
Determining Your Macronutrient Balance

Name: _____ Date: _____

Please fill in questionnaire to determine the appropriate macronutrient balance for your metabolism.

Please answer YES or NO to every question

- (5) _____ I have a tendency to higher blood pressure.
- (5) _____ I gain weight easily, especially around my waist and have difficulty losing it.
- (5) _____ I often experience mental confusion.
- (5) _____ I often experience fatigue and generalized weakness.
- (10) _____ I have diabetic tendencies.
- (4) _____ I get tired and/or hungry in the mid-afternoon.
- (5) _____ About an hour or two after eating a full meal that includes dessert, I want more of the dessert
- (3) _____ It is harder for me to control my eating for the rest of the day if I have a breakfast containing carbohydrates, than it would be if I had only coffee or nothing at all.
- (4) _____ When I want to lose weight, I find it easier not to eat for most of the day than to try to eat several small diet meals.
- (3) _____ Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping.
- (3) _____ I would rather have an ordinary meal that included dessert than a gourmet meal that did not include dessert.
- (5) _____ After finishing a full meal, I sometimes feel as if I could go back and eat the whole meal again.
- (3) _____ A meal of only meat and vegetables leaves me feeling unsatisfied.
- (3) _____ If I'm feeling down, a snack of cake or cookies makes me feel better.
- (3) _____ If potatoes, bread, pasta, or dessert are on the table, I will often skip eating vegetables or salad.
- (4) _____ I get a sleepy, almost "drugged" feeling after eating a large meal containing bread or pasta or potatoes and dessert, whereas I feel more energetic after a meal of only meat or fish and salad.
- (3) _____ I have a hard time going to sleep at times without a bedtime snack.
- (3) _____ At times I wake in the middle of the night and can't go back to sleep unless I eat something.
- (5) _____ I get irritable if I miss a meal or mealtime is delayed.
- (2) _____ At a restaurant, I almost always eat too much bread, even before the meal is served.

Total _____

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1 - 20 LOW FAT/HIGH COMPLEX CARBOHYDRATE 25+ MODIFIED LOW CARBOHYDRATE