

## 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, fruits 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.

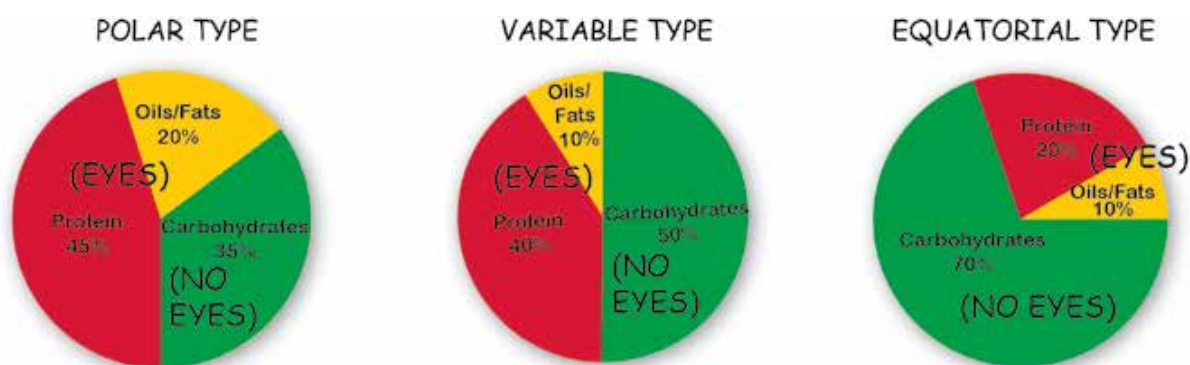
- 10.** Which list of fish most appeals to you?
- A.** Anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna (dark meat)
  - B.** White fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, 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).



### 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<sup>1</sup>, while the diet for an Equatorial Type is closer to the Ornish Diet<sup>2</sup>. 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*<sup>3</sup> is recommended.

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# The 'No-Diet' Diet

Roger Williams

Weston A. Price

Biochemical Individuality



Animal Products  
Whole Food  
Organic Food

Each person is different

## PRIMAL PATTERN® DIET TYPING

Proportions

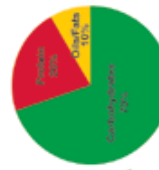


Protein  
Fat  
Eyes foods  
No eyes foods



Carbohydrates

Equatorial Type



Diet Plan 1

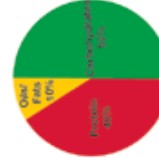
White meats  
Low-fat dairy  
Fruits & Vegetables



Caution

Fatty foods  
Low quality carbs.  
Junk foods

Variable Type

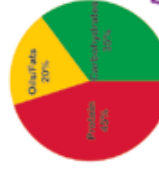


Listen to your body

Diet Plan 1 & 2



Polar Type



Diet Plan 2

Full-fat dairy  
Dark meat  
Oily fish  
Low glycemic carbs.



Sugar - 'ose'  
Sport drinks  
Desserts  
Sport bars

Fine - Tuning

Too much fat and protein?

Eat high glycemic carbs.  
Drink fresh juice  
Digestive enzymes

Eat fats & protein  
Drink water  
Exercise

Too much carbs?

# THE “NO-DIET” DIET

This could be the most important chapter of this book for many readers. There’s wide-spread confusion and a lack of understanding regarding how to eat these days—much of it coming from the media. Whether you want to lose weight, reduce body fat or put on muscle, you’ll find experts touting all sorts of pills, magic hormone supplements, genie in a bottle shake drinks, even surgical procedures to help you reach your goal. The safest and most effective way to achieve such goals is to eat right for your Primal Pattern® Diet Type.

You can’t fill your car with diesel when it was designed for gasoline and expect it to run at peak performance. If you wish to avoid living through the expression of your potential genetic flaws, you must do your very best to determine which *fuel sources* meet your genetic requirements so that you can accentuate your genetic strengths instead.

The good news is that you can slim down without being hungry while feeding your body what it needs—and when it needs it—so that you have a fighting chance to deal with the social, economic and environmental stressors inherent in modern life. The notion of *individuality* in diet is the key. There can *never* be any one diet or product that works for everyone. We must all discover which formula works for our biochemical and cultural individuality.

## A Breakthrough Concept: Biochemical Individuality

In 1956, Roger Williams, a famous biochemist, published a book entitled *Biochemical Individuality*.<sup>1</sup> This

unique and highly respected book outlined many of the anatomical variations that exist within each of us. For example, Williams revealed that there are variances in the size, shape, location and capacity of virtually all of our internal organs. He showed that there is a tremendous difference in metabolic rate from one person to the next, even from as early as two years of age. He found wide variations in water content and in oxygen carrying capacity of the blood from one person to the next. In short, just as we all look different on the outside, we also function differently on the inside and have different nutritional needs.

## The Pioneering Studies of Dr. Weston Price

Weston A. Price documents the most thorough investigation of dietary variations among primitive peoples in his book *Nutrition and Physical Degeneration*.<sup>2</sup> In the early 1930’s, Price traveled the globe investigating the relationships between health and diet among native peoples.

This was a pivotal time, as there were still tribes left to study that were untouched by civilization. His records were extensive in comparing the health of natives who had deviated from their natural diets to those who continued with their traditional ways of eating.

Price identified some 16 diverse cultures whose diets varied greatly depending on where they lived and what foods were available. Some groups, such as the Eskimos, ate diets high in fats and protein, while other groups, such as the Quetchus Indians of South America, ate a small amount of meat and mainly plant-based foods. Food sources varied greatly depending on what was available. In cold re-

gions, some diets were mostly void of plant foods, while others contained a variety of seasonal fruits, vegetables, grains and legumes.

These diets did, however, share several underlying characteristics—all contained **organic foods, whole foods (minimally processed, if at all) and animal products**.

Preservation methods among primitive groups included drying, salting and fermenting, all of which preserve and even increase the nutrient value of the food. Through the selective pressures of nature, native cultures ate what was ideal for their lineage and geographical region—what was right for their Primal Pattern® Diet Type.

In all of Price's journeys, he did not come across a single healthy tribe or group that existed on a diet completely free of meat. One group that came close to being vegetarian was the Quetchus Indians of South America, who lived largely on a vegetable diet, not because they believed eating meat was bad, unethical or unhealthy, but because meat was scarce.

Price found that *all* primitive diets contained at least four times the quantity of minerals and water-soluble vitamins as the American diet of his day—which was far superior to that of today's diet.

Price, along with other pioneering doctors who studied native cultures during the first half of the twentieth century, found that many of these peoples enjoyed robust health and had excellent physiques—until they adopted what Price referred to as a “white man's diet” (refined and processed foods that included white sugar, flour, pasteurized milk and hydrogenated vegetable oils). A perfect example is the Eskimos and Indians of Alaska. Price wrote on what Dr. Josef Roming (a surgeon who worked among the Eskimos and Indians in Alaska) reported to him.

In his 36 years of contact with these people, he had never seen a case of malignant disease among the truly primitive Eskimos and Indians, although it frequently occurred when they became modernized. He found, similarly, that the acute surgical problems requiring operation on internal organs, such as the gall

bladder, kidney, stomach and appendix, do not tend to occur among the primitives but are very common problems among the modernized Eskimos and Indians. Growing out of his experience, in which he had seen large numbers of the modernized Eskimos and Indians attacked with tuberculosis, which tended to be progressive and ultimately fatal as long as the patients stayed under modernized living conditions, he now sends them back, when possible, to primitive conditions and to a primitive diet, under which the death rate is very much lower than under modernized conditions. Indeed, he reported that a great majority of the afflicted recover under the primitive type of living and nutrition.<sup>2</sup>

Numerous diet and nutrition ‘experts’ today seem hell-bent on emphasizing the harm caused by high-protein or high-meat diets. If these people were to qualify their concerns based on the status of our meat sources today, I believe their concerns might be relevant. However, this is usually not their reason. How can the American Dietetic Association (among others) tell us to eat multiple servings of grains, cereals and breads when the works of such pioneers like Weston A. Price and others show that our ancestors thrived on a much different diet?

Nutritional experts such as Sally Fallon and Dr. Mary Enig of the Weston A. Price Foundation, along with William Wolcott, author of *The Metabolic Typing Diet*, emphasize the importance of eating balanced meals, both for improved nutrient availability and for purposes of digestive efficiency.<sup>3, 4</sup> The importance of eating balanced meals means something different for each Primal Pattern® Diet Typing.

Though few of us are really sure of our genetic heritage, we need to return to a diet similar to the one that each of our systems is designed to eat. The goal of your Primal Pattern® Diet Typing test is to determine which foods and in what amounts are best for you. There are a number of factors that influence your optimal macronutrient ratio at any given time. These factors are explained in detail in Wolcott's book, *The Metabolic Typing Diet*. Our goal here is to fine-tune your senses so that you become acutely aware from meal to meal what your body needs to optimize your genetic potential and suppress your genetic weaknesses.



## Step 1

Review your Primal Pattern® Diet Typing Questionnaire (page 38) to determine whether you're a Polar type, Equatorial type or Variable type. The first step is to determine the optimal fuel ratio for your body. Look at the pie chart (Figure 1) that corresponds to your Primal Pattern® Diet Type. This will give you a starting point for proportioning your meals.

If you're unsure how to define protein, fat and carbohydrate, here's an easy way to remember:

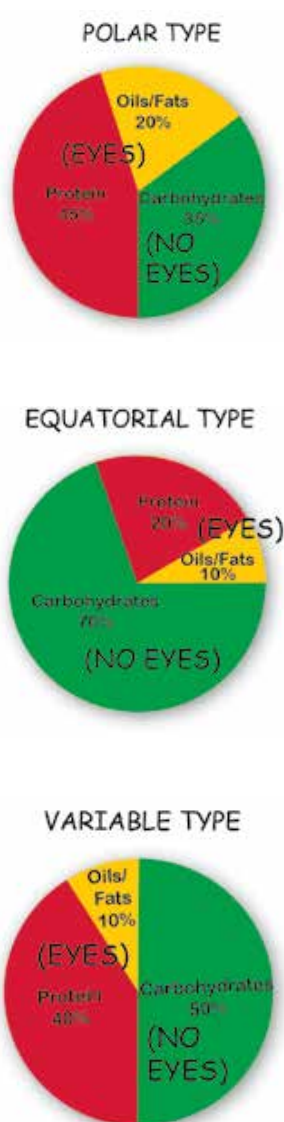


Figure 1: Meal Proportions

### Proteins/Fats = Eyes

Proteins and fats usually come from something that has a set of eyes. For example, cows are the source of beef and dairy products—and of course, they have eyes. Pigs have eyes and give us pork. Birds have eyes and most of us love chicken or duck and their eggs. Even shrimp and fish have eyes and they, too, are great sources of protein and fats. Exceptions to the rule are avocados, seeds and nuts, which are all quite high in fat and therefore, placed in the “eyes” group for purposes of balancing your meals.

### Carbs = No-eyes

Carbohydrates come predominantly from something that did not have eyes, so I refer to them as the “no-eyes” group. Yes, I realize that potatoes have “eyes,” but I am actually refer-

ring to eyes that see things. Your carbohydrate-based foods include fruits, vegetables, legumes and grains.

To determine your “eyes” vs. “no-eyes” proportions, simply locate the pie chart for your Primal Pattern® Diet Type and look at your starting ratio. As you see in the pie chart for a Variable type, meals should be about 50% eyes and 50% no-eyes. You simply arrange each meal or snack (remember to include your drinks) such that about half of what you consume is from the eyes group and half is from the no-eyes group. There's no need to pull out a triple beam scale to weigh things. The goal is not to turn eating into a math class. You'll learn to tune in to your body's messages telling you when you ate the right amounts for you. The Tachometer Form on page 48 will help you interpret some of the symptoms you may experience after an incorrectly proportioned meal.

It's a good idea to write down everything you eat for the first couple of weeks. Make notes on how you feel immediately after you eat and for the period of time up to your next meal. When you eat the right foods in the correct proportions for your Primal Pattern® Diet Type, you should feel satisfied after eating (not hungry or overly full), and your energy levels should increase. You should not feel hungry again for another four hours or so, and your energy levels should remain stable. (This corresponds to the Power Zone on the Tachometer Form, page 48.)

Your body will tell you when you didn't eat right. You may feel bloated, tired, remain hungry or become hungry soon after you eat. If you experience any of the short term responses listed in the white areas of the Tachometer Form, follow the tips given in the blue arrows and make note of what you last ate. Remember to make adjustments the next time you eat to avoid feeling down. If you're eating the proper proportions for your Primal Pattern® Diet Type but are consistently feeling unwanted side effects, try keeping a food log to determine if you're feeling this way after eating a specific food. This will help you reveal possible food intolerances (discussed further in Chapter 14).



## Step 2

Beyond the quantity of food eaten, equally important is which foods you're eating. Now that you understand the amounts of different foods you should eat, have a look at the Diet Plan for your type (see the Appendix on pages 234-235). You'll see that different foods are recommended for different Primal Pattern® Diet Types.

**Equatorial Type = Diet Plan 1**

**Polar Type = Diet Plan 2**

**Variable Type = Diet Plan 1 and 2**

Each of these Diet Plans contains the best foods for your Primal Pattern® Diet Type. These foods will help support and balance your body chemistry. If a food is not on your list, you shouldn't eat it, or only eat it once in a while. These foods may push your body away from a balanced state. Remember, one man's medicine is another man's poison. An orange, for example, is generally thought of as a healthy food. For an Equatorial type, it is a good food that will help balance the body, but the same orange may push a Polar type out of balance.

### Tips for Polar Types

Polar types are generally people who *live to eat*. You don't want to get between a Polar type and food when they are hungry! When Polar types follow the food pyramid or the dietary advice given in most exercise magazines, they can become chunky, fat and downright miserable. Since Polar types burn through carbohydrates quickly, they must eat more protein and fat than carbohydrates to slow down the digestion of carbohydrates in their bodies. Polar types also have a higher requirement for *purines*, a type of amino acids prevalent in dark meats such as chicken legs and thighs, red meat, fish roe, sardines and anchovies. They tend to have a greater appetite for salt, which is okay as long as they consume high-quality, unprocessed sea salt, not regular, refined table salt (see page 77).

Polar types, against the advice of many health experts, frequently find that they sleep better and wake rested if they eat a meal that is higher in fat and pro-

tein closer to bedtime (within two to three hours or even less). This is largely due to the fact that Polar types tend to rapidly burn carbohydrates in their metabolic pathways, leaving them hypoglycemic (low blood sugar) if they don't consume adequate fat and protein to tie up and slow down the carbohydrates. If your blood sugar drops during the middle of the night, your body is stressed in an attempt to raise blood sugar levels. This often results in a yo-yo fluctuation of your hormonal tides and rhythms throughout the night, which disrupts the release of melatonin (sleep and immune hormone) as well as other growth and repair hormones. As a result, you wake up feeling like you've been wrestling all night and will usually head straight for a pot of coffee to start the process all over again.

This is the very reason why Polar types need to be very careful of what they have for dessert and what they drink, particularly within a few hours of bedtime. If they eat or drink too many carbohydrates, they're setting themselves up for visits to doctors and therapists for many seemingly unrelated, nagging conditions for which they often get treated with an arsenal of creams, pills and other medications. I've often seen symptoms such as chronic headaches, depression, chronic fatigue, poor concentration in the morning, back pain, neck pain, constipation and low sex drive clear up by simply balancing blood sugar levels in Polar types, particularly at dinner and before bed.

Polar types also need to be wary of performance bars and drinks. Such products generally contain large amounts of sugar (any word ending in "-ose", like sucrose, dextrose or fructose) that will cause problems for a Polar type if not balanced by adequate fat and protein. The lack of **quality** fats, protein and sugars in most of these sports nutrition bars is of course a concern for all Primal Pattern® Diet Types.

Polar types do better on full-fat dairy products. If they eat low-fat yogurts and cheeses, for example, they're usually hungry again in no time. Remember, Polar types "live to eat" and if their bodies don't sense satiety, they go back into *hunter mode on the prowl for food!*



Figure 2: Vitamins as Nails

If Polar types are going to drink coffee, they should not add sugar nor non- or low-fat milk. Remember, Polar types go through carbohydrates very fast, easily rendering themselves hypoglycemic. If you need to add something to your coffee, try an organic full-fat cream or even whipping cream (raw if available). Add sugar to caffeine and your poor little adrenal glands start doing back flips. You'll experience the same roller coaster ride as when you eat too many sweets before bed, but this time you get a cognitive experience because you're awake! By adding a little full-fat cream with no sugar you'll at least be able to enjoy your vice without taking a chain saw to your pancreas and adrenal glands. And please, don't use artificial sweeteners because they're poisons, causing a plethora of problems. An alternative sweetener is Stevia (see page 77).

Many Polar types, particularly those needing to lose body fat, will find that they do better eating smaller balanced meals more frequently. There is some controversy in literature these days regarding how much protein one can metabolize at any given time, suggesting that it's better for digestion to eat more frequent, smaller meals. Generally, if your post-meal responses are in the Power Zone (see page 48), you're not eating too much protein.

### Tips for Equatorial Types

Equatorial types have the opposite challenge with regard to their metabolic pathways. Just as Polar types don't efficiently metabolize carbohydrates (when eaten alone), Equatorial types don't efficiently metabolize fats and proteins (when eaten alone). A Equatorial type must, therefore, eat a proportionately larger amount of carbohydrates to meter the

fats and proteins. Don't forget, an Equatorial type still needs to eat some fat and protein at each meal.

Just because you're an Equatorial type and can handle more carbs, it doesn't mean you can take a multi-vitamin and have a permanent ticket to the junk food train. Vitamins are like nails, and your macronutrients are like the wood used to build a boat (see Figure 2). It doesn't matter if you use golden nails, building a boat out of junk wood will only result in a useless boat that sinks, taking your golden nails right to the bottom. In your case, they just go right out your bottom! My point is that while Equatorial types feel better on a diet of as much as 70% carbohydrates, the carbohydrates need to be composed of real food, not junk food, no matter what kind of vitamin supplements you take.

Equatorial types shouldn't feel pressured to eat a huge breakfast. Many won't be attracted to heavy food in the morning and will likely opt for light foods such as a boiled egg, toast and juice (fresh squeezed) or coffee (organic). Their appetite will often kick in by lunch, particularly if they have exercised by then.

Equatorial types often do well on only two meals a day, which can lead to friends and family members (especially mothers and grandmothers) putting pressure on them to eat against their instincts. To achieve optimal health, the Equatorial type needs to focus on avoiding junk foods, even if they feel good after eating them. They must seek high-quality *organic* foods and remember that they also need to include some fats and proteins in each meal or snack.

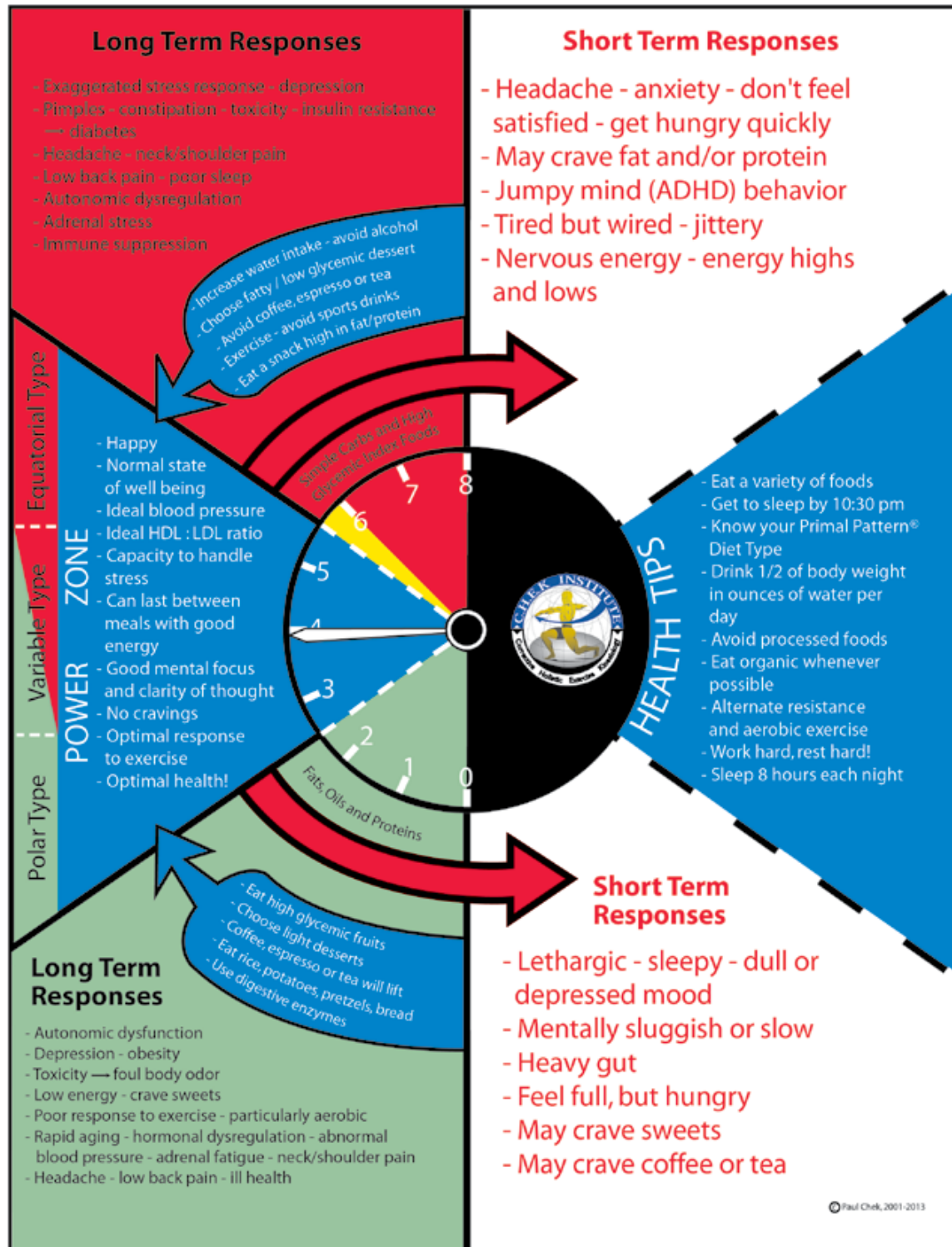
The Equatorial type will generally **not** do well eating full-fat dairy products or fatty meats, which often make them feel dull and more likely to resort to stimulants such as coffee and sugar to pick them up. Equatorial types will fare best eating light meats like chicken breast, leaner cuts of meat and light fish.

### Tips for Variable Types

If your questionnaire identifies you as a Variable type, you enjoy the status of being the easiest to feed, *and the toughest to train*. Variable types need to read everything here with regard to Polar types and

## Tachometer Form

## Responses to too much carbohydrate



Equatorial types because as a Variable type you're both types at the same time and will oscillate back and forth between the two. Depending on sensitivity, your environment and your physical, hormonal and emotional stress levels, this oscillation can occur from meal to meal, week to week or month to month. Simply stated, this means you must master the ability to feel the messages coming from your body. As a Variable type, you'll likely lean toward either a Polar or a Equatorial type most of the time, yet you won't feel well if you just stick to one pattern of eating and ignore your internal body language.

The Variable types will start proportioning their meals with 50% from the eyes group (proteins/fats) and 50% from the no-eyes foods (carbohydrates). To maximize the chances of achieving health and vitality, the Variable types need to study and become intimate with the methods of *fine-tuning meals* as presented on the Tachometer Form (page 48).

### Fine Tuning Your Meals

I use the analogy of a car's tachometer to represent the speed and efficiency with which your metabolic engines produce energy, because in a very real sense each cell in your body is like a little engine. If your cells run too fast, they become exhausted and if they continue to operate that way, they can become burned out—diseased! If you run your car's engine too slowly and shift gears too soon, the engine becomes sluggish and clogged up with incompletely combusted fuel residues. The cells of your body behave similarly if your fat and protein intake is too great for your metabolic pathways—you feel clogged up and sluggish.

The blue zone on the Tachometer Form is the *Power Zone* and represents the optimal response to any given meal or snack. To the left of the tachometer, you'll see the indicators of having eaten a meal in the correct proportions and composed of the right foods for your body. These Power Zone responses generally appear within minutes of beginning your meal or snack and should last three to four hours or longer. Polar types may need to eat sooner than slow or Variable types. With an ideal meal (the right

foods in the correct proportions) comes an improved state of well-being. You basically feel good all over.

The red zone is the response to eating too many carbohydrates for your Primal Pattern® Type. In the top left of the Tachometer Form, you'll see some (there are many more) of the common chronic or long-term responses of eating too many carbohydrates for your Primal Pattern® Type. The top right of the form gives common acute symptoms, or symptoms that will show up as soon as a few minutes to two hours after eating a meal too high in carbohydrates.

The green zone is the response to eating too much protein or fat or both. In the bottom left corner you'll see some of the many long-term responses to eating too much fat and protein for your Primal Pattern® Diet Type. The bottom right demonstrates the immediate response to too many fats and proteins.

### Health Tips

Within as little as a few minutes and over the two hours following a meal, you'll begin getting signals from your body. Generally, the healthier you are, the faster you get the information and the more information you get.

If you eat too many carbohydrates and experience symptoms written in red on the Tachometer Form, immediately try one of the following remedies:

1. Eat fats and protein,
2. Drink water,
- or,
3. Exercise.

If you eat too much fat or protein, immediately:

1. Eat carbohydrates (high-glycemic if possible, such as below-ground veggies, fruits or grains),
2. Consume fresh-squeezed juice or fresh fruit,
- or,
3. Take digestive enzymes containing protease and lipase.



The sooner you respond to any of the symptoms listed on the Tachometer Form the better. By taking one or more of the actions directing you back to the Power Zone (the blue arrow) you are more likely to normalize your fuel mix for optimal conversion to energy.

### Putting it all Together on Your Plate

You need to be aware of a few facts that can throw you for a loop when it comes to eating right for your Primal Pattern® Diet Type.

**Not All Vegetables Are Created Equal:** A general rule of thumb that can be used when proportioning meals is that above-ground vegetables have a lower glycemic index (less sugar) than below-ground vegetables such as beets, potatoes and carrots. Grains and corn also have a high glycemic index. This information is particularly important to Polar types because they're the most sugar sensitive and should consume carbohydrates that have a lower glycemic index.

**Drinks:** Failure to consider the carbohydrate content of drinks is the number one reason why people have less than optimal results when they begin their Primal Pattern® diet plan. For example, a 12-ounce can of cola has 40 grams of carbohydrates, which is equal to about 12 one-cup servings of romaine lettuce, two servings of homemade potato salad, a cup of long grain rice or 1½ baked sweet potatoes! Just six ounces of orange juice from frozen concentrate delivers 21.3 grams of carbohydrates.

Alcoholic beverages, such as vodka and whiskey, don't have the same carbohydrate content that soft drinks or fruit juices do, but many others, such as, wine coolers, liquors and cocktails do have a very high sugar content. Another issue to consider is that drinking alcoholic beverages on an empty stomach—such as when waiting for your meal at a restaurant—can cause hypoglycemia (low blood sugar) due to altered carbohydrate metabolism caused by the alcohol. The typical response to low blood sugar is to eat any foods immediately available, often bread, chips or other displacement foods that are

likely to alter optimal meal proportioning for your Primal Pattern® Diet Type.

A rule of thumb is to consider any sweet or alcoholic drink equal to at least one serving of no-eyes food. If you're a Polar type, you have a very important decision to make—cola and a steak or water and a steak and a sweet potato? Remember, you are what you eat, and you can't make or replace anything in your body with soda or processed garbage drinks (more about this in Chapter 4).

**Butters, Oil-based Dressings and Gravy:** When eating foods such as a potato, adding butter increases your overall fat content and must be considered with regard to the ratio you're trying to maintain. If you're a Polar type, adding butter to a potato, particularly in combination with leaner meats, such as chicken breast, can be helpful in maintaining your energy and sense of satiety. Should you be an Equatorial or Variable type, the same butter may make you feel sluggish, dull and even full—but hungry. The Equatorial or Variable type who balances their meal properly, but gets crazy with Thousand Island dressing, slaps a couple pats of butter on their potato and can't resist a little extra gravy, is sure to have an urge for a sweet dessert or a cup of coffee after dinner. These are folks who are looking to rev the engines and keep from going into hibernation on the couch.

In short, to balance your meals effectively and get optimal energy from food, you need to consider the fat content of butter, dressings and gravies. It doesn't have to be complicated. Simply **feel** your response to a given meal and adjust accordingly using your Tachometer Form—either as you feel the changes or at the next meal. Soon, you'll intuitively know just how much gravy, butter or dressings you can use with most any combination of eyes and no-eyes foods to get the ideal response for your body.

**Sauces:** Just as fatty dressings and toppings can throw your meal ratio off, so can sweet sauces. Many such toppings (teriyaki and sweet and sour sauce) have a lot of sugar in them and can push you over your carbohydrate limit. Remember to take this into account when eating such foods.

**Fatty Acid Supplements:** While it may seem menial, taking essential fatty acid supplements, particularly those that provide optimal and much needed sources of omega-3's, can throw your meal balance off if you're not careful. This is more often the case for the Equatorial types because they're far more sensitive to fats. If an Equatorial type has prime rib for dinner (or any fatty cut of meat), a salad and a large potato and is feeling great, all that can change as soon as they go the extra mile to be super healthy. Taking as little as two grams of fish oil, for example, could make them feel lethargic, sleepy and may make them crave coffee or sweets. A little experimentation will soon teach you how many fatty acid supplements to take with any given type of protein source or meal combination. Should an EFA supplement be needed for therapeutic reasons, you may need to adjust and increase the carb content of your meals.

**Desserts:** Let's face it, most people love dessert. If you're going to have dessert once in a while, make sure to calculate it into your eyes to no-eyes ratio. If you're a Polar type, this means that you may need to skip carbohydrates completely with your dinner, or consume only a small amount. By making the switch to organic vegetables, you're more likely to find that the natural sweetness and flavor are so satisfying that your cravings for dessert diminishes or disappears all together.

This may seem like a lot of information, but it's worth it once you get your body chemistry in balance by eating right for your Primal Pattern® Diet Type. The key points to remember are:

1. Eat the proportions of fats/proteins carbohydrates that **feel** right to you.
2. Eat the right foods for your type (see diet plans).
3. Retest your Primal Pattern® Diet Type every couple of months. It is common to change types as you become healthier.

### MORE ONLINE!

For more resources to help you implement "The No-Diet Diet" successfully in your daily life, visit [www.eatmoveandbehealthy.com](http://www.eatmoveandbehealthy.com) and click on the link for Chapter 3.

Rowing harder doesn't help  
if the boat is headed in the  
wrong direction.

Kenichi Ohmae