



Protein or Carbohydrate Type Questionnaire

1. Which kind of breakfast do you find most enjoyable and satisfying?

- a. A big fry up with eggs with hollandaise sauce and/or beans, seitan, avocado or scrambled tofu or else nuts, seeds, spirulina, chlorella or protein powder smoothie
- b. No breakfast or just fruit, cereal or yoghurt
- c. A boiled egg or cheese on toast or some nuts with some fruit, cereal or yoghurt

2. What kinds of foods do you crave?

- a. Salty, fatty and heavier foods like animal products (fish, eggs, cheese and butter) or nuts and nut butters, beans or legumes in rich oily sauces?
- b. Light foods like fruit, salads, sprouts, breads, crackers and cereals
- c. A mixture of both a and b foods

3. How does hot weather make you feel?

- a. Better
- b. Worse
- c. Makes no difference

4. How would you describe your appetite?

- a. Strong, feel like you are 'starving' or 'ravenous', often feel like you need to eat more than others, can't skip meals
- b. Often not very hungry, find it easy to skip meals, eat slower or less than others
- c. It varies, feels pretty normal and you don't notice eating more or less than others.

5. What foods improve your ability to concentrate?

- a. Salty, fatty and heavier foods like animal products (fish, eggs, cheese and butter), spirulina, chlorella or nuts and nut butters, beans or legumes in rich oily sauces?
- b. Light foods like fruit, salads, sprouts, breads, crackers and cereals
- c. A mixture of both a and b foods

6. If you feel angry or irritable for no good reason does eating animal foods or a high protein vegetarian meal like dahl made with ghee or coconut oil or nuts, seeds, spirulina or chlorella make you feel

- a. Better
- b. Worse
- c. Makes no difference

7. If you feel anxious for no good reason does eating animal foods or a high protein vegetarian meal like dahl made with ghee or coconut oil, or nuts, seeds, spirulina or chlorella make you feel

- a. Better
- b. Worse
- c. Makes no difference

8. Do you regularly get dry cracked skin on your hands, feet or lips?

- a. Yes
- b. No
- c. Occasionally

9. How does eating before bed affect your sleep?

- a. Improves sleep
- b. Makes it difficult to sleep
- c. Doesn't make a big difference

10. If you have a snack before bed what is it more likely to be?

- a. Nuts, spirulina, chlorella, cheese, fish, eggs
- b. Fruit or cereal
- c. I don't tend to eat after dinner, if I do it could be foods from either a or b

11. How many times a day do you need to eat?

- a. 3 meals plus substantial snacks
- b. 2 -3 meal with little or no snacks
- c. 3 meals and usually no snacks

12. How often do you think and talk about food?

- a. Often, I sometimes feel 'obsessed' or deeply 'inspired' by it.
- b. Rarely, I have more important things to think about
- c. I enjoy my meals but don't spend much time thinking about them.

13. What foods tend to make you gain weight?

- a. Breads, pasta, potatoes, cakes and biscuits
- b. Animal foods e.g butter, cheese and yoghurt, nuts and oily curries
- c. No particular food type, I only gain weight if I eat too much food in general and do no exercise

14. What kinds of foods do you more often prefer?

- a. Salty and oily
- b. Light and sweet
- c. I like them both at different times

15. How do you function if you skip a meal?

- a. I become weak, shaky, cranky, irritable, tired, negative and sometimes mean to others
- b. Doesn't matter too much, I often skip meals
- c. I feel better if I eat but I can function fine if I have to

16. How long can you function optimally on just fruit?

- a. 1-2 hours at the most
- b. I can eat mostly fruit all day and feel fine
- c. 3-4 hours

17. For how long do you feel energetic and satisfied after eating a high carbohydrate, low protein vegetarian or vegan food like bread, pasta or rice with salad and a bit of beans or tofu before wanting 'something else'?

- a. 1-2 hours
- b. 4 or more hours
- c. 3-4 hours

18. How does high protein vegetarian food like seeds, nuts, seitan, tofu, beans, spirulina and chlorella make you feel?

- a. Energized and satisfied
- b. Sleepy and lethargic
- c. Normal

19. In terms of your physical wellbeing how does the idea of being totally vegan seem to you?

- a. Challenging to almost impossible
- b. Easy
- c. Doable

20. If you are totally vegetarian or vegan can you remember how red meat used to make you feel?

- a. Energized and satisfied
- b. Uncomfortable and lethargic
- c. Normal, no particular reaction

Your score

a. = _____ b.= _____ C. = _____

Tally all your a, b and c answers and write them in the spaces above. If you scored highest on a answers then you are most likely a protein type, if your score was highest for b answers then you are most likely a carbohydrate type and if you scored highest for c answers or got a very close score (like only 1 or 2 numbers apart) for your a and b answers then you are most likely a mixed type.

- a. answers = protein type**
- b. answers = carbohydrate type**
- c. answers or almost equal a and b answers = mixed type**