

Sugar Sensitivity: A Self-Test



To find out if you are affected by sugar sensitivity, check the statements below that apply to you...

- I really like sweet foods.
- I eat a lot of sweets.
- I am very fond of bread, cereal, popcorn and/or pasta.
- I now have or once had a problem with alcohol or drugs.
- One or both of my parents are/were alcoholic.
- One or both of my parents are/were especially fond of sugar.
- I continue to be depressed no matter what I do.
- I often find myself overreacting to stress.
- I have a history of anger that sometimes surprises even me.

If you check at least three items, you may be sugar sensitive. Discuss these results with your physician.

Source: Excerpted from *Potatoes Not Prozac: Simple Solutions for Sugar Addiction*, by Kathleen DesMaisons, PhD.