

THE FINE-TUNING MINI-QUIZ

When to Use It

The Fine-Tuning Mini-Quiz can be used any time you need to clarify or clearly define your reactions to a given meal. It's a very simple self-test that takes just minutes to complete. Once you've used it a number of times, you'll begin to develop a finely tuned awareness of exactly how you are affected, both physically and mentally, by specific foods and food combinations. It will enable you to identify your ideal macronutrient ratio with maximum speed, accuracy, and efficiency. The quiz can also be used intermittently to detect any changes in your metabolism and dietary needs resulting from stress, illness, hormonal changes, sports activities, exercise routines, environmental changes, and even seasonal changes.

Instructions

1. Make twenty or thirty photocopies of the Fine-Tuning Mini-Quiz and always keep a copy available at mealtime when you're trying to identify your ideal macronutrient ratio, or adjust it because of shifts in your metabolism.
2. Within one to three hours after a meal, take a few moments to fill out the quiz.
3. Add up the number of check marks in each column and fill in the totals as indicated.
4. If you have more "wrong" answers than "right" answers, your body is telling you that you didn't get the right protein-to-carbohydrate ratio at that meal.
5. Keep adjusting your protein-to-carbohydrate ratio until you get more "right" answers than "wrong" answers.

6. Use the twelve-steps in Chapter 7 as a guideline for adjusting your protein-to-carbohydrate ratio.

7. As you do the twelve steps, use a three-ring binder as a food diary and jot down what you have for breakfast, lunch, and dinner each day. Then put each completed Fine-Tuning Mini-Quiz in the three-ring binder as well, and mark down the specific time and date of the corresponding meal on each quiz form. This is a simple means of tracking what you've been eating and any improvements in the way you feel.

Hints

- Achieving your ideal fuel mix each time you eat will maximize your performance physically, mentally, and emotionally.

- More often than not, illness and increased stress of any kind will increase your need for protein.

- If you have a meal but don't feel a distinct and sustained energy boost, an improved sense of well-being and emotional stability, a sense of fullness and an end to food cravings (especially for sweets), the most likely explanation is that you're combining proteins and carbohydrates incorrectly. But if you've tried hard to fine-tune your macronutrient ratio, yet no combination seems to work and you still don't feel well after eating, here's what to do:

- Review your allowable foods list and make sure you're sticking to it.

- Make sure you're avoiding any foods to which you might be allergic.

- Try the other tests in this chapter.

DIETARY FINE-TUNING MINI-QUIZ

Within one to three hours after a meal, place a check in the box next to any selection that applies to you. Tally your answers at the bottom of each column.

CATEGORY	RIGHT PROTEIN/CARB RATIO	WRONG PROTEIN/CARB RATIO
<p>Appetite</p> <p>Fullness/ Satisfaction</p> <p>Sweet Cravings</p>	<input type="checkbox"/> Feel full, satisfied <input type="checkbox"/> Do not have sweet cravings <input type="checkbox"/> Do not desire more food <input type="checkbox"/> Do not get hungry soon after eating <input type="checkbox"/> Do not need to snack before next meal	<input type="checkbox"/> Feel physically full, but still hungry <input type="checkbox"/> Don't feel satisfied; feel like something was missing from meal <input type="checkbox"/> Have desire for sweets <input type="checkbox"/> Feel hungry again soon after meal <input type="checkbox"/> Need to snack between meals
Energy Levels	<input type="checkbox"/> Energy is restored after eating <input type="checkbox"/> Have good, lasting, "normal" sense of energy and well-being	<input type="checkbox"/> Too much or too little energy <input type="checkbox"/> Became hyper, jittery, shaky, nervous, or speedy <input type="checkbox"/> Feel hyper, but exhausted "underneath" <input type="checkbox"/> Energy drop, fatigue, exhaustion, sleepiness, drowsiness, lethargy, or listlessness
Mental/ Emotional Well-being	<input type="checkbox"/> Improved well-being <input type="checkbox"/> Sense of feeling refueled and restored <input type="checkbox"/> Uplift in emotions <input type="checkbox"/> Improved clarity and acuity of mind <input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Mentally slow, sluggish, spacey <input type="checkbox"/> Inability to think quickly or clearly <input type="checkbox"/> Hyper, overly rapid thoughts <input type="checkbox"/> Inability to focus or hold attention <input type="checkbox"/> Hypo traits: apathy, depression, or sadness <input type="checkbox"/> Hyper traits: anxiety, obsessiveness, fearfulness, anger, short temper, or irritability, etc.
Score		