

Are you a Sugarholic?

The following quiz will help you determine how pervasive refined sugar is in your lifestyle.

Answer each of the following questions as truthfully as you can; you're not going to be graded, and no one is looking over your shoulder. Be honest with yourself --- your health depends on it.

	True	False
1. I do not eat refined sugar <i>every</i> day.	_____	_____
2. I can go for more than a day <i>without</i> eating some type of sugar-containing food.	_____	_____
3. I never have <i>cravings</i> for sugar, coffee, chocolate, peanut butter, or alcohol.	_____	_____
4. I've never <i>hidden</i> candy or other sweets around my home in order to find and eat them later.	_____	_____
5. I can stop after eating <i>one</i> piece of candy or one bite of pastry.	_____	_____
6. There are times when I have <i>no</i> sugar of any kind in my home.	_____	_____
7. I can go for three or more hours without eating and <i>not</i> experience the shakes, fatigue, perspiration, irritability, depression, or anxiety.	_____	_____
8. I <i>can</i> have candy and other sweets in my home and <i>not</i> eat them.	_____	_____
9. I do not eat something sweet after <i>every</i> meal.	_____	_____
10. I <i>rarely</i> drink coffee and eat donuts or sweets rolls for breakfast.	_____	_____
11. I can go for more than an hour after waking up in the morning <i>without</i> eating.	_____	_____
12. I can go from one day to the next <i>without</i> drinking a sweetened soft drink.	_____	_____

If you answered “false” to *more than four* of these statements, chances you are sugar-sensitive. You are probably allergic to sugar and also addicted to it – the same way an alcoholic is addicted to alcohol. You crave sugar, have withdrawal symptoms when you don’t get it, and probably feel better for a short time after you’ve eaten it. In eating sugar to feel better, you are actually making your condition worse.

If you answered “false” to four statements or fewer, it doesn’t necessarily mean you don’t have a problem with sugar. You may not be addicted to it, but perhaps you don’t quite realize just how much sugar you’re eating.

Taken from “Lick The Sugar Habit”, by Nancy Appleton, PHD