



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 ample energy and feel satisfied

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 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.