

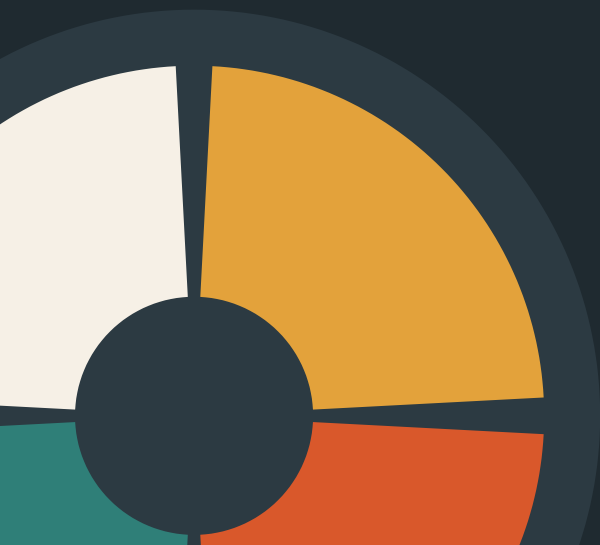
START HERE

Which Body Type Am I?

Quiz & Hand-Portion Guide

A 12-question self-check, an honest guide to what body types can and can't tell you, and starting portions for all three – measured with your hands.

A
B
C



Before you take the quiz

This is a self-reflection tool, not a test with a right answer – and definitely not a diagnosis.

Ectomorph, mesomorph and endomorph come from 'somatotypes', a way of describing body builds created by psychologist William Sheldon in the 1940s. His wider claims linking body shape to personality have been discredited, and there is **no strong scientific evidence that your 'type' decides how you should eat**. Most people are a mix, and your build changes with age, activity and life. We use the three types as a **friendly, practical starting point** – a way to pick sensible first portions – and then you adjust based on how you actually feel and progress.

How to take it

- Answer the 12 questions on the next two pages. Go with your first instinct and think about your **usual** pattern, not a recent unusual few months.
- Count your As, Bs and Cs. Your most common letter is the type you **lean towards**.
- Close scores are normal – see "In between?" for how to combine portions.
- Then use the hand-portion guide to build your plates, and adjust after two weeks based on how you feel.

Who shouldn't use this

If you're under 18, pregnant or breastfeeding, have a medical condition, or have a history of disordered eating, please don't use the goal adjustments in this guide – talk to your GP or a registered dietitian instead.

This guide is general information about healthy eating for adults. It is **not medical or dietetic advice** and is not a substitute for advice from your GP, a registered dietitian or another qualified health professional. **Speak to your GP or a registered dietitian before using it** if you are pregnant or breastfeeding, under 18, have a history of eating disorders or disordered eating, have diabetes, kidney disease or any other medical condition, take medication that is affected by diet, or have food allergies. Results vary from person to person and **no weight-loss, weight-gain or health outcome is promised**. Check every food label for allergens. If changing how you eat makes you feel unwell, stop and seek advice.

Circle one answer for each

1 The wrist test: wrap the thumb and middle finger of one hand around your other wrist.

A They overlap

B They just touch

C They don't meet

2 As a young adult, before big lifestyle changes, your natural build was...

A Slim and narrow

B Medium and fairly athletic

C Broad and solid

3 Looking at your frame in a mirror...

A Shoulders and hips are both fairly narrow

B Shoulders noticeably wider than your waist

C Wider through the middle and/or hips

4 If you eat more than usual for a few weeks...

A Very little seems to change

B You gain a bit, then settle

C You notice it fairly quickly

5 When you've done regular strength training...

A Muscle was slow to show

B You saw changes fairly quickly

C You got strong quickly, definition took longer

6 Your appetite is usually...

A Small – you can forget to eat

B Steady and predictable

C Big – you enjoy hearty meals

Circle one answer for each

7 After a big pasta or rice meal you feel...

A Fine, often energised

B Fine

C Heavy or sleepy

8 Your hands, feet and joints look...

A Long and slender

B Medium

C Wide and sturdy

9 If you gain weight, it tends to go...

A Hardly anywhere / you rarely gain

B Fairly evenly all over

C Mostly round the middle, hips or thighs

10 Off-the-peg clothes usually...

A Feel loose, or sleeves/legs are short

B Fit well, maybe snug on the shoulders

C Need a roomier cut through the middle

11 Day to day you're more...

A Restless – always on the move

B Active and competitive

C Steady and relaxed

12 If you've ever tried to lose weight...

A You've rarely needed to

B It came off fairly steadily

C It was slow going

YOUR SCORE

Count your letters

A

Mostly As → Ectomorph

My count

B

Mostly Bs → Mesomorph

My count

C

Mostly Cs → Endomorph

My count

In between? (very common)

If your top two letters are within two points of each other, you're a blend. Use the portions for your top letter, then borrow one feature from the second:

Blend	Try this
Ecto-meso (A + B)	Mesomorph portions, plus 1 extra cupped hand of carbs on active days.
Meso-endo (B + C)	Mesomorph portions, but swap one cupped hand of carbs for an extra fist of veg at your least active meal.
Ecto-endo (A + C)	Unusual but possible (e.g. slim-limbed but stores round the middle). Start with mesomorph portions and adjust after two weeks.
Even split	Start with mesomorph portions – they're the balanced middle.

Why the result is only a starting point

Your age, activity, sleep, stress, medication and hormones all affect appetite and body composition more than a label can. That's why every FuelType guide uses a two-week check-in: you keep what works and change one hand portion at a time if something doesn't.

You lean ectomorph

Often described as naturally lean and narrow-framed, with a fast-feeling appetite turnover and difficulty putting weight on.

The practical angle: More starchy carbs and regular, easy-to-eat snacks so you can actually get enough food in, without relying on junk.

Starting portions per main meal

	 palms	 fists	 cupped hands	 thumbs
Women	1	1	2	1
Men	2	2	3	1

Goal tweaks (per day)

Lose fat gently – women: Remove ½–1 cupped hand of carbs from ONE meal a day.

Men: Remove 1 cupped hand of carbs from ONE meal a day.

Build muscle – women: Add 1 cupped hand of carbs + 1 thumb of fats a day (an extra snack works well).

Men: Add 2 cupped hands of carbs + 1 thumb of fats a day, e.g. a bigger breakfast and an extra snack.

What tends to help

- Eat on a schedule rather than waiting for hunger — 3 meals + 1–2 snacks.
- Use drinkable or soft calories when appetite is low: milk, yoghurt, porridge, smoothies.
- Keep carbs wholegrain where you can, but white rice or pasta is fine after hard days.
- Don't drown everything in fat to 'bulk' — balanced plates first, then add snacks.

An example day (women's portions; men roughly double the palms and fists)

Breakfast: Porridge made with milk, banana & peanut butter · **Lunch:** Chicken, chickpea & couscous box with roasted veg · **Dinner:** Turkey & bean chilli with rice · **Snack:** Banana + large glass of milk

Remember: this describes a tendency, not a diagnosis. Your results over two to four weeks matter more than your quiz score.

You lean mesomorph

Often described as medium-framed and 'athletic', tending to gain muscle fairly readily with training.

The practical angle: Evenly balanced plates: protein, veg, wholegrain carbs and healthy fats in steady amounts, flexed around activity.

Starting portions per main meal

	 palms	 fists	 cupped hands	 thumbs
Women	1	1	1	1
Men	2	2	2	2

Goal tweaks (per day)

Lose fat gently – women: Remove ½ cupped hand of carbs from one meal AND ½ thumb of fats from another.

Men: Remove 1 cupped hand of carbs from one meal AND 1 thumb of fats from another.

Build muscle – women: Add 1 cupped hand of carbs a day, ideally around training.

Men: Add 1–2 cupped hands of carbs + 1 thumb of fats a day.

What tends to help

- Balance is the point: one of each hand measure (or two) at every meal.
- Put a little more carb on active days, a little less on rest days.
- Batch-cook two dinners a week so a busy day doesn't become a takeaway day.
- Watch portion creep: 'athletic' doesn't mean you can't over-eat.

An example day (women's portions; men roughly double the palms and fists)

Breakfast: Scrambled eggs, spinach & tomatoes on wholemeal toast · **Lunch:** Chicken, chickpea & couscous box with roasted veg · **Dinner:** Smoky chicken, pepper & new potato traybake · **Snack:** Greek yoghurt + berries

Remember: this describes a tendency, not a diagnosis. Your results over two to four weeks matter more than your quiz score.

You lean endomorph

Often described as broader-framed and solid, tending to store energy more readily and feeling fuller on bigger plates.

The practical angle: Extra veg for volume and fullness, steady protein, and moderate (still present) wholegrain carbs.

Starting portions per main meal

	 palms	 fists	 cupped hands	 thumbs
Women	1	2	1	1
Men	2	3	1½	2

Goal tweaks (per day)

Lose fat gently – women: Remove ½ thumb of fats from two meals a day. Keep veg high; keep starchy carbs in (wholegrain).

Men: Remove 1 thumb of fats from two meals a day. Keep veg high; keep starchy carbs in (wholegrain).

Build muscle – women: Add ½–1 cupped hand of carbs a day, around activity.

Men: Add 1 cupped hand of carbs + 1 thumb of fats a day, around activity.

What tends to help

- Fill up on veg first — two or three fists per meal is the main lever.
- Keep starchy carbs in every meal, just choose high-fibre versions (Eatwell).
- Protein at every meal helps keep you full between meals.
- Go easy on 'hidden' thumbs: oil glugs, cheese, butter on toast, nuts by the bagful.

An example day (women's portions; men roughly double the palms and fists)

Breakfast: Mushroom & pepper omelette with wholemeal toast · **Lunch:** Red lentil, carrot & tomato soup (batch) with a wholemeal roll · **Dinner:** Smoky chicken, pepper & new potato traybake · **Snack:** Hummus + carrot & cucumber sticks

Remember: this describes a tendency, not a diagnosis. Your results over two to four weeks matter more than your quiz score.

THE METHOD

Your hands are the measuring kit

Your hands go everywhere with you, and bigger people tend to have bigger hands – so portions scale to you automatically.



Palm = protein

Measure: The size and thickness of your palm, without fingers.

Foods: Chicken, fish, eggs (2 eggs ≈ 1 palm), lean mince, tofu, Greek yoghurt, lentils & beans.

Rough guide: Very roughly 100–120 g raw meat or fish for an average adult hand.



Fist = veg (and fruit)

Measure: A clenched fist.

Foods: Any veg or salad – fresh, frozen or tinned. Fruit can stand in at breakfast.

Rough guide: Roughly 80 g – which is about one of your NHS 5 A Day portions.



Cupped hand = carbs

Measure: What one cupped hand would hold.

Foods: Rice, pasta, oats, potatoes, bread (1 slice ≈ 1 cupped hand), wraps, beans, fruit.

Rough guide: Roughly 40 g dry rice/pasta/oats, or a medium-small potato.



Thumb = fats

Measure: The whole length and thickness of your thumb.

Foods: Olive/rapeseed oil, nut butter, nuts & seeds, cheese, avocado, pesto.

Rough guide: Roughly 1 tablespoon of oil or nut butter, ~15 g nuts, ~20 g cheese.

Tips for measuring

- Measure the food **as it lands on your plate** (cooked), not perfectly – "about that much" is the point.
- Mixed dishes (chilli, curry, pie): judge the whole serving – e.g. roughly a palm of the meaty part and a cupped hand of rice.
- Cooking oil counts. If you used a good glug in the pan, that's probably your thumb of fat already.
- The gram figures are rough guides only, there to help with shopping – your hands decide.

The four-step plate builder

Works at home, at a canteen, at a pub, or on a camping stove.



1. Protein first

Palm(s) of meat, fish, eggs, tofu, beans or yoghurt.



2. Add veg

Fist(s) of any veg or salad – the more colour the better.



3. Then carbs

Cupped hand(s) of potatoes, rice, pasta, bread or oats – wholegrain where you can.



4. Finish with fats

Thumb(s) of oil, cheese, nuts, seeds or avocado – including what you cooked with.

Real meals, decoded (approximate)

Meal	What it roughly counts as (one adult plate)
Spaghetti bolognese	Meaty sauce ≈ 1–2 palms + 1 fist (tomato, onion); pasta ≈ 2 cupped hands; cheese on top ≈ 1 thumb
Supermarket chicken salad wrap	≈ 1 palm, ½ fist, 2 cupped hands (the wrap), 1–2 thumbs (mayo/dressing)
Full English (2 eggs, 1 sausage, beans, toast, tomato, mushrooms)	≈ 1½–2 palms, 1–2 fists, 2–3 cupped hands, 2–3 thumbs (fried items carry the fat)
Curry & rice takeaway	Often 1–2 palms, ½ fist, 3–4 cupped hands of rice/naan, 3+ thumbs of oil/ghee – share the rice, add a side salad

These are rough visual estimates for planning, not nutritional analyses. Packaged foods: the label is more accurate than your hand.

Your blank plate



My palms per meal:



My fists per meal:



My cupped hands per meal:



My thumbs per meal:

THE RULES UNDERNEATH

NHS Eatwell, built in

Body types change the *amounts*. The NHS Eatwell Guide decides *what goes on the plate*. Every week of this plan is built on it.

Food group	NHS Eatwell Guide says	How this plan does it
Fruit & veg	At least 5 portions a day, fresh, frozen, tinned or dried.	Fists of veg at every lunch and dinner, fruit at breakfast and in snacks.
Starchy carbs	Base meals on potatoes, bread, rice, pasta; choose wholegrain/higher-fibre.	A cupped hand or more at every meal – never cut to zero, whatever your type.
Protein	Beans, pulses, fish, eggs, meat. 2 portions of fish a week, one oily. Eat less red and processed meat.	Salmon or mackerel weekly, lentils/chickpeas often, lean mince stretched with lentils, no processed meat.
Dairy & alternatives	Some milk, cheese, yoghurt; choose lower-fat, lower-sugar options.	Plain Greek-style yoghurt, semi-skimmed milk, strong cheese used by the thumb.
Oils & spreads	Unsaturated oils, in small amounts.	Olive/rapeseed oil measured by the thumb.
Fluids	6–8 glasses a day: water, lower-fat milk, sugar-free drinks.	Water with every meal; tea and coffee count.
Salt, sugar, sat fat	Eat high fat, salt and sugar foods less often and in small amounts. Adults: no more than 6 g salt a day.	Reduced-salt stock and soy, spice for flavour, check labels on sauces and meat-free mince.

Eatwell applies across a day or a week, not to every single meal – so a lighter breakfast or a takeaway night is fine. Source: NHS, The Eatwell Guide.

Easy swaps

Vegetarian

Swap meat for tofu, eggs, lentils, chickpeas, beans or meat-free mince (palm for palm). Swap fish for tofu or beans and consider a plant omega-3 source.

Dairy-free

Use calcium-fortified, unsweetened soya milk and yoghurt alternatives. Swap cheese thumbs for avocado, seeds or oil.

Don't like it?

Swap any meal for another in the plan with the same slot, or for anything that fits your hand portions. Repeats are fine.

WHAT NEXT?

Put it into practice

Your first week, quiz-only

1. Pick your starting portions from your result page and write them on the blank plate.
2. For a few days, just plate your normal meals by hand – don't change the food yet, notice the amounts.
3. Then add one habit: protein and veg at every meal.
4. After two weeks, use the check-in questions: energy, hunger, sleep, training, how clothes fit.

Want the thinking done for you?

Each FuelType 4-Week Meal Plan (Ectomorph, Mesomorph, Endomorph) gives you 28 days of meals planned around these portions, four UK-supermarket shopping lists with quantities, budget notes and batch-cook recipes. The All-Types Bundle adds a Family Batch-Cook Edition – one pot, different plates – for households with more than one body type.

Ectomorph

4-Week Meal Plan

Mesomorph

4-Week Meal Plan

Endomorph

4-Week Meal Plan

Disclaimer, sources & about

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Where the principles come from

- NHS – The Eatwell Guide: nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/
- NHS – 5 A Day portion sizes: nhs.uk/live-well/eat-well/5-a-day/portion-sizes/
- Food Standards Agency – Chilling, freezing & reheating leftovers: [food.gov.uk](https://www.food.gov.uk)
- Hand-portion method: a widely used coaching tool popularised by Precision Nutrition. FuelType's per-type portions are our own starting points, not a validated clinical tool.

About FuelType

FuelType was started by Gabriel Busst, a former outdoor activity instructor based in the UK. Years of feeding hungry groups on long active days made one thing obvious: most people don't want to weigh food, they want a simple way to know roughly how much to put on the plate. Gabriel is not a dietitian or nutritionist and holds no nutrition qualification, so FuelType guides stick to the public NHS Eatwell Guide principles and the widely used hand-portion method, and send you to a professional for anything medical.

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Know your plate. Fuel your type.

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