



Take this quick Sugar Quiz to see if you are Sugar-Addicted!
Print out this form and fill in your responses.
Be honest, your health depends on it!

Courtesy of Nancy Appleton's Lick the Sugar Habit
www.nancyappleton.com

QUESTION	True or False
I do not eat refined sugar every day	
I can go for more than a day without eating some type of sugar-containing food	
I never have cravings for sugar, coffee, chocolate, peanut butter, or alcohol	
I've never hidden candy or other sweets around my home in order to find and eat them later	
I can stop after eating one piece of candy or one bite of pastry	
There are times when I have no sugar of any kind in my home	
I can go for three or more hours without eating and not experience the shakes, fatigue, perspiration, irritability, depression, or anxiety	
I can have candy and other sweets in my home and not eat them	
I do not eat something sweet after each meal	
I rarely drink coffee and eat donuts or sweet rolls for breakfast	
I can go for more than an hour after waking up in the morning without eating	
I can go from one day to the next without drinking a sweetened soft drink	

Results

If you answered "false" to more than four of these statements, chances are you're probably sugar-sensitive. You may be allergic to sugar and addicted to it - the same way an alcoholic is addicted to alcohol. You crave sugar, have withdrawal symptoms when you don't get it, and probably feel better for a short time after you've eaten it. In eating sugar to feel better, you are actually making your condition worse.

Even if you answered "false" to fewer than four statements, you may still have a problem with sugar. You may not be addicted to it, but you might not realize just how much sugar you are eating!

Nutritional Basics can help!

Call today at 845-928-2898 or 845-926-3408 to let us help you Get Healthy & Stay Healthy!