

**SugarPoints**

SMART NUTRITION

# **BODY TYPE** *Quiz!*

**WHATS YOUR BODY TYPE?  
ECTOMORPH, MESOMORPH, ENDOMORPH**



# The **BODY TYPE** Quiz!

(NOTE: This quiz provides a broad assessment and is not intended for medical advice.)

**Has your inability to lose weight or gain muscle frustrated you for years? Your somatotype or body type might be relevant.**

The concept of somatotypes, or body types, gained popularity in the 1940s thanks to William H. Sheldon, PhD, MD. He reasoned that people have a hereditary body type, which means they are physically predisposed to a particular physique from birth based on their bone structure and body composition.

According to his theory, specific body types have traits in common that reflect how much fat or muscle you usually have, how quickly or slowly your metabolism may be, and how easy or difficult it may be for you to lose weight. Using the concept of three somatotypes, this quiz aims to offer insights into the starting SugarPoint intake range suitable for your SugarDrop lifestyle diet.

**Note:** This quiz is designed as an interactive PDF. You can complete it by checking the box next to each option that corresponds to your answer.

**Carefully review each question or statement, and select the option that most accurately represents you.**

## **1. Which best describes your body shape?**

- a. Narrow shoulders and hips, longer limbs
- b. Broad shoulders, well-defined muscles
- c. Rounder, softer physique with a tendency to store fat

## **2. How do you typically respond to changes in diet or exercise?**

- a. Difficulty gaining weight, even with increased caloric intake
- b. Can easily gain muscle mass or lose weight with adjustments
- c. Tends to gain weight easily and struggles with weight loss

## **3. How quickly do you notice changes in muscle definition?**

- a. Slow to develop noticeable muscle definition
- b. Rapid muscle development with training
- c. Gains muscle but may also store fat around muscles

**4. How would you describe your metabolism?**

- a. Fast metabolism with difficulty gaining weight
- b. Moderate metabolism with balanced weight maintenance
- c. Slower metabolism with a tendency to gain weight

**5. What is the size of your wrists and ankles?**

- a. Small joints
- b. Moderate-sized joints
- c. Large joints

**6. How do you perceive your appetite?**

- a. Often have a smaller appetite
- b. Consistent and balanced appetite
- c. Tend to have a larger appetite, especially for carbohydrates

**7. How would you describe your energy levels throughout the day?**

- a. Consistently high energy levels
- b. Moderate and stable energy levels
- c. Energy levels may fluctuate, especially after meals

**8. Where do you tend to store excess fat?**

- a. Difficulty gaining fat, lean physique
- b. Even fat distribution with maintained muscle definition
- c. More noticeable fat storage, especially around the midsection

**9. How do your shoulders compare to your hips?**

- a. My shoulders are narrower than my hips.
- b. They're approximately the same width as my hips.
- c. My shoulders are wider than my hips.

**10. Are you currently diagnosed with prediabetes or type 2 diabetes?**

- a. No, I do not have either condition
- b. I have been diagnosed with prediabetes
- c. I have been diagnosed with type 2 diabetes

**11. Do you have a family history of prediabetes or type 2 diabetes?**

- a. No family history
- b. Some family history
- c. Strong family history

**12. How often do you crave sugary foods or beverages?**

- a. Rarely or never
- b. Occasionally
- c. Frequently or daily

**13. How do you feel after consuming a large amount of sugary foods?**

- a. Satisfied and unaffected
- b. Moderately affected, may experience energy fluctuations
- c. Cravings intensify, may feel irritable or fatigued

**14. Have you ever tried to cut down on sugary foods, and how successful were you?**

- a. Never tried or easily successful
- b. Tried but with moderate success
- c. Tried with minimal success, find it challenging to resist sugar

**15. How often do you think about consuming sugary foods during the day?**

- a. Rarely or never
- b. Occasionally
- c. Frequently or obsessively

## How to Figure Out Your Body Type

Add up the instances you selected A, B, or C, assigning one point for each choice. If A has the most points, you're classified as an ectomorph; for B, you're a mesomorph; and with C, you're an endomorph. If your points are evenly split, like 7 points and 8 points for two letters, you might have a hybrid body type. Nevertheless, identify your dominant body type with the highest score.

### A: Ectomorph



Your quiz results indicate that you possess an Ectomorph body type, characterised by a fast metabolism and a tendency to find it challenging to gain weight. While you generally handle excess sugar or carbohydrate intake well, remaining mindful of overall health is crucial. Despite not facing weight-related issues, it's essential to avoid excessive sugar consumption to prevent the development of a condition known as "skinny fat." In this situation, the body may accumulate excess body fat beneath the skin, potentially leading to health concerns such as diabetes, stroke, and other illnesses.

**Daily SugarPoint Intake Range: 100 – 125 SugarPoints**

## B: Mesomorph



Your quiz outcomes reveal that you fall into the Mesomorph body type category. With a more muscular build and a potentially moderate metabolism, your body can generally handle moderate sugar and carbohydrate intake levels without notable issues. However, it's essential to exercise caution with excessive consumption, particularly when it comes to refined sugars, as this could potentially result in undesired weight gain and affect your muscle definition. If your family has any history of Diabetes, you still need to be very mindful of your sugar intake levels.

**Daily SugarPoint Intake Range: 75 – 100 SugarPoints**

## C: Endomorph



Your results indicate an Endomorph body type associated with a tendency to store body fat and heightened sensitivity to excess sugar and carbohydrates. This type may be prone to midsection weight gain. To manage this, prioritise whole foods and opt for low-sugar choices, considering the potential for a sweet tooth. Extra vigilance in food choices is crucial. Given the Endomorph profile, there's an increased risk of Type 2 diabetes, emphasising the importance of adopting a health-conscious diet and lifestyle.

**Daily SugarPoint Intake Range: 50 – 75 SugarPoints**