

THE DIET SOLUTION

METABOLIC TYPING TEST

*Discover How YOUR
Unique Metabolism Works*



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Metabolic Typing Test

Adapted from *The Metabolic Typing Diet* (Wolcott and Fahey 2000, 135), this simple test is the most basic way to determine your metabolic type.

Circle the letter of the phrase that best completes the following 25 statements according to how you actually feel, not how you think you should feel. If you don't usually pay attention to your body's cues before and after eating, then do so for a few days (while continuing your present eating habits) before taking the test. To ensure a valid result, be honest and do not skip any questions!

Instructions for scoring follow.

Questions

1. When I feel anxious, angry, or irritable,

- A. heavy fatty foods such as meat or salty nuts make me feel better.
- B. fruit, vegetables, or fruit juice makes me feel better.

2. I feel best when I eat the following for breakfast:

- A. sausage, eggs, and/or bacon.
- B. cereal, fruit, and/or toast.

3. If I attended a buffet and could eat whatever I wanted (all health rules aside), I would choose

- A. steak, pork chops, ribs, gravy, and a salad with creamy dressing.
- B. chicken, turkey, fish, vegetables, and a dessert.

4. I feel best when the temperature is

- A. cool or cold; I don't like hot weather.
- B. warm or hot; I don't like cold weather.

5. Coffee makes me feel

- A. jittery, jumpy, nervous, hyper, shaky, or hungry.
- B. okay, as long as I don't drink too much.

6. In the morning, I am

- A. hungry and ready to eat breakfast.
- B. not hungry and don't feel like eating.

7. At midday, I am

- A. hungry and ready to eat lunch.
- B. not noticeably hungry and have to be reminded to eat.

8. In the evening, I am

- A. hungry and ready to eat dinner.
- B. not noticeably hungry and have to be reminded to eat.

9. I concentrate best if I have eaten a meal that includes

- A. meat and fatty foods.
- B. fruits, vegetables, and grains.

10. When I have cravings, I tend to want

- A. salty and fatty snacks (peanuts, cheese, or potato chips).
- B. baked goods or other carbs (bread, cereal, or crackers).

11. When I eat sugar or a sugary snack,

- A. I feel a rush of energy, then am likely to crash and feel fatigued.
- B. my energy levels are restored.

12. If dessert is served,

- A. I can take it or leave it; I would rather have cheese, chips, or popcorn.
- B. I definitely will indulge; I like to have something sweet after a meal.

13. If I have a dessert, I most often choose

- A. cheesecake or creamy French pastries.
- B. cakes, cookies, or candies.

14. For dinner, I feel best (satiated) after eating

- A. steak and vegetables.
- B. skinless chicken breast, rice, and a salad.

15. I sleep best if my dinner is

- A. heavy and includes more proteins.
- B. light and includes more carbohydrates.

16. I wake up feeling well rested if

- A. I don't eat sweets in the evening.
- B. I eat sweets in the evening.

17. I feel best during the day if I eat

- A. small meals frequently, or three meals a day plus some snacks.
- B. two to three meals a day and no snacks; I can last pretty long without eating.

18. I describe myself as someone who

- A. loves to eat; food is a central part of my life.
- B. is not very concerned with food; I may forget to eat at times.

19. If I skip a meal, I feel

- A. irritable, jittery, weak, tired, or depressed.
- B. okay; it doesn't really bother me.

20. If I had fruit and low-fat cottage cheese for lunch, I would feel

- A. hungry, irritable, and sleepy soon after.
- B. satisfied and probably could go until dinner after that.

21. During the day, I feel hungry

- A. often and need to eat several times a day.
- B. rarely and have a weak appetite.

22. I would describe myself as someone who is more

- A. extroverted—I am a very social person.
- B. introverted—I usually keep to myself.

23. When a food or meal is very salty,

- A. I love it!
- B. I don't enjoy it.

24. If I get hungry midafternoon, I feel best (more energized) after eating

- A. cheese and nuts.
- B. something sweet.

25. After exercising, I feel best if I eat

- A.** a protein shake or food that contains protein.
- B.** a high-sugar drink or food, such as a Gatorade or a banana.

Scoring

First, count how many times you circled A and B to determine your scores:

Total number of A answers = _____

Total number of B answers = _____

Next, referring to these scores, select your metabolic type classification according to the following criteria:

- If your A score is 5 or more points higher than your B score (e.g., A = 15, B = 10), then you are a Protein Type.
- If your B score is 5 or more points higher than your A score (e.g., A = 10, B = 15), then you are a Carb Type.
- If your A and B scores are within 3 points of each other (e.g., A = 14, B = 11), then you are a Mixed Type.

Now return to the **Chapter on Metabolic Typing in The Diet Solution Program Manual**, and learn which foods and eating habits best suit your metabolic type.

This is a copy of the **Chapter on Metabolic Typing** from the **Diet Solution Manual** for your quick reference. After you have completed the Metabolic Typing Test, read through the description of (and special considerations for) your metabolic type in this chapter. You must understand why certain foods are ideal so that you can then make the best choices for your personal meal plan.

As you learn about your metabolic type, remember that each person is unique, so some fine-tuning may be necessary as you change your eating habits. Pay close attention to your body's cues. Most people have fallen out of touch with their bodies and don't know what true health feels like. Pay close attention to the one and only source that knows what's best for you—your body!

Protein Types

Protein Types typically crave rich, fatty foods such as pizza, sausages, and salty roasted nuts. If you are a Protein Type, chances are that you love food. You may not feel satiated after a snack and may often feel hungry, even after eating a large meal. When you have eaten too many carbohydrates, you tend to crave sugar. And once you start eating sugary foods, you want more and more and may find it difficult to stop. Sugar often causes you to feel jittery and will quickly make your energy levels drop.

Protein Types may have tried to lose weight by using extreme calorie-cutting methods, only to be unsuccessful—and feel miserable in the process. Protein Types cannot successfully lose weight by drastically decreasing calorie intake.

When Protein Types eat the wrong kind of food, they may notice energy problems—extreme fatigue or a wired “on edge” feeling. Eating often makes them feel better when they feel anxious, nervous, or shaky, but then they feel worse soon afterward. These cycles of energy ups and downs are definite signs of a mismatch between metabolic type and food consumption.

What Does a Protein Type Need?

Protein Types need a diet high in proteins and fats and low in carbohydrates. But think balance—not the Atkins Diet! Protein Types can eat various carbohydrates in the form of some grains, fruits, and vegetables, as long as they are adequately balanced with proteins and fats.

Because Protein Types metabolize food more quickly than other metabolic types (which is why they feel hungry all the time), heavier protein choices such as whole eggs, dark-meat poultry, beef, and dairy are essential for ideal meal planning. These foods have long been considered “unhealthy” because of their high fat content, but as you will learn in the **Chapter on Fats** in the **Diet Solution Manual**, saturated fat is not the cause of disease; refined carbohydrates, processed foods, and hydrogenated oils are. Protein Types who do not eat heavy proteins with a high fat content will be hungry all day and struggle with their weight. Even worse, they will almost always feel fatigued and anxious.

“Must Dos” for Protein Types

- **Eat protein at every meal and with every snack.** Eating only carbohydrates at a meal causes your blood sugar to spike and then drop quickly, which will leave a Protein Type feeling hungry, fatigued, and anxious as well as cause cravings for more carbohydrates shortly afterward. Eating protein—especially animal protein—at every meal and for snacks will help to control your blood sugar levels and leave you feeling satiated and steady throughout the day. Again, remember to listen to your body; pay attention to which meals and snacks leave you hungry or craving more.
- **Eat small meals frequently or healthy snacks between meals.** Protein Types need to eat often; otherwise, they’ll suffer from extremely low blood sugar levels. Going too long between meals (or snacks) also will create ravenous hunger, which in turn will cause overeating at the next meal—only to lead to lethargy and an uncomfortable feeling afterward.
- **Avoid refined carbohydrates.** Foods such as bread, crackers, and pastas—especially those made from wheat—can be extremely disruptive for Protein Types. Wheat breaks down into sugar faster than any other grain and causes the rapid release of large quantities of insulin. That is why sprouted whole grain bread products are the only allowable sources of bread on the Diet Solution *Program*. These products are described in the **Chapter on Grains**.
- **Avoid most fruits and fruit juices.** Fruits are a wonderful, healthy food, but Protein Types need to be extra careful with their fruit selections. Some fruits are quickly converted to sugar in the bloodstream and cause extreme blood sugar fluctuations. The best fruit choices for Protein Types are apples and avocados (high in fiber and low in sugar). Some people may be able to eat more of these fruits than others.

Carb Types

A Carb Type tends to have a weak appetite. If you are a Carb Type, chances are that you’re happy with a minimal amount of food each day. You can get by on small amounts of food and don’t give food much thought until you feel hungry.

Carb Types tend to eat less often because they “have no time to eat.” These goal-oriented workaholics will skip meals to do what they need to do each day. They may go for extended periods without eating, sending the metabolism into starvation mode. Decreasing the metabolic rate in this fashion can lead to weight management problems and obesity. Carb Types also are more dependent on caffeinated beverages to get them through the day than other metabolic types are. This dependency often weakens their appetites even more, compounding their nutritional problems.

Carb Types have a high tolerance for baked goods and starchy vegetables. This can be a bad thing, because they tend to overeat these carbohydrates, which can lead to unhealthy conditions such as hypoglycemia, insulin resistance, and diabetes.

What Does a Carb Type Need?

A Carb Type needs a diet composed of more carbohydrates than proteins or fats. But that doesn't mean that Carb Types don't need protein throughout the day. Lighter, low-fat proteins such as white-meat poultry and whitefish (e.g., tilapia, sea bass) are good choices. Carb Types can choose from a wide variety of carbohydrates and can eat them in larger quantities than any other type.

Although Carb Types convert carbohydrates into energy slowly (unlike Protein Types), it does not mean that they can go on carbohydrate binges. An elevated insulin response is still a concern, especially if weight loss is the goal. Insulin is a fat-storing hormone, so large quantities in the bloodstream will make losing weight quite difficult. Remember, excess of any particular food can lead to weight gain and disease, and always maintain the food portions and ratios recommended for your type (according to the Ideal Food Ratios For Each Metabolic Type Chart).

Carb Types lose weight and feel well on a high-carbohydrate, low-fat diet—the opposite of what a Protein Type needs.

“Must Dos” for Carb Types

- **Choose low-fat proteins.** Incorporate a low-fat protein such as white-meat poultry or whitefish into each meal. Avoid (or eat only occasionally) high-fat proteins, which may cause lethargy, depression, or fatigue.
- **Choose dairy products carefully.** Carb Types tend to metabolize dairy poorly. The best way to learn whether dairy is a wise choice for you is to carefully monitor your reaction after you have consumed it with a meal. If you feel lethargic or fatigued shortly after, limit your dairy consumption.
- **Choose carbohydrates carefully.** Choose plenty of low-starch vegetables, like broccoli and salad greens, and limit consumption of high-starch foods such as bread, pasta, and grains. If you feel sluggish, sleepy, or hungry soon after a meal containing a low-fat protein, a vegetable, and a grain, you may have eaten too much grain. Try increasing the protein amount and decreasing the grain amount the next time you have this same meal.
- **Monitor your response to legumes.** Carb Types typically cannot easily digest the type of protein that most legumes contain. Therefore, eat legumes infrequently. As with all other foods, monitor your response carefully, and pay attention to your ability to combine them with certain foods. I have some clients who can eat chicken, beans, and vegetables and feel great but feel tired and sluggish if they eat beans, rice, and vegetables.
- **Limit the nuts and seeds.** Carb Types feel best on a low-fat diet, and nuts and seeds add too much fat to a meal. Nuts and nut butters are great protein choices for snacks, but lean animal meats are better protein choices for meals.

Mixed Types

A Mixed Type requires an equal balance of proteins, carbohydrates, and healthy fats, and including variety in the everyday meal plan is essential. Of the three metabolic types, this one is actually easiest to manage, because the food choices are greater. Some meals may resemble those for Protein Types, and some may resemble those for Carb Types; some may have features of both.

The appetite of a Mixed Type tends to vary greatly throughout the day—hungry at meals but not in between; ravenous at times and no appetite at others. Of course, these responses depend on what foods have been eaten that day. Mixed Types generally don't suffer from cravings. However, like the other types, Mixed Types who eat too much sugar or carbohydrates may develop strong sugar cravings.

Mixed Types must incorporate high-fat and low-fat proteins as well as high-starch and low-starch carbohydrates into their meal plans. If you are a Mixed Type, familiarize yourself with the requirements of both types to find your perfect balance.

A Mixed Type may be more of a Protein Mixed Type or a Carb Mixed Type—in other words, have more qualities of one type than the other. The only way to truly figure this out is by trial and error: by paying close attention to responses to each meal and then determining which foods make you feel good and energized and which foods leave you feeling hungry, fatigued, cranky, or craving more. Finding the right balance of proteins, carbohydrates, and fats is the key to losing weight, feeling great, and achieving optimal health.