

Gaia Naturopathic Health Care

The following is meant to be used as a guideline only. Please consult with your Naturopathic Physician before undertaking any dietary changes.

Metabolic Type Quiz

1. Do you have an appetite for breakfast?
 - a. Usually
 - b. No
2. Does a muffin or plain toast give you enough energy to last until lunch?
 - a. Never/Sometimes
 - b. Usually
3. Do you feel energetic after a breakfast of bacon and eggs?
 - a. Yes
 - b. No
4. Does one cup of coffee make you feel jittery and irritable?
 - a. Yes
 - b. Not Usually
5. Do you crave more bread or pasta 2 hours after having had some?
 - a. Yes
 - b. Not usually
6. Which desserts do you prefer?
 - a. Cheesecake, creamy pastries, ice cream, chocolate mousse
 - b. Fruit pies, cakes, biscuits.
 - c. Don't like dessert
7. In which group is your FAVOURITE comfort food?
 - a. Salty chips, cheese, peanuts, bread, ice cream, cheesecake
 - b. Soft drinks, popcorn, fruit
 - c. None of the above
8. Does heavy food (meat or cheese) before bed disturb your sleep?
 - a. No
 - b. Yes
9. Do sweets before bed disturb your sleep?
 - a. No
 - b. Yes
10. Do you ever need to get up to eat at night?
 - a. Yes
 - b. Never

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11. Which foods cause you to gain weight?
 - a. Bread and pasta
 - b. Meat and fatty food
 - c. Don't know

12. Do you often get real stomach hunger pangs?
 - a. yes
 - b. No
13. Do you find red meat hard to digest?
 - a. No
 - b. Yes or sometimes
14. How much do you like sour foods (vinegar, lemon juice)?
 - a. A lot
 - b. Average or not at all
15. How much do you like mustard?
 - a. Average or not at all
 - b. A lot
16. How much do you like salt?
 - a. A lot
 - b. Average or not at all
17. How much do you like potatoes?
 - a. A lot
 - b. Average
18. Do you have a tendency to be:
 - a. Too warm
 - b. Too chilly
 - c. Neither/Both
19. Even when you're not sick, do you get a dry cough or sneezing at night or after eating?
 - a. Often
 - b. No
20. Does your skin crack on your fingertips or heels?
 - a. Yes
 - b. No
21. Do you have a problem with dandruff?
 - a. yes
 - b. No

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22. Are your ears?
 - a. Redder in colour than your face
 - b. Lighter in colour than your face
 - c. The same colour

23. Do you have?
 - a. Watery eyes
 - b. Dry eyes and nose
 - c. Neither
24. Do you have?
 - a. Too much saliva?
 - b. A dry mouth?
 - c. Neither
25. Do you have chronically itchy skin?
 - a. Yes
 - b. No
26. Do you react badly to insect bites?
 - a. Yes, welts and swelling
 - b. Mild reactions only
27. Do you frequently and easily get Goosebumps?
 - a. No
 - b. Yes
28. Are your pupils?
 - a. Smaller than the iris
 - b. Larger than the iris
 - c. Average. The same size
29. Are you?
 - a. Blood Type O or B
 - b. Blood Type A or AB
30. do you have apple-shaped weight gain? (Women only.)
 - a. Yes
 - b. No

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Self Assessment:

- Tally the number of a's:

- More than 20 a's: You are definitely a fast oxidizer of carbohydrates. You will do better on a diet restricted in carbohydrates, and rich in purine rich proteins and fats such as red meat and avocado. You will also need many leafy green vegetables.

- 15-20 a's: You are mostly a fast oxidizer. Follow low carbohydrate guidelines, but you may be able to be slightly less strict.

- Less than 15 a's: You are a slow or medium oxidizer of carbohydrates. You do not need to restrict carbohydrates, but you will still feel better with less refined flour and sugar. You will do well with lighter proteins like fish and goat cheese.