	3	4	5	6	7	8	9	10
no									yes
6) If you ate a large salad with some low-fat meat like chicken breast for lunch									
(versus higher fat meat like a hamburger patty), how would it affect your productivity									
throughout the rest of the afternoon?									
1	2	3	4	5	6	7	8	9	10
I'd have ar	mple energy	and feel sati	sfied						I'd become tired and hungry
7) How often do you typically feel the need to eat on an average day? The									
extremes here would be feeling good with one meal scored as a 1, while needing 5									
or 6 meals a day would place you at a 10. If you felt good on three meals a day that									
would be a 5.									
1	2	3	4	5	6	7	8	9	10
1-2 times	1-2 times including snacks 5-6 times including snacks								
8) How much do you enjoy sour foods like pickles, sauerkraut, or vinegar?									
1	2	3	4	5	6	7	8	9	10
love them									can't stand them
9) At Thanksgiving or a meal where you eat turkey, and assuming all the turkey									
is moist, if you prefer white meat give yourself a 1, if you only prefer the dark meat									
give yourself a 10, and if it doesn't matter give yourself a 5.									
1	2	3	4	5	6	7	8	9	10

white meat

dark meat

Now add up each of the fourteen numbers you circled to get your total score, and your basic metabolic type:

• A score over 60 indicates a Protein Type. The higher your score above 60, the more likely you are truly a Protein Type.

• A score under 60 indicates a Carb Type. The lower your score under 60, the more likely you are truly a Carb Type.

• A score between 40 and 70 indicates a potential Mixed Type. If you scored in this range, you can begin fine-tuning your diet as explained below, but it is recommended that you take the more sophisticated test in William Wolcott's book, The Metabolic Typing Diet, to provide yourself a more reliable starting point.