



Healthy**Body**Healthy**Life**  
with *Melissa Koerner*

# Metabolic Type Nutrition Assessment



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#### Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

**Directions:**

This questionnaire is designed to help you determine a starting point for determining the right “fuel mix” of proteins, fats and carbs for your body’s unique needs.

When you’re asked questions about proteins, fats and carbohydrates, here’s a really simple way to clarify if a food is a protein, fat or carb: 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 and fruits 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 below, circle the answer that best describes the way you feel, not the way you think you “should” eat. If none of the answers to a particular question best describes you, then don’t answer that question—leave it blank. 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 refers to how you may feel on any given day (not within a period of more than 24 hours.)



**1. I sleep best:**

- A. When I eat a snack high in protein and fat 1-2 hours before going to sleep.
- B. When I eat a snack higher in carbohydrates 3-4 hours before going to sleep.

**2. I sleep best if:**

- A. My dinner is composed of mainly meat with some vegetables or other carbohydrates.
- B. My dinner is composed mainly of vegetables or other carbohydrates and a comparatively small serving of meat.

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

- A. If I don't eat sweet deserts like cakes, candy or cookies. If I eat a 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.

**4. 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.

**5. 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.

**6. 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.



**7. Which statement best describes your disposition toward food in general:**

- A. I love food and live to eat!
- B. I do not fuss 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. Instinctually, I prefer to eat:**

- A. Dark meat, such as the chicken or turkey legs and thighs over the white breast meat.
- B. Light meat such as the chicken or turkey breast over the dark leg and 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, scrod, sole, trout, tuna (white), turbot

**11. 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.

**12. With regard to snacking:**

- A. I tend to do better when I snack between meals or eat more smaller meals throughout the day.
- B. I tend to last between meals without snacking.

**13. 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.

**14. Which characteristics best describe you:**

A. In general, I digest food well, have an appetite for proteins, and feel good when eating fats or fatty foods.

B. I prefer and feel best eating light meats/proteins and lower fat foods.

**Scoring Your Metabolic Nutritional Type Self-Test**

To score your test, add the questions you circled **A** and the number you circled **B**.

**Total A answers:** \_\_\_\_\_ **Total 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 tied or within 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 **Carb Type**.

