



The Metabolic Typing Test

Discover how your body prefers to be fuelled — and build meals that leave you full, steady and energised

A free self-assessment from Herbal Impact

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Welcome

Have you noticed that two people can eat the same plate of food and feel completely different afterwards? One feels full and strong for hours. The other is sleepy within thirty minutes and hungry again by mid-morning.

Metabolic typing is a simple way of thinking about these differences. It suggests that people fall broadly into three groups — Protein types, Carbohydrate types and Mixed types — depending on how their bodies respond to protein, fat and starch.

This test will help you notice your own pattern. It takes about ten minutes. At the end you will find a food guide for your type, built around foods we eat every day in Tanzania and East Africa, plus a 14-day journal so you can check the results against how you actually feel.

A word of honesty before you start

Metabolic typing grew out of nutrition practice in the 20th century. It has not been proven by strong scientific studies, and no questionnaire can measure your metabolism the way a laboratory test can. Treat your result as a starting point for paying attention to your body — not as a diagnosis. The most reliable guide is how you feel after you eat, which is why the 14-day journal is part of this test.

How to take the test

1. Answer based on how you usually feel, not how you would like to feel.
2. For each question, tick the one answer (A, B or C) that fits you best. If none fits, skip it.
3. Take the test on a normal day — not when you are ill, fasting or travelling.
4. When you finish, count your A, B and C answers and turn to the scoring page.

The questionnaire

1. How is your appetite in the morning?

- ☐ A Strong — I'm hungry soon after waking.
- ☐ B Moderate — I can eat or wait.
- ☐ C Weak — I can easily skip breakfast.

2. Which meal size leaves you feeling best?

- ☐ A Large, hearty meals.
- ☐ B Medium meals.
- ☐ C Small, light meals.

3. After a breakfast of tea with bread or mandazi, how long before you are hungry again?

- ☐ A Within 1–2 hours.
- ☐ B About 2–3 hours.
- ☐ C 3 hours or more.

4. If you miss a meal, how do you feel?

- ☐ A Irritable, shaky or weak.
- ☐ B Uncomfortable, but I manage.
- ☐ C I hardly notice.

5. What do you crave most often?

- ☐ A Salty or savoury foods — nyama choma, peanuts, chips.
- ☐ B No strong pattern.
- ☐ C Sweet things — sugary tea, biscuits, fruit.

6. After a big plate of ugali or rice with only a little meat or beans, you feel:

- ☐ A Sleepy and heavy, and hungry again soon.
- ☐ B Fine.
- ☐ C Light, energised and satisfied.

7. After a meal heavy in meat, fish or eggs, you feel:

- ☐ A Strong and satisfied for hours.
- ☐ B Fine.
- ☐ C Heavy, sluggish or bloated.

8. When you eat sweets or drink soda, you:

- ☐ A Get a quick lift, then a crash and more hunger.
- ☐ B Feel fine in small amounts.
- ☐ C Feel satisfied and handle them well.

9. Rich, fatty dishes (coconut-milk curries, fried fish, oily pilau):

- ☐ A I enjoy them and feel good afterwards.
- ☐ B Sometimes, in moderation.
- ☐ C They sit heavily or make me feel unwell.

10. Coffee or strong tea makes you:

- ☐ **A** Jittery, anxious or hungry.
- ☐ **B** No real change.
- ☐ **C** Pleasantly alert.

11. A piece of fruit as a snack:

- ☐ **A** Doesn't satisfy me; I'm soon hungry.
- ☐ **B** Is fine sometimes.
- ☐ **C** Satisfies me well.

12. Between meals, you:

- ☐ **A** Need snacks to keep going.
- ☐ **B** Snack sometimes.
- ☐ **C** Rarely need to snack.

13. Your energy in mid-afternoon:

- ☐ **A** Dips unless I've had a solid lunch with protein.
- ☐ **B** Is usually steady.
- ☐ **C** Stays steady, even after a light lunch.

14. How do you feel about salt?

- ☐ **A** I love salty food and often add more.
- ☐ **B** Average.
- ☐ **C** I prefer little salt.

15. Sour foods (lemon, tamarind/ukwaju, pickles):

- ☐ **A** I enjoy them.
- ☐ **B** Neutral.
- ☐ **C** I don't care for them.

16. A meal of vegetables or salad alone (mchicha, kachumbari):

- ☐ **A** Leaves me hungry and unsatisfied.
- ☐ **B** Is fine if something else is added.
- ☐ **C** Satisfies me.

17. Your thoughts about food during the day:

- ☐ **A** I think about food a lot; my hunger is strong.
- ☐ **B** Normal.
- ☐ **C** Food isn't a big focus; I sometimes forget to eat.

18. Your evening meal:

- ☐ **A** Needs to be substantial or I wake up hungry.
- ☐ **B** Moderate.
- ☐ **C** Light — a heavy supper disturbs my sleep.

19. After a breakfast of eggs, beans or fish, you feel:

- ☐ **A** Sharp, focused and full until lunch.
- ☐ **B** Fine.
- ☐ **C** Heavy or slow.

20. After a breakfast of uji (porridge), fruit or bread, you feel:

- ☐ **A** Foggy, and hungry again soon.
- ☐ **B** Fine.
- ☐ **C** Light and alert.

21. Which meats do you prefer?

- ☐ **A** Red meat, dark meat and organ meats (liver, gizzards).
- ☐ **B** I enjoy both dark and light meats.
- ☐ **C** Light meats — chicken breast, white fish.

22. Full-cream milk, mtindi (yoghurt) or cheese:

- ☐ **A** Agree with me well.
- ☐ **B** Are fine in moderate amounts.
- ☐ **C** I prefer them low-fat or in small amounts.

23. When you are stressed or tired, you reach for:

- ☐ **A** Meat, fried food or nuts.
- ☐ **B** Whatever is available.
- ☐ **C** Sweets, bread or sugary tea.

24. Eating late in the evening:

- ☐ **A** A protein snack helps me sleep.
- ☐ **B** Makes little difference.
- ☐ **C** I sleep better on a light or empty stomach.

25. Your natural body build:

- ☐ **A** Sturdy or muscular; I gain muscle easily.
- ☐ **B** Medium.
- ☐ **C** Slim or light-framed.

Your tally

	A	B	C
Number of answers			

Scoring: find your type

Use your three totals from the tally box:

If...	Your likely type
A is your highest score AND it is at least 4 more than C	Protein type
C is your highest score AND it is at least 4 more than A	Carbohydrate type
B is your highest score, OR A and C are within 3 points of each other	Mixed type

Example: A = 12, B = 6, C = 7. A is highest and 5 more than C, so this person is likely a Protein type. Close scores are normal — read your own type first, then the neighbouring one.

Your type explained: Protein type

Your body seems to run best on meals built around protein and natural fats, with starch in smaller amounts. Starchy or sugary meals may give you a quick lift, then leave you tired, foggy and hungry again soon.

Your plate, roughly

About 40% protein foods (with their natural fats), 30% vegetables, 30% starch — a smaller ladle of ugali, rice or ndizi than you may be used to.

Foods to favour

- Eggs, beef, goat, liver; oily fish such as dagaa, kibua (mackerel) and sardines
- Beans, njegere (peas), peanuts and cashews; avocado
- Vegetables: mchicha, sukuma, cabbage, okra (bamia), carrots
- Modest portions of whole starches: viazi vitamu (sweet potato), ndizi, ugali wa dona

Go easy on

- Sugary tea, soda and fruit juice
- Mandazi, white bread, biscuits and sweets
- Breakfasts made only of starch and sugar

A sample day

Breakfast	2 eggs, half an avocado, 1 slice of whole-grain bread; tea with little or no sugar
Lunch	Fish in coconut sauce or beef stew, plenty of mboga, a small portion of ugali wa dona
Snack	A handful of peanuts or cashews
Dinner	Beans or meat with mchicha and a small piece of sweet potato

Helpful habits

- Don't skip breakfast.
- Include some protein at every meal and snack.
- Carry nuts so hunger doesn't push you towards sweets.

Carbohydrate type

Your body seems to do well on lighter meals rich in vegetables, fruit and whole grains, with leaner proteins and less fat. Heavy, fatty meals may slow you down. Note: a Carbohydrate type is not a licence for sugar — whole, unrefined starches are what serve you.

Your plate, roughly

About 25% light protein, 40% vegetables and fruit, 35% whole-grain starch.

Foods to favour

- Uji wa ulezi or mtama (finger millet or sorghum porridge), ugali wa dona, brown rice
- Sweet potato, ndizi, cassava in moderation
- Fruit in season: papaya, oranges, mango, pineapple; all leafy greens
- Lean proteins: skinless chicken, white fish, kunde (cowpeas), dengungu (lentils), eggs in moderation

Go easy on

- Fatty red meat and organ meats
- Deep-fried foods and very rich coconut dishes
- Large, late suppers — and added sugar, which still affects every type

A sample day

Breakfast	Uji wa ulezi with little sugar, and a slice of papaya
Lunch	Brown rice with kunde or dengungu, mboga and kachumbari
Snack	An orange or a banana
Dinner	Boiled fish or chicken with leafy greens and sweet potato

Helpful habits

- A light breakfast is fine for you.
- Keep fried and fatty foods for occasional meals.
- A short walk after meals helps you use your energy well.

Mixed type

You sit in the middle. Your body handles a wide range of foods, and your main task is balance and variety. You may notice that your needs shift a little from day to day — that is normal for this type.

Your plate, roughly

Roughly a third protein, a third vegetables, a third starch.

Foods to favour

- A mix of foods from both the Protein and Carbohydrate lists
- Both dark and light meats, fish, eggs, beans and lentils
- Plenty of vegetables and fruit; whole starches like ugali wa dona and sweet potato

Go easy on

- Processed and sugary foods
- Skipping meals and then overeating
- Extreme diets that cut out a whole food group

A sample day

Breakfast	Tea, 1 egg and a small chapati — or uji with a handful of peanuts
Lunch	Rice, beans, mboga and a piece of fish
Snack	A fruit with a few nuts
Dinner	Ugali with chicken or fish and mchicha

Helpful habits

- Build every plate from all three parts.
- Watch how different meals affect you and adjust.
- Variety across the week matters more than any single meal.

Good for every type

- Drink clean water through the day.
- Cut back on soda, sugary tea and processed snacks.
- Choose whole foods over packaged ones.
- Move your body daily, and protect your sleep.

Check it: your 14-day food-and-feeling journal

Your questionnaire result is a guess. Your body's response is the real answer. For the next two weeks, eat mostly according to your type. About two hours after each main meal, ask yourself: Am I still satisfied? Is my energy steady? Am I clear-headed? Am I craving sweets?

Each evening, note your best and worst meal of the day and rate your overall energy from 1 (very low) to 5 (excellent). After 14 days, look back. If you feel better, you have found a good fit. If not, try moving towards the neighbouring type — for example from Protein towards Mixed — and observe again.

Day	Best meal — what I ate and how I felt	Worst meal — what I ate and how I felt	Energy (1–5)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Important: please read

This test is an educational self-observation tool. It is not a medical test, and it does not diagnose or treat any condition. Please speak with a doctor or qualified health practitioner before making big changes to your diet if any of these apply to you:

- Diabetes or blood-sugar problems
- High blood pressure or heart disease
- Kidney disease — high-protein eating can put extra strain on the kidneys
- Pregnancy or breastfeeding
- You are under 18
- You take regular medication
- A past or present difficult relationship with food or eating

See a doctor promptly if you notice unexplained weight loss, constant thirst or frequent urination — these can be early signs of diabetes.

Continue your journey

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Found this useful? Share it with someone who is always tired after lunch.