

BOOSTING YOUR ENERGY AND METABOLISM ACCORDING TO YOUR BODY

Discover your metabolic type quiz

There are as many "right" diets as there are people on the planet and what is healthy for one person may not be healthy for you. This was something I learned on my way back to optimal health as I recovered from fatigue and malnourishment.

While some diets may work for some people helping them to lose weight and become more energized, they can be devastating for others, causing weight gain, fatigue, and irritability. That was the case for me when I went on a low Carb diet, at the instruction of my trainer in preparation for a bodybuilding competition and weighed in heavier and at a higher percent body fat. The following year, I came in much leaner in a competition when I increased and maintained a higher Carb ratio in my pre-contest diet. Again, fifteen years later, I followed the fad Paleo Diet restricting my carbs, and gained fat around my belly, and suffered insomnia, lack of energy, and mental fog.

Eating foods that are right for your metabolic type will not only boost your metabolism, but will also improve your energy, mental capacities, and emotional well-being. Eating foods that are wrong for your metabolic type will produce negative effects including weight gain, fatigue, and/or lethargy.

Your metabolic type determines your unique dietary requirements and governs your individual response to what types of food you eat. Everyone has a unique metabolic type, which impacts their weight, temperament, and overall sense of well-being. That means the same foods that keep you lean, energized, and happy, could make someone else gain weight and feel sluggish or fatigued and irritable. Eating according to your unique metabolic type is key in optimizing your health by:

- Having more energy than you know what to do with.
- Feeling happy, peaceful, and confident.
- Reducing or getting rid of aches and pains.
- Relieving insomnia.

There are three fundamental types of human metabolism

- Protein type
- Carb type
- Mixed type

Everyone metabolizes food in different ways mostly according to their genetics, but other factors such as environmental toxins, and stress can also influence our metabolic functioning. Based on how you respond to the answers in the quiz, you can be classified as a Protein, Carb, or Mixed type. Keep in mind this quiz identifies a general categorization according to your response. Each category type can be refined for even more optimal results, which is something I cover in my VIP Program: THE ART OF TRANSFORMATION.

[Sign up here](#) for a free Energy and Metabolism Discovery Session! Together we will create a personalized plan to help you increase your energy and ignite your metabolism.

Ultimately, aligning your nutrition plan with your predominate metabolic type, **will without doubt**, enhance your energy and metabolism. Use the following questionnaire to discover your metabolic category.

EAT RIGHT FOR YOUR METABOLIC TYPE QUIZ

There are 3 general metabolic types-A, B, and C. Each requires unique meal groupings of Protein, Fats, and Carbs. Ideally, all of these general meal groupings should include an array of fresh fruits and vegetables. Take the following quiz to discover your general metabolic type by choosing the best answer to each of the following questions.

1) When I feel anxious, irritable, or angry:

- A) Heavy fatty foods makes me feel better
- B) Fruit and vegetables makes me feel better
- C) Sometimes eating makes me feel better, and it doesn't matter what I eat.

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

- A) Something heavy like sausage, eggs, and/or bacon, or steak and eggs.
- B) Either no breakfast or something light like cereal, fruit, and/or toast, yogurt or milk.
- C) Eggs, toast, and fruit.

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

- A) Heavy foods like steak, ribs, pork chops, gravy, and a salad with creamy dressing and a dessert.
- B) Lighter foods like turkey, chicken, fish, vegetables, and a dessert.
- C) A combination from answers A and B.

4) I feel best in a climate that is:

- A) On the cooler side.
- B) On the warmer side.
- C) Either A or B. I can easily adapt to either warm or cool 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.
- C) I can take it or leave it.

6) My appetite in general is:

- A) Strong
- B) Weak
- C) Unpredictable

7) When I first wake up in the morning, I am:

- A) Hungry and ready to eat breakfast
- B) Not hungry, and don't feel like eating right away.
- C) Sometimes I am hungry and ready to eat, other times I am not ready to eat right away.

8) At midday, I am:

- A) Hungry and ready to eat lunch.
- B) Not noticeably hungry and have to be reminded to eat.
- C) Sometimes I am hungry and ready to eat, other times I am not ready to eat right away.

9) In the evening, I am:

- A) Hungry and ready to eat dinner.
- B) Not noticeably hungry and have to be reminded to eat.
- C) Sometimes I am hungry and ready to eat, other times I am not ready to eat right away.

10) I concentrate best if I have eaten a meal that includes:

- A) Meat and fatty foods.
- B) Fruits, vegetables, and grains.
- C) A combination of a little of both from answers A and B.

11) When I have cravings, I tend to want:

- A) Salty and fatty snacks (cheese, potato chips, nuts)
- B) Sweets, baked goods or other carbs (candy, cereal, bread, crackers)
- C) I crave both salty and sweet foods.

12) When I eat sugar or a sugary snack:

- A) I feel a rush of energy, then crash and feel fatigued.
- B) My energy levels are restored.
- C) Sometimes I crash and feel fatigued after a rush of energy, other times I am satisfied and my energy levels are restored.

13) If dessert is served:

- A) I can take it or leave it; I prefer chips, popcorn, and cheese.
- B) I definitely will indulge; I like having something sweet after a meal.
- C) Sometimes I will indulge and other times I am not interested.

14) For dinner, I feel best after eating:

- A) Steak, potatoes, gravy, and vegetables.
- B) Skinless chicken breast, rice, and a salad.
- C) A combination including a little from answers A and B.

15) I sleep best if my dinner is:

- A) Heavy and includes more proteins.
- B) Light and includes more carbohydrates.
- C) A combination including a little from each plate.

16) If I skip a meal, I feel:

- A) Jittery, weak, tired, or depressed.
- B) Okay; It doesn't really bother me.
- C) Sometimes I feel weak, tired or depressed, and other times it doesn't bother me.

17) During the day, I feel hungry:

- A) Often and need to eat several times a day.
- B) Rarely and have a weak appetite.
- C) Some days I feel hungrier than others and need to eat more often than other days.

18) I tend to gain weight with:

- A) Eating too many carbohydrates (bread, past, grains, or sugar).
- B) Eating too much meaty and fatty foods.
- C) No particular foods cause weight gain; I will gain weight if I eat too much and don't exercise.

19) I would describe myself as someone who is more:

- A) Extroverted-I am a social person and prefer to be with others than alone.
- B) Introverted-I usually keep to myself and feel awkward at social gatherings
- C) A little of both (Ambivert)-I enjoy more intimate social gatherings and my time alone

20) If I get hungry in the afternoon, I feel best (more energized) after eating:

- A) Cheese and nuts.
- B) Something sweet.
- C) I do well with pretty much anything.

21) After exercising, I feel best if I eat:

- A) A protein shake.
- B) A high sugar drink or food, such as Gatorade or a banana.
- C) A protein shake that has fruit (banana), or sugar included.

22) Eating a snack before bed

- A) Disrupts or worsens my sleep
- B) Usually helps me sleep better
- C) Doesn't make a difference; I can take it or leave it.

23) I feel best when I eat:

- A) 3 or more meals a day with substantial snacks.
- B) 2 to 3 meals a day with either light snacks or no snacks.
- C) 3 meals a day usually with no snacks.

24) Eating a large fruit salad with a little yogurt or cottage cheese:

- A) Does not satisfy my hunger and can make me irritable, spacey, or tired. I would have to eat something else before dinner.

B) It satisfies me; I would do well on it and have no need to snack before dinner.

C) I do pretty well usually, but would need a snack before dinner.

25) Eating a meal that is heavy in fat:

A) Increases my well being; makes me feel good, energetic, and satisfied.

B) Decreases my well-being and energy, and makes me sleepy, too full, or causes indigestion.

C) I don't notice any distinctive reaction either way

SCORING YOUR RESULTS AND IDENTIFYING YOUR METABOLIC TYPE.

Congratulations on completing your self-test! To identify your metabolic type, all you need to do is tally up how many times you circled A, B, and C. Then place the totals in the appropriate space below.

Total number of A answers=_____

Total number of B answers=_____

Total number of C answers=_____

Next, refer to the scoring box above and select your metabolic type category according to the following criteria:

- If your total A score is 4 or more points higher than both B and C scores, then you are a Protein Type.
(Example: A=11, B=7, C=7)
- If your total B score is 4 or more points higher than both A and C scores, then you are a Carb Type.
(Example: A=7, B=11, C=7)
- If your total C score is 4 or more points higher than both A and B scores, then you are a mixed type.
(Example: A=7, B=7, C=11)
- If neither A, B, or C are 4 points or more points higher than both of the other two, then you are a Mixed Type.
(Example: A= 10, B=7, C=8)

NOTE: If your total A score is 4 or more points higher than your total B score and less than a 4 points of your total C score , then you are a Protein type. If your total B score is 4 or more points higher than your total A score and less than a 4 point difference of your total C score than you are a Carb Type. There are varying degrees of ideal meal portions of Proteins, Fats, and Carbs among all individuals. These scores are only used to indicate your trend.

Quiz Summary-WHAT TYPE ARE YOU?

The list below provides you with a brief preview of the three metabolic category types and nutrition plan that corresponds to each metabolic type. Remember these three categories are just the starting point! There are significant variations within each category that depend on many other factors. In my VIP program, we take the whole body-mind approach and customize nutrition and lifestyle

plan to suit your own highly individualized needs for optimal health and well-being.

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Essential guidelines for Protein Types:

Protein types typically do well on a diet that includes plenty of high-density proteins that contain high fat (also known as “high-purine” proteins”) These include red meat, dark poultry, lamb, Salmon, Tuna, anchovies, sardines, herrings, mussels etc. Most protein types can also do well with whole fat foods in the form of eggs, cheese, cream, and milk. Ideally, they should eat a significant amount of protein in each meal, and moderate their intake of carbohydrates (grains, fruits, vegetables), particularly if the carbohydrates are high in sugar and starch. The ideal plate looks like this:

50% Protein
30% Fat
20% Carbohydrates

(Percentages will vary somewhat from person to person)

*Protein Types don't do well as vegetarians since they need high-purine protein for optimal health.

General characteristic of protein types:

- Have strong appetites
- Think about food a lot, even when they are not hungry
- Crave salty and fatty foods
- Don't do well skipping a meal or fasting
- Prone to anxiety
- Fatigue often
- Talkative and possess an outgoing personality.

Essential guidelines for Carb Types:

Carb Types typically do well on a low fat, relatively low-protein diet that includes liberal amounts of carbohydrates in the form of vegetables, fruits, and whole grains. Be aware that you need "low-protein" as opposed to "no-protein". Choose low-purine proteins that are light and lean like white-meat poultry, white fish (cod, flounder, haddock, sole, and perch), and plant based proteins including lentils and chickpeas. It is important for Carb Types to keep their intake of fat low. Excess fat and protein can leave them feeling sluggish, drained, and irritable. It is best for them to stick with low-fat dairy products such as yogurt, milk, and cheese. Overall, vegetables are their ideal source of carbohydrates. The ideal plate looks like this:

70% Carbohydrates
20% Protein
10% Fat

(Portions will vary somewhat person to person.)

General Characteristics of Carb Types:

- Have relatively light appetites.
- Typically don't like meat and have a high tolerance for carbohydrates
- Generally dislikes like salty foods.
- Don't think about food much, unless they are hungry.
- Skipping meals really doesn't affect mood or energy. and they do well with fasting.
- Love salads and feel great after drinking fresh organic vegetable juice and good after drinking freshly squeezed orange juice.
- Driven, organized, sometimes stressed, and tend to have a sensitive personality.
- Caffeine dependency
- May struggle with weight

Essential guidelines for Mixed Types:

Possessing both qualities as a Protein and Carb type, Mixed types can metabolize proteins, carbs and fats equally well. They do best consuming relatively equal ratios of proteins, fats and carbohydrates with each meal. Having very broad nutritional needs, eating a wide variety of foods is recommended. This includes high and low-purine proteins, high and low-fat dairy, and carbohydrates such as vegetables, fruits and grains. Although, Mixed types should moderate their intake of high sugar or starchy carbs. The ideal plate looks like this:

33% Protein
33% Fat

33% Carbohydrate

(Portions will vary somewhat from person to person)

General Characteristics of Mixed Types:

- Fluctuating appetites
- Can experience fatigue, anxiety, and nervousness.
- May suffer aches and pains.
- In general Mixed types can identify with many of the characteristics of both the Protein and Carb types, but don't experience them as intensely as the other two types.

How will you know if you are eating right for your metabolic type?

If your diet is not in alignment with your metabolic type you most likely experience:

- Inconsistent or low energy.
- Brain Fog
- Mood swings
- Cravings, especially sugar
- Hunger not satisfied after eating meals
- Frequent or intense hunger
- Weight issues
- Prone to anxiety or depression

If your diet is in alignment with your metabolic type you typically experience:

- More energy that is consistent
- Mental clarity
- Positive and stable moods
- Freedom from all cravings
- Satisfaction with meals.
- Can go longer periods without eating
- Ideal weight
- Begin to realize your full health potential

Eating the right foods for metabolic type is just the beginning! There are other factors to consider that will help you attain your ideal metabolic balance. When you are in metabolic balance you will discover what optimal health feels like, and experience the highest levels of:

- Harmonious energy
- Calm alertness
- Emotional balance
- Great mental clarity and focus
- Positive stable mood.

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Tips for all metabolic types:

No matter what metabolic type you are, There are action steps that you can take right now to improve your health by:

- Eating the highest quality, organic foods available to you.
- Consuming your metabolic type food first. For example if you are a protein type, eat your protein first. If you are a Carb type eat your vegetables or grains first, If you are a mixed type, eat your proteins and carbs together.
- Eating consciously by eating practicing eating slowly, chewing your food thoroughly, and under calm conditions. It is possible to experience problems with digestion even if you are eating the right foods according to your metabolic type. Eating too fast, gulping down your food without chewing and eating under stressful conditions can slow your digestions causing: indigestion, belly bloat, heartburn, belching, etc.

DISCLAIMER:

Recall that the metabolic typing questionnaire is for informational purposes only. It is not intended to treat, diagnose or cure any ailments or illness you may be experiencing and is not a substitute for proper medical care. Physical activity levels & various medical issues can dramatically impact your nutrient needs. The results of this quiz are not a prescription, but rather recommendations based upon answers provided on the questionnaire.