



**Are you a sugar burner? (as opposed to a fat burner)**

*answer YES or NO to the following questions –*

**I am very hungry first thing in the morning** \_\_\_\_\_

**I need caffeine/coffee to get me going in the morning** \_\_\_\_\_

**I usually drink more than one coffee or cola per day** \_\_\_\_\_

**I have a difficult time maintaining my ideal weight** \_\_\_\_\_

**I can't easily go more than 3-4 hours without being hungry** \_\_\_\_\_

**Eating often relieves my fatigue** \_\_\_\_\_

**I often get moody or irritable before meals** \_\_\_\_\_

**I often feel weak or dizzy if I wait too long to eat** \_\_\_\_\_

**I often crave sweets/caffeine between meals** \_\_\_\_\_

**I often get shaky when I'm hungry** \_\_\_\_\_

**I often suffer from fatigue or fuzzy thinking that eating relieves** \_\_\_\_\_

**I frequently nibble between meals because of hunger** \_\_\_\_\_

**I crave sugar/caffeine to get me through the afternoon** \_\_\_\_\_

**I'm often tired or drowsy at work** \_\_\_\_\_

**I get anxious/depressed when hungry** \_\_\_\_\_

**Once I begin eating sweets its very hard for me to stop** \_\_\_\_\_

**I prefer sweets and starches over every other kind of food** \_\_\_\_\_

**I can't fall asleep at night without some sort of snack before  
Bed** \_\_\_\_\_

**I sometimes wake during the night hungry** \_\_\_\_\_

