

Sugar Addiction Quiz

Add a check mark to the “yes” column if the statement applies to you. Add a checkmark to the “No” column if it does not.

	Yes	No
I often eat more than I intend (Example: I open a container of food intending to have one, and before I know it, the container is empty).		
Do I eat when I'm not hungry or not eat when my body needs nourishment?		
Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feeling sick?		
Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?		
Is my eating affecting my health or the way I live my life?		
When my emotions are intense - whether positive or negative - do I find myself reaching for food?		
I plan to eat healthy but regularly eat more than intended (either different foods than planned or far too much of planned).		
Do I eat well in front of others but eat more/ excessively when alone?		
Do my eating behaviors make me unhappy?		

Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to control my weight?		
Do I fast excessively or severely restrict my foods to control my weight?		
Do I need to chew or have something in my mouth all the time or very often (ie - food, gum, mints, candy, or beverages)?		
Are there certain foods I can't stop eating after having the first bite?		
Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrollable eating and/or weight gain?		
Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?		
I eat in spite of knowing about the health consequences.		
I eat for reasons other than hunger, such as boredom, fatigue, loneliness, anger, depression, headache, stomach ache, pain, etc.		

- If you answered yes to even 1 of these statements, you may have a mild sugar addiction.
- If you answered yes to 2 of these statements, you have a sugar addiction.
- If you answered yes to 3 or more of these statements, you may have a severe sugar addiction.

Are you ready to conquer your sugar cravings for good so that you can lose weight, boost your energy, and finally take control of your health?

Join the next cohort of the [12 week Sugar Cravings Solution](#) now.
Find sugar free inspiration in the [The Sugar Free Coaching community here](#).