How to
Eat, Move and
Be Healthy!

*Your personalized 4-step guide to
looking and feeling great from the inside out*

by

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Primal Pattern® Diet Typing Questionnaire

This questionnaire 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. 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, friuts 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.

When answering the questions, circle the answer that best describes the way you 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 circle both provided that the answers refer to how you may feel on any given day, not within a period of over 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.
>
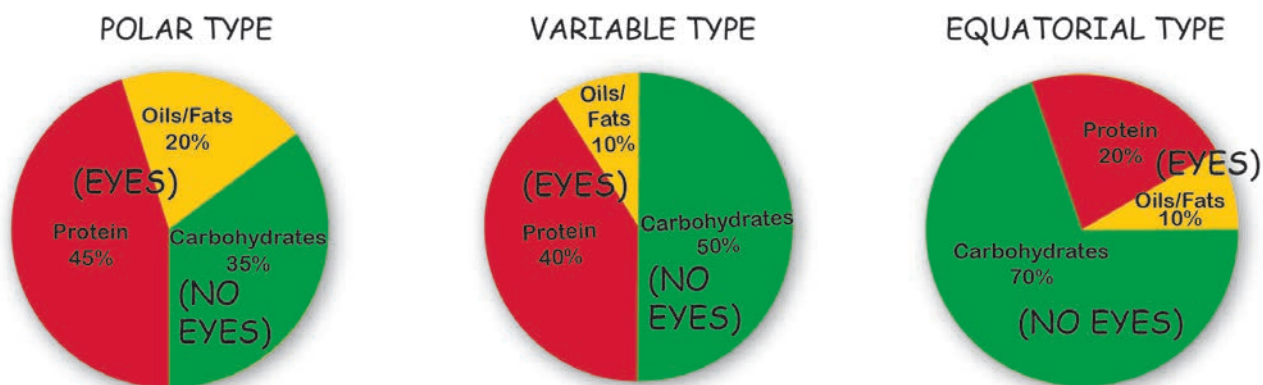> **B.** light meat such as the chicken or turkey breast over the dark leg and thigh meat.

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 instinctively 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, feel good when eating fats or fatty foods, am more muscular or inclined to gain muscle or strength easily.

   B. I am more lithe of build, prefer light meats and lower fat foods, am more inclined toward endurance athletics.

Total A answers: _____   Total B answers: _____

Determining Your Primal Pattern® Diet Type

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

➢ If your number of **A** answers is three or more than **B** answers, you are a Polar Type. (See pages 45-46).

➢ If your number of **A** and **B** answers are tied or within two of each other, you are a Variable Type. (See pages 45-47).

➢ If your number of **B** answers is three or more than **A** answers, you are an Equatorial Type. (See pages 45-47).

POLAR TYPE

Oils/Fats 20%
(EYES)
Protein 45%
Carbohydrates 35%
(NO EYES)

VARIABLE TYPE

Oils/Fats 10%
(EYES)
Protein 40%
Carbohydrates 50%
(NO EYES)

EQUATORIAL TYPE

Protein 20% (EYES)
Oils/Fats 10%
Carbohydrates 70%
(NO EYES)

What is Primal Pattern® Diet Type?

Primal Pattern® Diet Type is the system that identifies an individual's genetically-based nutrition and diet requirements. There is not one diet that is right for everyone, therefore to achieve optimal health, you must determine what is right for you. You can get a sense about your Primal Pattern® Diet Type through this questionnaire, which will categorize you as a Polar type, an Equatorial Type or a Variable Type. You may notice that the diet for a Polar Type is similar to the popular Zone Diet[1], while the diet for an Equatorial Type is closer to the Ornish Diet[2]. The great thing about Primal Pattern® Diet Type is that it will direct you towards the diet plan that is right for your body. This questionnaire is directly based on the work of William L. Wolcott, who is universally recognized as the world's leading authority on Metabolic Typing®, and has been researching, developing and refining the science of Metabolic Typing® for over 30 years. For more in-depth reading on Metabolic Typing®, Wolcott's book *The Metabolic Typing Diet*[3] is recommended.

We hope you enjoyed this excerpt from

How to Eat, Move and Be Healthy! by Paul Chek. If you would like to read more, order the book from the C.H.E.K Institute, 800.552.8789 (int'l ph: +1.760.477.2620) or on-line at www.chekinstitute.com.

It is also available at

www.amazon.com,

www.barnesandnoble.com

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