Metabolic food type test

If I were a doctor, the first thing I'd do with patients, would be to muscle test them for gluten (25% are intolerant in New Zealand), and then have them check their metabolic type.

If you find out which you are, and eat too much of the other foods, you could feel a bit less comfortable. A little of them is seldom a problem. I'm Protein and feel better if always have some protein with all meals.

Dr Mercola test

Print this and then answer the questions as best you can, choosing the number that represents your answer on the scale provided for each question. There are no right or wrong answers, and it's of course not "better" to be one type or another. If you don't know the answer to a question because you haven't tried a specific food yet, or don't remember how it affects you, then consume that food first and notice its effects on you, and then answer the question. Using different colour pens allows your family to use one sheet.

1) Does a high-carbohydrate meal or snack, that is plenty of vegetables, bread, toast, cereals, rice, fruits, grains or potatoes, as the main food source satisfy your appetite, or stimulate it further?

1 2 3 4 5 6 7 8 9 10

satisfies stimulates

2) When you eat a lot of red meat does it cause you to lose or gain body fat?

1 2 3 4 5 6 7 8 9 10

gain weight lose weight

3) Do you constantly think about food and frequently look forward with eager anticipation to your next meal or what you want to eat?

1 2 3 4 5 6 7 8 9 10

no   yes

4) What is your appetite like at breakfast, lunch and dinner?

Breakfast...

1 2 3 4 5 6 7 8 9 10

weaker   stronger

Lunch...

1 2 3 4 5 6 7 8 9 10

weaker   stronger

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 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 score, and your basic metabolic type.

Over 60 indicates Protein Type, under 60 a Carb Type, between 40 and 70 a Mixed Type.