

Are you a Carb Addict?

1. At a restaurant, I almost always eat too much bread, even before the meal is served.
2. It is harder for me to control my eating for the rest of the day if I have had breakfast containing carbohydrates such as a bagel or cereal, then it would be if I had coffee or nothing at all.
3. Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping.
4. I would rather have an ordinary meal that includes dessert, than have a gourmet meal that excludes it.
5. A meal of only meat and vegetables leaves me feeling unsatisfied.
6. If I'm feeling down, a snack of cake or cookies makes me feel better.
7. If potatoes, bread, pasta or dessert are on the table, I will often skip eating vegetables or salad.
8. I sometimes have a hard time going to sleep without a bedtime snack.
9. At times I wake in the middle of the night and can't go back to sleep unless I eat something.
10. Now and then I am a secret eater.
11. I get tired and/or hungry in the middle of the afternoon.
12. When I want to lose weight, I find it easier not to eat for most of the day than to try to eat several small low -calorie meals.
13. 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 and salad.
14. When I am not eating, the sight of other people eating is sometimes irritating to me.
15. About an hour or two after eating a full meal that includes dessert, I want more of the dessert.
16. After finishing a full meal, I sometimes feel I could go back and eat the whole meal again.
17. Before going to dinner at a friend's house, I will sometimes eat something in case dinner is delayed.

Each Yes Has the Following Point Values:

1. 2 points	6. 3	11. 4	16. 5
2. 3	7. 3	12. 4	17. 5
3. 3	8. 3	13. 4	
4. 3	9. 3	14. 4	
5. 3	10. 3	15. 5	

What Your Score Indicates:

- 21 or less: It is very unlikely that you are carbohydrate intolerant.
22 - 30: There is a possibility you are carbohydrate intolerant.
31 - 44: There is reasonable certainty you are carbohydrate intolerant.
45 - 60: You are definitely carbohydrate intolerant.