What's your Metabolic Type?

TAKE THE QUIZ NOW

This quiz 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:

PROTEINS & FATS

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.

CARBOHYDRATES

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.

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PILATES + WELLBEING

To answer the questions, grab a piece of paper and write an A and a B. For each anwer place a tick under one or the other.

Record the answer that best describes the way you really 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 tick both as long as this is how you normally feel (not just on an odd day).

Ready? Go!

I SLEEP BEST AND WAKE UP FEELING RESTED IF:

A. I eat a snack high in protein and fat 1-2 hours before going to sleep.
B. I eat a snack higher in carbohydrates 3-4 hours before going to sleep.
A. My dinner is composed of mainly meat with some vegetable or other carbohydrates.
B. My dinner is composed mainly of vegetables or other carbohydrates and a comparatively small serving of meat.
A. If I don't eat sweet deserts like cakes, candy or cookies. If I eat rich desert that is not overly sweet, such as high-quality full-fat ice cream, I tend to sleep okay.
B. If I occasionally eat a sweet desert before I go to bed.

AFTER VIGOROUS EXERCISE, I FEEL BEST WHEN I CONSUME:

A. Foods or drinks with higher protein and/or fat content, such as a high-protein shake.
B. Foods or drinks higher in carbohydrates (sweeter) such as Gatorade.

I DO BEST-MAINTAIN MENTAL CLARITY AND A SENSE OF WELL-BEING FOR UP TO 4 HOURS AFTER A MEAL WHEN I EAT:

A. A meat-based meal containing heavier meats such as chicken legs, roast beef and salmon, with a smaller portion of carbohydrate.
B. A carbohydrate-based meal containing vegetables, bread or rice and a small portion of a lighter meat such as chicken breast or white fish.

IF I AM TIRED AND CONSUME SUGAR OR SWEET FOODS SUCH AS DONUTS, CANDY OR SWEETENED DRINKS WITHOUT SIGNIFICANT AMOUNTS OF FAT OR PROTEIN:

A. I get a rush of energy, but then I am likely to crash and feel sluggish.
B. I feel better and my energy levels are restored until my next meal.

WHEN EATING DAIRY PRODUCTS, I FEEL BEST AFTER EATING:

A. Richer, full fat yogurts and cheeses or desserts.
B. Lighter, low fat yogurts and cheeses or desserts.

INSTINCTUALLY, I PREFER TO EAT:

A. Dark meat, such as chicken or turkey legs and thighs over the white breast meat.
B. Light meat such as chicken or turkey breast over the dark leg and thigh meat.
A. Dark fish and shellfish like tuna, anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid.
B. White fish, snapper, hapuka, gurnard, flounder, trout, terakihi.

REGARDING SNACKS & SALT:

A. I tend to do better when I snack between meals.
B. I tend to last between meals without snacking.
A. I often add salt to my foods.
B. I often find that foods are too salty for my liking.

WHICH DESCRIBES THE WAY YOU INSTINCTUALLY PREFER TO START YOUR DAY IN ORDER TO FEEL YOUR BEST AND TO HAVE THE MOST ENERGY?

A. A large breakfast that includes protein and fat, such as eggs with sausage or bacon.
B. A light breakfast such as cereal, fruit, yogurt, breads and possibly some eggs.

WHICH STATEMENT BEST DESCRIBES YOUR DISPOSITION TOWARD FOOD IN GENERAL:

A. I love food and live to eat!
B. I am not fussed over food and I eat to live.
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, am more inclined toward endurance athletics.

To score your test, add the number or A's_____ then the number of B's_____ you circled.

If your number of A answers is 3 or more than B answers, you are a **PROTEIN TYPE**

If your number of A and B answers are tied or within 2 of each other, you are a **MIXED TYPE**

If your number of B answers is 3 or more than A answers, you are a **CARB TYPE**