

The Metabolic Typing Self-Test

This questionnaire and the recommendations are directly taken from the book The Metabolic Typing Diet -authored by William L Wolcott It is aimed at determining your individual body requirements for certain types' of foods in order to enhance your metabolism and promote a sense of well-being that can be disrupted by certain eating patterns or habits that are not tolerated by your specific metabolic pattern.

INSTRUCTIONS:

- Circle one response for each question.
- If no answer applies to you, leave it blank,
- If an answer even partially applies to you, circle that answer.
- There are some questions you may not know how you would respond to certain foods. Take the opportunity to test these foods on yourself to more accurately give a response.
- Answer questions as to how you are now, not how you used to be.
- Accuracy is important; but do not struggle with this, just do your best at this time.
- Periodically, you will want to retest and see if your metabolism has changed.

1) Anger and irritability:

- a) When I feel angry, eating meat or fatty foods seem to make it worse.
- b) Sometimes eating relieves my anger and it doesn't really matter what I eat.
- c) I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty like meat.

2) Anxiety: "When I feel anxious..."

- a) Fruits or vegetables calm me down.
- b) Eating almost anything helps alleviate my anxiety.
- c) Heavy, fatty food improves the way I feel and lessens my feelings of anxiety.

3) Ideal Breakfast

- a) Either no breakfast or something light like fruit; and/or toast or cereal; add/or milk or yogurt.
- b) Eggs, toast, fruit
- c) Something heavy like eggs, bacon or sausage, hash browns, toast or steak and eggs.

4) Meal Preference:

- a) I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables, and I would sample various desserts.
- b) I would choose a combination of foods from answers A and C.
- c) I would choose heavy, rich, fatty foods; roast beef, stroganoff; pork chops, ribs, salmon, potatoes, gravy, few vegetables, or maybe a small salad with vinaigrette or blue cheese dressing; cheesecake or no dessert

- 5) Climate:
- a) I do best in warm or hot weather. I can't take the cold.
 - b) Temperature doesn't matter that much, I do pretty well whether it's hot or cold.
 - c) I do best in cool or cold temperatures. I can't take the heat.
- 6) Chest Pressure:
- c) I have a tendency to get or have problems with chest pressure.
- 7) Coffee:
- a) I do well on coffee (as long as I don't drink too much).
 - b) I can take it or leave it.
 - c) I don't do well with coffee. It makes me jittery, jumpy, nervous, hyper, nauseated, shaky or hungry.
- 8) Appetite at Breakfast "My appetite at breakfast is typically..."
- a) Low, weak or lacking.
 - b) Normal. I don't notice it being either strong or weak.
 - c) Noticeably strong or above average.
- 9) Appetite at Lunch: "My appetite at lunch is typically..."
- a) Low, weak or lacking.
 - b) Normal. Don't notice it being either strong or weak.
 - c) Noticeably strong or above average.
- 10) Appetite at Dinner "My appetite at dinner is typically..."
- a) Low, weak or lacking
 - b) Normal. Don't notice it being either strong or weak.
 - c) Noticeably strong or above average.
- 11) Concentration: Which food worsens your ability to concentrate?
- a) Meat or fatty food.
 - b) No particular food disrupts my concentration.
 - c) Fruits, vegetables and grain-based carbohydrates.
- 12) Coughing.
- c) I tend to cough every day.
- 13) Cracking Skin:
- c) I tend to have problems with skin cracking.
- 14) Cravings: Indicate any cravings besides sugar below.
- a) Vegetables, fruits, grain-based products (bread, cereal, crackers).
 - c) Salty, fatty foods (peanuts, cheese, potato chips, meats, etc).

15) Dandruff:

- c) I tend to have problems with dandruff.

16) Depression: If you suffer from depression and have noticed a connection with food, select an answer below.

- a) I seem to feel more depressed after eating meats and fatty foods and less depressed after eating fruits and vegetables.
- c) I seem to feel more depressed after eating fruits and vegetables and less depressed after eating meats and fatty foods.

17) Desserts: What is your general feeling or attitude towards having desserts after meals?

- a) I really love sweets, and/or I often need something sweet with a meal in order to feel satisfied.
- b) I enjoy dessert from time to time, but can really take it or leave it.
- c) I don't really care for sweet desserts that much; I may like something fatty or salty instead (like cheese, chips, popcorn) for a snack after meals.

18) Dessert Preference: Everyone like ice cream. Even if you don't particularly like desserts, which kind would you gravitate towards?

- a) Cake, cookies, fruit, pies, candies.
- b) Truly no preference. I'd choose different kinds each day.
- c) Heavier, fatty types, like cheesecakes, creamy French pastries.

19) Ideal Dinner What kind of meal works best for you at dinnertime?

- a) Something like skinless chicken breast, rice, salad, maybe a little dessert.
- b) Most foods work fine for me.
- c) I definitely do better with a heavier meal.

20) Ear Color

- a) My ears tend to be pale, lighter than my facial skin tone.
- b) My ears tend to be the same shade as my face.
- c) My ears tend to be pink, red, or darker than my facial tone.

21) Eating before bed: Eating just about anything before bed...

- a) Disrupts or worsens my sleep.
- b) Doesn't seem to make a difference; I can take it or leave it.
- c) Usually helps me sleep better.

22) Eating Heavy Food before Bed: "heavy" refers to protein, fatty foods, meat, and cheese

- a) It prevents or disturbs my sleep.
- b) It is usually okay, as long as it isn't too much.
- c) It improves my sleep.

- 23) Eating Light Food before Bed: "light" refers to bread, toast cereal, fruit
- a) I usually don't do well eating before sleep, but I definitely do better with eating lighter foods.
 - b) I can take it or leave it.
 - c) It's better than nothing, but I do better with heavier food.
- 24) Eating Sweets before Bed: skip this question if you know you have Candida (yeast) overgrowth, hypoglycemia or diabetes. How do sweets affect your sleep?
- a) Sweets don't interfere with my sleep at all.
 - b) Sweets sometimes bother my sleep.
 - c) I clearly don't do well eating sweets before sleep.
- 25) Eating Frequency: How often do you need to eat in order to maximize your well-being and productivity?
- a) I need 2-3 meals a day and either no snacks or a light snack.
 - b) I need to eat 3 times a day and usually no snack.
 - c) I need 3 or more meals a day and snacks that are often substantial.
- 26) Eating Habits: What is your attitude toward food?
- a) I'm concerned with food and eating; may forget to eat; rarely think about food; eat more because I have to rather than because I want to.
 - b) I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way.
 - c) I love food, I love to eat; Food is a big or central part of my life.
- 27) Eye Moisture:
- a) My eyes tend to be dry.
 - b) I don't notice one way or the other.
 - c) My eyes tend to be very moist, even to the point of tearing.
- 28) Skipping meals: What happens to you when you go four or more hours without eating or skip a meal altogether?
- a) Doesn't really bother me. I can easily forget to eat.
 - b) I may not be at my best, but it doesn't bother me really.
 - c) I definitely feel worse, getting irritable, jittery, weak, tired, low energy, depressed or other negative symptoms.
- 29) Facial Coloring:
- a) I'm noticeably on the pale side.
 - b) I have average coloring.
 - c) I'm noticeably darker (not from the sun) or pink, flushed, ruddy.

30) Facial Complexion:

- a) More dull or pasty
- b) Average
- c) Bright, radiant, clear

31) Fatty Food; How much do you like or dislike fatty foods in general?

- a) I don't really like fatty foods.
- b) They're fine in moderation.
- c) I love them or crave them and would like them often if I knew they were good for me.

32) Fingernail thickness:

- a) My nails tend to be thick, strong, and hard.
- b) My nails seem average in thickness.
- c) I definitely tend to have thin and/or weak nails.

33) Fruit Salad Lunch: How would you tend to feel after eating a large fruit salad with a little cottage cheese or yogurt for lunch?

- a) It satisfies me; I do well on it and don't get hungry until dinner.
- b) I do pretty well, but usually need a snack before dinner.
- c) Pretty bad result, I usually get sleepy, tired, spacey, depressed, anxious, irritable and/or hungry as a result and definitely need to eat something else before dinner.

34) Gaining Weight: Which one of the following best describes your tendency to gain weight?

- a) Meats and fatty foods cause me to gain weight.
- b) No particular foods seem to cause me to gain weight even if I eat too much and don't exercise.
- c) I tend to gain weight eating too many carbohydrates (bread, pasta; grains, fruits).

35) Gag Reflex:

- a) I rarely, if ever, gag; it's hard to make me gag.
- b) I probably have a normal reflex.
- c) I easily gag and/or often gag.

36) Goose bumps:

- a) I often get goose bumps.
- b) I occasionally get goose bumps.
- c) I rarely, if ever, get goose bumps.

37) Energy Boosters: What kinds of foods generally boost your energy or give you long lasting energy?

- a) Fruit, candy, or pastry restores and gives me lasting energy.
- b) Just about any food restores lasting energy.
- c) Meat or fatty food restores my energy and well being..

38) Heavy-Fat-Meal Reaction: How would you react to a high fat meal?

- a) Decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion.
- b) Causes no special reaction one way or the other.
- c) Increase my well-being, makes me feel good, energetic, and satisfied like "I had a good meal."

39) Hunger Feelings: What kind of hunger signals do you typically get from your body?

- a) I rarely get hungry or feel real hunger, or have weak hunger feelings that pass quickly, or can easily go long periods without eating, or can forget about food altogether.
- b) I have pretty normal hunger around meal-times or when I'm late for meals.
- c) I often feel hungry; need to eat regularly and often and my get strong hunger sensations.

40) Energy Drain: What kinds of foods take your energy level down a notch or two instead of giving you the boost you are looking for?

- a) Meat or fatty food generally makes me more tired, lowers my energy even more.
- b) No foods I particular seem to take me down.
- c) Fruit, pastry, or candy makes me worse; usually giving me a quick lift and then a crash.

41) Insect Bite or Sting: How do insect bites or stings affect you?

- a) Reactions tend to be mild or weak and go away quickly.
- b) Average reaction.
- c) Clearly strong reaction, stronger than most other people, above average swelling, pain, itching, burning, bruising, redness and can take a long time to go away even leaving a discoloration afterwards.

42) Insomnia: Regarding middle of the night waking, which one applies to you?

- a) I rarely or never get this kind of insomnia.
- b) I occasionally wake up and need to eat in order to get back to sleep.
- c) I often wake up and need to eat in order to get back to sleep. Eating something before bed helps this problem or shortens the time that I am awake.

43) Itching Eyes: In the absence of colds, hay fever, allergies or Candida (yeast) overgrowth...

- c) I get itchy eyes often, even though I don't have the above conditions.

44) Itching Skin: Itching that is not related to bites or stings...

- c) My skin tends to itch often.

45) Meal Portions:

- a) I don't eat that much: Definitely less than average. Doesn't take much to get me full.
- b) I don't seem to eat more or less than other people.
- c) I generally eat large portions of food, usually more than most people.

46) Nose Moisture: "When you are not suffering from a cold, or allergies...

- a) My nose often seems too dry.
- b) I don't notice my nose being too dry or too moist.
- c) My nose often tends to run.

47) Fruit juices between meals: If you're hungry between meals, how does drinking a glass of juice affect you?

- a) It energizes me, satisfies me, and works well to nourish me until my next meal.
- b) It is okay, but isn't always the best snack for me.
- c) Overall bad result. Can make me lightheaded, hungry soon after, jittery, shaky, nauseated, anxious, depressed, etc.

48) Personality: Which of the following choices best describes your natural tendency in social gatherings, or your preference with respect to day-to-day interactions with other people?

- a) I tend to be more aloof, withdrawn, a loner or introverted.
- b) I'm pretty average, neither introverted nor extroverted.
- c) I tend to be more social, a "people person" or extroverted.

49) Potatoes: "Whether or not they are good for you, how do you feel about potatoes?"

- a) I don't really care for them that much or don't like them at all.
- b) I can take them or leave them.
- c) I really love them, could eat them almost every day.

50) Red Meat: Whether or not it is good for you, how do you feel about red meat?

- a) It decreases my energy and well being; can make me depressed and irritable.
- b) I don't notice one way or the other.
- c) I definitely feel good or better when I eat red meat.

51) Pupil Size: Examine your pupil size in the mirror in an average-lighted room, not too dark or too brightly lit. The size of your pupil tends to be:

- a) Larger than my iris.
- b) Average, same size as my iris.
- c) Smaller than my iris.

52) Salad for Lunch: If you ate a large vegetarian salad for lunch, what effect would it have on your productivity through the afternoon?

- a) I do pretty well with that kind of lunch.
- b) I can get by, but it isn't the best type of food for me.
- c) Bad results: Makes me feel sleepy, tired, lethargic or hyper, nervous, irritable.

53) Saliva Quantity:

- a) My mouth tends to be dry a lot of the time.
- b) I don't notice that I have too little or too much saliva.
- c) I tend to have a lot of saliva, or I have a tendency toward drooling.

54) Salty Foods: Whether or not it is good for you, how do you feel about salt?

- a) Foods often taste too salty, or I like my food only lightly salted.
- b) I don't really notice salt one way or the other. Rarely seems-like too much or too little.
- c) I really love salt, or crave it I like a lot of salt on foods to the point that others would consider my food too salty.

55) Snacking:

- a) I rarely if ever want or need snacks.
- b) I occasionally want or need to snack.
- c) I often want or need to snack.

56) Snack Preference:

- a) I generally don't need snacks, but if I do have one, I usually prefer and do well with something sweet.
- b) I sometimes need a snack and do well on pretty much anything.
- c) I definitely want and need snacks in order to be at my best. I do poorly on sweets, but do well on protein and fat (meat, cheese, egg, nuts).

57) Sneezing: Aside from sneezing with colds or allergies...

- a) I almost never sneeze unless I am sick or have allergies.
- b) I do sneeze from time to time, but not regularly.
- c) I often regularly tend to sneeze and/or usually sneeze a little after eating.

58) Sociability: How would you describe your natural, innate tendency toward sociability, apart from the way your family or friends may have influenced you in this regard?

- a) I tend to be a little "antisocial" in that I enjoy being alone, feel awkward at social gatherings or parties, and usually prefer to leave quickly or not to go at all.
- b) I'm in the middle, not really antisocial, but also not particularly compelled to be with others.
- c) I tend to be very social, a "people person," and love company; prefer not to be alone.

59) Sour Foods: Examples of sour foods are pickles, sauerkraut, vinegar, lemon, and yogurt

- a) I generally don't care for sour foods.
- b) I don't feel one way or the other, no better or worse than other foods.
- c) I definitely like some and crave some.

60) Physical and Mental Stamina: "What type of foods best support your stamina?

- a) Lighter foods like chicken, fish, fruit, vegetables, grains.
- b) Pretty much any wholesome food.
- c) Heavy foods, fatty foods.

61) Consuming Sweets: How do you feel or react when you eat something sweet all by itself?

- a) Sweets don't bother me even when I eat them by themselves. Generally sweets satisfy my appetite and don't produce bad reactions.
- b) I'm sometimes bothered when eating sweets by themselves and often they don't satisfy my appetite.
- c) I usually don't do well eating sweets by themselves. They usually produce some manner of bad reaction and/or create a desire for more sweets.

62) Meat for Breakfast: How do you feel after consuming ham, sausage, bacon, steak, hamburger, salmon (does not include dairy, cheese, eggs)?

- a) I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty or causes me to lose my energy by mid-morning.
- b) I can take it or leave it, varies.
- c) I feel much better with it, more energetic, have good stamina, keeps me going without getting hungry before lunch.

63) Red Meat for Lunch: This refers to flesh proteins such as beef or lamb and not with eggs, dairy, cheese.

- a) I don't feel as well as I do without it. It tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty. It causes me to lose my energy by mid-afternoon.
- b) I can take it or leave it, varies.
- c) I feel much better with it, more energetic; have good stamina and it keeps me going without getting hungry before dinner.

64) Red Meat for Lunch: same considerations as above

- a) I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy.
- b) I can take it or leave it, varies.
- c) I feel much better with it, more energetic, have good stamina, it keeps me going without getting hungry before bedtime.

65) Dinner Preference: If you have only the choices below available, which kind of food will keep you awake and energized?

- a) Skinless chicken breast, rice, salad, apple pie.
- b) Combination of items from a and c.
- c) Pot roast cooked with carrots, onions, potatoes, biscuits, gravy, and cheesecake.

SCORING YOUR ANSWERS:

1. Tally Your Totals: A_____; B_____; C_____.
2. Find the score that is at least 5 points higher than the other two scores:
[example: A=25, B=20, C=15 would mean that your type is A]
3. Find out your type: A= Carbo Type; B=Mixed Type; C=Protein Type