

Dietary Needs Assessment

How to Assess Your Personal Dietary Needs

Step 1: Complete this Survey

- Set aside about 20 minutes when you will not be interrupted or distracted to complete this survey.

Step 2: Use the Results and Recommendations Summary

- Get a copy of the Dietary Needs Assessment Results & Recommendations from your Mannatech Associate or at www.mannatech.com in the *Products/Shop* area.
- After you have totaled your score and learned your body type (S, Sx, P, Px or B), refer to the page in the Results & Recommendations brochure that explains typical traits for people in your group and your most nutritious meal choices.

Step 3: Get More Information

- Go to the *Products/Shop* area at www.mannatech.com and access the Dietary Needs Assessment for more detailed nutritional guidelines for your body type and more information that will help you achieve and maintain optimal health.

Directions:

- Check **only one** box in each of the four columns.
- Check the box that **most closely** applies to you the majority of the time.
- There are no right or wrong, good or bad answers, and you do not need to show your score to anyone else. To get the most accurate results, please make sure you are as candid and honest as possible in your responses. Don't "overthink" your answers.
- Take as much time as you need and read all statements carefully since they are carefully worded, and some may look very similar.
- If none of the first three boxes in any row apply to you, check the fourth box in that row.
- When you have finished, please follow the directions to total your score.
- **Please consider completing this survey with a friend or loved one who knows you best. You'll have fun learning more about yourself and you're sure to get the most objective results.**

	Physical COLUMN 1	Physical COLUMN 2	Physical COLUMN 3	COLUMN 4
1	<input type="checkbox"/> My energy levels are normally high.	<input type="checkbox"/> My energy levels are normally low, and I need to use things like caffeine or something similar to give me enough energy to keep up the pace I need.	<input type="checkbox"/> My energy levels are about the same as everyone else's.	<input type="checkbox"/>
2	<input type="checkbox"/> Humidity doesn't bother me much, and I prefer hot weather to cold.	<input type="checkbox"/> Humidity really bothers me, and I prefer cool weather to hot.	<input type="checkbox"/> I adapt easily to temperature changes.	<input type="checkbox"/>
3	<input type="checkbox"/> My blood pressure is high without using medication.	<input type="checkbox"/> My blood pressure is low to normal without using medication.	<input type="checkbox"/> My blood pressure is normal without using medication.	<input type="checkbox"/> I don't know how my blood pressure runs.
4	<input type="checkbox"/> My body temperature runs normal, but I often feel cold when others are warm.	<input type="checkbox"/> My body temperature typically runs slightly below normal, and I may feel cold when others are warm.	<input type="checkbox"/> My body temperature is always normal unless I get sick, and I always feel comfortably warm.	<input type="checkbox"/>
5	<input type="checkbox"/> Eating beef can upset my stomach.	<input type="checkbox"/> Raw vegetables give me gas.		<input type="checkbox"/>
6	<input type="checkbox"/> I don't like salty foods.	<input type="checkbox"/> If I could eat any snacks I want without regard to weight gain or health issues, I would often choose salty snacks like chips or popcorn.	<input type="checkbox"/> I really have no preference.	<input type="checkbox"/>
7	<input type="checkbox"/> I have no allergies or allergic symptoms that I know of.	<input type="checkbox"/> I have seasonal allergies. These may be minor or major, chronic or periodic.		<input type="checkbox"/>
8	<input type="checkbox"/> I have excellent stamina and can keep going longer than the average person.	<input type="checkbox"/> I have average to below-average stamina unless I supplement my diet to keep up my endurance.	<input type="checkbox"/> I have average stamina.	<input type="checkbox"/>

9	<input type="checkbox"/> I have thick or hard fingernails.	<input type="checkbox"/> I have thin or weak fingernails.		<input type="checkbox"/>
10	<input type="checkbox"/> If I get sick at all, I usually recover more quickly than most people.	<input type="checkbox"/> I have had illnesses like head colds or flu that took more than 10 days to get over.	<input type="checkbox"/> It <i>never</i> takes me more than 10 days to recover from illnesses like colds and flu.	<input type="checkbox"/>
11	<input type="checkbox"/> I require very little sleep. I can do well on less than 6 hours per night.	<input type="checkbox"/> I need my sleep. I need 7 or even more hours per night to feel good the next day.		<input type="checkbox"/>
12	<input type="checkbox"/> I have normal to high blood sugar without using medication.	<input type="checkbox"/> I have low to normal blood sugar. <i>Or</i> I have occasional hypoglycemic symptoms between meals.	<input type="checkbox"/> I have normal blood sugar without using medication.	<input type="checkbox"/> I don't know my blood sugar levels between meals.
13	<input type="checkbox"/> If I could have any dessert I want without regard to weight gain or health issues, I would choose something sweet but not rich or fatty.	<input type="checkbox"/> If I could have any dessert I want without regard to weight gain or health issues, I would often choose rich desserts.		<input type="checkbox"/>
14	<input type="checkbox"/> I rarely am tired.	<input type="checkbox"/> I feel tired in the afternoon between 1-5 pm unless I use caffeine or something similar for an energy boost.	<input type="checkbox"/> I don't feel tired until bedtime.	<input type="checkbox"/>
15	<input type="checkbox"/> I sometimes have difficulty getting to sleep, but not staying asleep.	<input type="checkbox"/> I have no difficulty getting to sleep, but sometimes have difficulty staying asleep.	<input type="checkbox"/> I have no difficulty getting to sleep or staying asleep.	<input type="checkbox"/>
16	<input type="checkbox"/> I feel sluggish or even sleepy after eating meat.	<input type="checkbox"/> When I first eat a carbohydrate food, I feel good, but I may feel sluggish or even sleepy 20 to 30 minutes after eating carbohydrates—especially refined carbohydrates.	<input type="checkbox"/> I don't feel sluggish or sleepy after eating either carbohydrates or proteins.	<input type="checkbox"/>
17	<input type="checkbox"/> I am <i>never</i> hungry between meals.	<input type="checkbox"/> I am <i>sometimes</i> hungry between meals.		<input type="checkbox"/>
18	<input type="checkbox"/> I rarely have mood swings, but if I have a change in mood, it is typically normal to high.	<input type="checkbox"/> If I have mood swings, they tend to be more down than up. <i>Or</i> I have frequent mood swings.	<input type="checkbox"/> I rarely have mood swings in any direction.	<input type="checkbox"/>
19	<input type="checkbox"/> I feel full with small amounts of food.	<input type="checkbox"/> It seems I have to eat a lot before I feel satisfied or full. <i>Or</i> there are certain foods that I can't seem to get enough of.		<input type="checkbox"/>
20	<input type="checkbox"/> I sometimes feel jittery if I use caffeine.	<input type="checkbox"/> I really need my morning coffee or tea.	<input type="checkbox"/> Coffee doesn't make me jittery, and I don't need coffee or tea in the morning.	<input type="checkbox"/>
21	<input type="checkbox"/> I have consistent energy even if I miss meals.	<input type="checkbox"/> I feel tired and sometimes even cranky if I miss meals.		<input type="checkbox"/>
22	<input type="checkbox"/> I am consistently mentally alert all day.	<input type="checkbox"/> I have decreased mental alertness in the afternoons unless I eat or drink something that perks me up, such as coffee, tea, cola, candy or pastry.		<input type="checkbox"/>
23	<input type="checkbox"/> I am over 6 ft. tall if male, or over 5' 5" tall if female.	<input type="checkbox"/> I am 6 ft. tall or less if male, or 5' 5" tall or less if female.		<input type="checkbox"/>
24	<input type="checkbox"/> I don't have to lose weight. Most people consider me slim.	<input type="checkbox"/> I have a constant problem since I always carry extra weight. <i>And/or</i> I have difficulty losing weight and keeping it off.	<input type="checkbox"/> I don't have a real weight problem, but if I need to lose weight, it is not very difficult getting it off fast.	<input type="checkbox"/>

25	<input type="checkbox"/> Most of my family members appear to be thinner than the average for North Americans.	<input type="checkbox"/> Many of my family members are more than 10 pounds overweight or even have serious weight problems.	<input type="checkbox"/> Most males in my family have a waistline that is not more than 40 inches, and most females in my family have a waistline that is not more than 35 inches.	<input type="checkbox"/>
26	<input type="checkbox"/> I have no trouble with weight retention.	<input type="checkbox"/> I tend to retain weight in my hips and thighs (if female), or waist (if male).	<input type="checkbox"/> When I retain weight, it tends to be very slight and about evenly distributed throughout my body.	<input type="checkbox"/>
27	<input type="checkbox"/> Even the smell of cooking meat bothers me.	<input type="checkbox"/> I enjoy meats. I couldn't imagine meals without them.	<input type="checkbox"/> I eat meat occasionally, but I can do without it.	<input type="checkbox"/>
28	<input type="checkbox"/> I like sweet tastes, but chocolate is too rich for me.	<input type="checkbox"/> I really enjoy chocolate and its rich, creamy texture. Eating chocolate can sometimes make me feel better psychologically too.	<input type="checkbox"/> I do like the taste of chocolate, but I can take it or leave it. It doesn't affect my emotions that I am aware of.	<input type="checkbox"/>
29	<input type="checkbox"/> I prefer breads and pastas to meats.	<input type="checkbox"/> I think a meal with meat is not complete without breads or pastas.	<input type="checkbox"/> I enjoy some breads and pastas, but having a meal without them is okay.	<input type="checkbox"/>
30	<input type="checkbox"/> I can make a meal out of a loaded baked potato without meat.	<input type="checkbox"/> Whenever I have a meal with meat, it doesn't feel complete unless I have a potato in some form.	<input type="checkbox"/> I like potatoes but can do without them.	<input type="checkbox"/>
31	<input type="checkbox"/> I can eat Chinese food and feel satisfied for hours.	<input type="checkbox"/> When I eat Chinese food, I always get hungry again within an hour.		<input type="checkbox"/>
32	<input type="checkbox"/> My favorite breakfast would be fruits and/or cereals, and maybe pastry.	<input type="checkbox"/> If I could have any breakfast I want without regard to weight gain or health issues, I would definitely choose eggs with meat and bread in some form.	<input type="checkbox"/> If I could have any breakfast I want without regard to weight gain or health issues, I would definitely choose pastries, doughnuts or cereals.	<input type="checkbox"/>
33	<input type="checkbox"/> I think I appear older than my actual age.	<input type="checkbox"/> I think I appear younger than my actual age.	<input type="checkbox"/> I think I look my age.	<input type="checkbox"/>
34	<input type="checkbox"/> I have a tendency to dry skin.	<input type="checkbox"/> I have a tendency to oily and/or supple skin.	<input type="checkbox"/> I have average skin.	<input type="checkbox"/>
35	<input type="checkbox"/> I can eat any amount or type of carbohydrate and not gain weight.	<input type="checkbox"/> I must eat little or no carbohydrates to keep from gaining weight.	<input type="checkbox"/> I can eat some carbohydrates and not gain weight.	<input type="checkbox"/>
36	<input type="checkbox"/> I can eat any carbohydrate and still lose weight.	<input type="checkbox"/> I must eat very limited amounts or even no carbohydrates in order to lose weight.	<input type="checkbox"/> I can lose weight eating anything, as long as I reduce the amounts I eat.	<input type="checkbox"/>
37	<input type="checkbox"/> I may go a day or more without having a bowel movement.	<input type="checkbox"/> I often have three or more bowel movements in a day.	<input type="checkbox"/> I have one to three bowel movements daily.	<input type="checkbox"/>
38	<input type="checkbox"/> I love to exercise. Or I just need to be active.	<input type="checkbox"/> I don't like exercise because it's work.	<input type="checkbox"/> Exercise feels good when I do it, but if I miss it, it doesn't break my heart.	<input type="checkbox"/>
39	<input type="checkbox"/> I never feel light-headed if I stand up quickly after sitting or lying down for a few minutes.	<input type="checkbox"/> If I stand up quickly after sitting or lying down for a few minutes, I sometimes feel light-headed.	<input type="checkbox"/> I rarely feel lightheaded for any reason.	<input type="checkbox"/>
40	<input type="checkbox"/> I have lost weight easier in the past by avoiding fats.	<input type="checkbox"/> I have lost weight easier in the past with low-carbohydrate diets.	<input type="checkbox"/> I have lost weight easier in the past with low-calorie diets.	<input type="checkbox"/> I have never dieted, or I have never used those diets mentioned in columns 1, 2 or 3.

Psychological COLUMN 1	Psychological COLUMN 2	Psychological COLUMN 3	COLUMN 4
41 <input type="checkbox"/> I become tense with people who can't do their jobs right.	<input type="checkbox"/> I am very patient and slow to anger.	<input type="checkbox"/> I am patient in some things and sometimes get angry, but about the same as everyone else.	<input type="checkbox"/>
42 <input type="checkbox"/> I typically have very high spirits.	<input type="checkbox"/> I get depressed from bad situations and sometimes may also get depressed for no apparent reason.	<input type="checkbox"/> I only get depressed in situations that would depress anyone else. But I bounce back quickly.	<input type="checkbox"/>
43 <input type="checkbox"/> I am decisive and/or aggressive in pursuing my goals. I am a policy maker and/or a trendsetter.	<input type="checkbox"/> I am very easy-going, help people make compromises and am concerned with helping people get along.	<input type="checkbox"/> I try to be cooperative and follow instructions, but I don't get involved in other people's business.	<input type="checkbox"/>
44 <input type="checkbox"/> I believe procedures must be followed, and people who don't follow procedures really bother me.	<input type="checkbox"/> I think people who are "by-the-book" types are anal-retentive, and that's definitely not me.	<input type="checkbox"/> Sometimes I think procedures are necessary, and other times that they are not. I understand some people must live by the book, but I can work in either environment.	<input type="checkbox"/>
45 <input type="checkbox"/> If people follow me, it is because I am a decisive leader.	<input type="checkbox"/> If people follow me, it is because they trust me and/or believe in me.	<input type="checkbox"/> Usually people don't follow me.	<input type="checkbox"/>
46 <input type="checkbox"/> Some people consider me reserved or cool.	<input type="checkbox"/> Most people consider me very friendly.	<input type="checkbox"/> Most people consider me somewhat friendly.	<input type="checkbox"/>
47 <input type="checkbox"/> My life must be planned and well-ordered.	<input type="checkbox"/> I like to be spontaneous and see what happens.	<input type="checkbox"/> I like a little structure, but I'm comfortable with an occasional surprise.	<input type="checkbox"/>
48 <input type="checkbox"/> I am better organized than anyone else I know.	<input type="checkbox"/> Most people think I am pretty disorganized, but I can still find what I need most of the time.	<input type="checkbox"/> I would like to be better organized, but I get by okay.	<input type="checkbox"/>
49 <input type="checkbox"/> I am very selective in choosing my friends.	<input type="checkbox"/> I think everybody has good points, so I have a very wide range of friends with diverse interests.	<input type="checkbox"/> I make friends through work or social activities, and all my friends tend to share my interests.	<input type="checkbox"/>
50 <input type="checkbox"/> I always read instructions.	<input type="checkbox"/> I don't like to read instructions and almost never do.	<input type="checkbox"/> I sometimes read instructions.	<input type="checkbox"/>

Please enter the total number of boxes you checked in Column 1.

If you scored the highest number in this column, you are a **Type S** (sympathetic with parasympathetic and balanced influences).

If you checked 25 or more boxes in this column, you are a **Type Sx** (extreme sympathetic).

Please enter the total number of boxes you checked in Column 2.

If you scored the highest number in this column, you are a **Type P** (parasympathetic with sympathetic and balanced influences).

If you checked 25 or more boxes in this column, you are a **Type Px** (extreme parasympathetic).

Please enter the total number of boxes you checked in Column 3.

If you scored the highest number in this column, you are a **Type B** (balanced sympathetic and parasympathetic influences).

Note: there are fewer choices in the B column because we are not attempting to ascertain two types.

NOTE: It would be rare to find someone who represented 100% of the traits of one type—both physically and psychologically—because we are all genetically and biochemically unique. Even within a family that has the same genetic parents, offspring has differently colored eyes, hair, skin and even blood types from one of their parents and their siblings. It is not unusual for someone to be one type physically and another type psychologically. With this in mind, this survey is designed only to give you some basic direction in both diet selection and choosing your daily supplements.