

Carbohydrate Sensitivity Survey

Answer Y or N for every question:

At a restaurant, I almost always eat too much bread, even before the meal is served.

It is harder for me to control my eating for the rest of the day if I have had breakfast containing carbohydrates, than it would be if I had coffee or nothing at all.

Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping.

I would rather have an ordinary meal that includes dessert, than have a gourmet meal that excludes it.

A meal of only meat and vegetables leaves me feeling unsatisfied.

If I'm feeling down, a snack of cake or cookies makes me feel better.

If potatoes, bread, pasta, or dessert are on the table, I will often skip eating vegetables or salad.

I sometimes have a hard time going to sleep without a bedtime snack.

At times I wake in the middle of the night and can't go back to sleep unless I eat something.

Now and then I think I am a secret eater.

I get tired and/or hungry in the mid- afternoon.

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 meals.

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.

When I am not eating, the sight of other people eating is sometimes irritating to me.

About an hour or two after eating a full meal that includes dessert, I want more of the dessert.

After finishing a full meal, I sometimes feel I could go back and eat the whole meal again.

Before going to dinner at a friend's house, I will sometimes eat something in case dinner is delayed.

Each Yes Has The Following Values:

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

SCORE: # of Yes (x) its Value= _____

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 a reasonable certainty you are carbohydrate intolerant.

45 - 60 - You are definitely carbohydrate intolerant.