



Mardian Natural Medicine

347 Old Chicopee Trail, Kitchener, Ontario, N2A 4G5

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Question 4:

a) What is your appetite like at breakfast?

1 2 3 4 5 6 7 8 9 10
Weaker *Stronger*

b) What is your appetite like at lunch?

1 2 3 4 5 6 7 8 9 10
Weaker *Stronger*

c) What is your appetite like at supper?

1 2 3 4 5 6 7 8 9 10
Weaker *Stronger*

Question 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*

Question 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
Good Energy and feel satisfied *Feel tired and hungry*

Question 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



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Question 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*

Question 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*

Total Score: _____

General Guidelines

< 55 = Carbohydrate type (consume: 40% protein & fat 60% carbohydrate)

> 65 = Protein type (consume: 70% protein & fat 30% carbohydrate)

56-64 = Mixed type (consume: 50% protein & fat 50% carbohydrate)

See your naturopathic doctor for further guidance.

Reference: "The Metabolic Typing Diet" by William Wolcott and Trich Fahey