



EATING QUIZ 2

1. Do you often feel tired, particularly after eating lunch or dinner? No (0 points) Yes (1 point)
2. Do you have difficulty concentrating? Yes (1 point) No (0 points)
3. Would you characterize your thinking as frequently fuzzy or spacey ? Yes (1 point) No (0 points)
4. Do you often find yourself irritable or angry? Yes (1 point) No (0 points)
5. Do you experience frequent cravings for sugar or other carbohydrates such as pasta, breads, and baked goods? Yes (2 points) No (0 points)
6. Do you have a tendency to binge on sweets or other carbohydrates? Yes (1 point) No (0 points)
7. Do you feel shaky if you don't eat on time or snack? Yes (3 points) No (0 points)
8. Do you tend to gain weight easy and have difficulty losing it? Yes (3 points) No (0 points)
9. Are you 10 pounds overweight? Yes (3 points) No (0 points)
10. If you are a man, do you have a "pot belly," or a roll, or a "love handles" around the waist? Yes (5 points) No (0 points)
- If you are a women do you carry weight more in your belly and upper body instead of hips and thighs? Yes (5 points) No (0 points)