Metabolic Typing Questionnaire

"How to Eat, Move and Be Healthy," Paul Chek

This questionnaire is designed to help you determine the optimal macronutrient ratio (fats: proteins: carbohydrates) to begin the process of fine-tuning your body's feedback mechanisms. For those of you not sure what a fat, protein or carbohydrate is, let me simplify that for you.

If the food comes from something that has a set of eyes, it is going to be higher in fats and proteins; fats and proteins most often come together in nature. For example, cows, sheep, birds and fish all have eyes and all provide higher protein/fat foods. Foods like vegetables, fruits and cereals do not come from a source that had a set of eyes and are generally much higher in carbohydrates and lower in fat and protein. There are a few exceptions to this rule such as nuts, seeds and avocados, which have no eyes, yet are high-fat foods.

When answering the questions, **circle the answer that best describes the way you feel**, not the way you think you should eat! If none of the answers suit you with regard to a particular question, simply don't answer that question.

If the answer A suits you some of the time (in the morning, but not the evening for example), and answer B suits you other times, you may circle both provided that the answers refer to how you may feel on any given day, not within a period of 24 hours.

1. I sleep best when I eat a snack:

A. high in protein and fat 1-2 hours before going to bed.

B. higher in carbohydrates 3-4 hours before going to bed.

2. **I sleep best if my dinner is composed of:**

A. mainly meat with some vegetables or other carbohydrates.

B. mainly vegetables or other carbohydrates and a smaller serving of meat.

3. **I sleep best and wake up feeling rested if I:**

A. don't eat sweets and desserts like cakes, candy or cookies. I sleep better when I eat rich dessert that is not overly sweet, like high-quality, full-fat ice cream.

B. occasionally eat a sweet dessert before I go to bed.

4. After vigorous exercise I feel best if I consume foods or drinks with:

A. higher protein and/or fat content, such as a high protein shake.

B. higher carbohydrate content (sweeter) such as Gatorade.

5. I do best - maintain mental clarity and a sense of wellbeing up to 4 hours after a meal - when I eat:

A. a meat-based meal containing heavier meats such as chicken legs, roast beef or salmon, with a smaller proportion of carbohydrate.

B. a carbohydrate-based meal containing vegetables, bread or rice and a small proportion of a lighter meat such as chicken breast or white fish.

6. If I am tired and consume sugar or sweetened foods such as donuts, sweets or sweetened drinks without significant amounts of fat or protein:

A. I get a rush of energy and then I am likely to crash and feel sluggish.

B. I feel better and my energy levels are restored until my next meal.

7. Which statement best describes your disposition towards food in general?

A. I love food and live to eat.

B. I am not fussed over food and I eat to live.

8. I often:

A. add salt to my foods.

B. find that foods are too salty for my liking.

9. Instinctively I prefer to eat:

A. dark meat such as the chicken or turkey legs and thighs rather than white breast meat.

B. light meat such as chicken or turkey breast rather than the dark leg or thigh meat.

10. Which list of fish most appeals to you?

A. anchovy, caviar, herring, mussels, sardines, abalone, clams. crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna (dark meat).

B. white fish, catfish, cod, flounder, haddock, perch, dory, trout, tuna (white meat), terakihi.

11. When eating dairy products I feel best after eating:

A. richer, full-fat yogurt, cheese or desserts.

B. lighter, low-fat yogurts, cheeses or desserts.

12. With regard to snacking I tend to:

A. do better when I snack between meals or eat smaller meals throughout the day.

B. last between meals without snacking.

13. Which best describes the way you instinctively start your day in order to feel your best and have most energy?

A. A large breakfast that tends to include protein and fat, such as eggs with sausage or bacon.

B. A light breakfast such as cereal, fruit, yogurt, breads and possibly some eggs.

14.   Which characteristics best describe you?

A.   In general I digest food well, have an appetite for proteins, feel good when eating fats or fatty foods, am more muscular or inclined to gain muscle and/or strength easily.

B.   I am more lithe of build, prefer light meats and lower fat foods and I'm more inclined towards endurance athletics.

Total your A answers and B answers.

To score your questionnaire, compare the number of A answers to the number of B answers.

If your number of A answers is three or more than B answers, you are a "**protein type**."

If your number of A and B answers are within one or two of each other, you are a "**mixed type**."

If your number of B answers is three or more than A answers, you are a "**carbohydrate type**."

Metabolic Types Explained
(Including percentages of what you should be consuming)

<u>Protein Type</u>

Protein 45%

Carbohydrates 35%

Oils/Fats 20%

Protein types are generally people who live to eat. You don't want to get between a protein type and food when they are hungry. When protein types follow the food pyramid or the dietary advice given in most exercise magazines, they can become chunky, fat and downright miserable. Since protein types burn through carbohydrates quickly, they must eat more protein and fat than carbohydrates to slow down the digestion of carbohydrates in their bodies. Protein types also have a higher requirement for pureness, a type of amino acids prevalent in dark meats such as chicken legs and thighs, red meat, fish, sardines and anchovies. They tend to have a greater appetite for salt, which is okay as long as they consume high-quality, unprocessed sea salt, not regular, table salt.

Protein types, against the advice of many health experts, frequently find that they sleep better and wake rested if they eat a meal that is higher in fat and protein closer to bedtime (within 2-3 hrs. or even less). This is largely due to the fact that protein types tend to rapidly burn carbohydrates in their metabolic pathways, leaving them hypoglycemic (low blood sugar) if they don't consume adequate fat and protein to tie up and slow down the carbohydrates. If your blood sugar drops during the middle of the night, your body is stressed in an attempt to raise blood sugar levels. This often results in a yo-yo fluctuation of your hormonal tides and rhythms throughout the night, which disrupts the release of melatonin (sleep and immune hormone) as well as other growth and repair hormones. As a result, you wake up feeling like you've been wrestling all night and will usually head straight for a pot of coffee to start the process all over again.

This is the very reason why protein types need to be very careful of what they have for dessert and what they drink, particularly within a few hours of bedtime. If they eat or drink too many carbohydrates, they're setting themselves up for visits to doctors and therapists for many seemingly unrelated, nagging conditions for which they often get treated with arsenal of creams, pills and other medications. I've often seen symptoms such as chronic headaches, depression, chronic fatigue, poor concentration in the morning, back pain, neck pain, constipation and low sex drive clear up by simply balancing blood sugar levels in protein

Mixed Type

Protein 40%

Carbohydrates 50%

Oils/Fats 10%

If your questionnaire identifies you as a mixed type, you enjoy the status of being the easiest to feed, and the toughest to train.

Mixed types need to read everything here with regard to protein types and carb types because as a mixed type you're both types at the same time and will oscillate back and forth between the two. Depending on sensitivity, your environment and your physical, hormonal and emotional stress levels, this oscillation can occur from meal to meal, week to week or month to month. Simply stated, this means you must master the ability to feel the messages coming from your body. As a mixed type, you'll likely lean toward wither a protein or a carb type most of the time, yet you won't feel well if you just stick to one pattern of eating and ignore your internal body language.

The mixed types will start proportioning their meals with 50% from the eyes group (proteins/fats) and 50% from the no-eyes foods (carbohydrates). To maximize the chances of achieving health and vitality, the mixed types need to study and become intimate with the methods of fine tuning meals.

Carb Type

Protein 20%

Carbohydrates 70%

Oils/Fats 10%

Carb types have the opposite challenge with regard to their metabolic pathways. Just as protein types don't efficiently metabolize carbohydrates (when eaten alone), carb types don't efficiently metabolize fats and proteins (when eaten alone). A carb type must, therefore, eat a proportionately larger amount of carbohydrates to meter the fats and proteins. Don't forget, a carb type still needs to eat some fat and protein at each meal. Just because you're a carb type and can handle more carbs, it doesn't mean you can take a multi-vitamin and have a permanent ticket to the junk food train. Vitamins are like nails, and your macronutrients are like the wood used to build a boat. It doesn't matter if you use golden nails, building a boat out of junk wood will only result in a useless boat that sinks, taking your golden nails right to the bottom. In your case, they just go right out your bottom! My point is that while carb types feel better on a diet of as much as 70% carbohydrates, the carbohydrates need to be composed of real food, not junk food, no matter what kind of vitamin supplements you take.

Carb types often do well on only 2 meals a day, which can lead to friends and family members (especially mothers and grandmothers) putting pressure on them to eat against their instincts. To achieve optimal health, the carb type needs to focus on avoiding junk foods, even if they feel good after eating them. They must seek high-quality organic foods and remember that they also need to include some fats and proteins in each meal or snack.

The carb type will generally not do well eating full-fat dairy products or fatty meats, which often make them feel dull and more likely to resort to stimulants such as coffee and sugar to pick them up. Carb types will fare best eating light meats like chicken breast, leaner cuts of meat and light fish.