

Sugar Sensitivity Test Rates Tolerance to Carbohydrates

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Dec 10, 2008

Determining Your Sensitivity to Sugar and Eating Habits

Directions: If the statement applies to you, put the number of points (in the parenthesis) on the line. When you are done, add the points and look at the key below for what the total means.

- (5) ____ I have a tendency to higher blood pressure.
- (5) ____ I gain weight easily, especially around my waist and have difficulty losing it.
- (5) ____ I often experience mental confusion.
- (5) ____ I often experience fatigue and generalized weakness.
- (10) ____ I have diabetic tendencies.
- (4) ____ I get tired and/or hungry in the mid-afternoon.
- (5) ____ About an hour or two after eating a full meal that includes dessert, I want more of the dessert.
- (3) ____ It is harder for me to control my eating for the rest of the day if I have a breakfast containing carbohydrates, than it would be if I had only coffee or nothing at all.
- (4) ____ When I want to lose weight, I find it easier not to eat for most of the day than to try to at several small diet meals.
- (3) ____ Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping.
- (3) ____ I would rather have an ordinary meal that included dessert than a gourmet meal that did not include dessert.
- (5) ____ After finishing a full meal, I sometimes feel as if I could go back and eat the whole meal again.
- (3) ____ A meal of only meat and vegetables leaves me feeling unsatisfied.
- (3) ____ If I'm feeling down, a snack of cake or cookies makes me feel better.
- (3) ____ If potatoes, bread, pasta, or dessert are on the table, I will often skip eating vegetables or salad.
- (4) ____ I get a sleepy, almost "drugged" feeling after eating a large meal containing bread or pasta or potatoes and dessert, whereas I feel more energetic after a meal of only meat or fish and salad.
- (3) ____ I have a hard time going to sleep at times without a bedtime snack.
- (3) ____ At times I wake in the middle of the night and can't go back to sleep unless I eat something.
- (5) ____ I get irritable if I miss a meal or mealtime is delayed
- (2) ____ At a restaurant, I almost always eat too much bread, even before the meal is served.

Total _____