

TEST I

SYMPTOMS OF CARBOHYDRATE INTOLERANCE

(Check any symptoms you experience on a regular basis)

- Nervousness
- Irritability
- Fatigue and exhaustion
- Faintness, dizziness, cold sweats, shakiness, weak spells
- Depression
- Drowsiness, especially after meals or in mid-afternoon
- Headaches
- Digestive disturbances with no apparent cause
- Forgetfulness
- Insomnia
- Needless worry
- Mental confusion
- Rapid pulse, especially after eating certain foods
- Muscle pains
- Antisocial behavior
- Overly emotional crying spells
- Lack of sex drive
- Leg cramps and blurred vision
- Shortness of breath, sighing and excess yawning
- Cravings for starch and sugar-rich foods
- Total**

TEST II

CARBOHYDRATE INTOLERANCE

(Check all statements that apply to you)

- You are more than 25 pounds overweight
- You have had a tendency to be overweight all of your life
- You have been overweight since you were a child
- You have a poor appetite and often skip meals
- You have food cravings that temporarily go away when starchy or sugary foods are eaten
- There are foods that you feel you absolutely could not do without
- Your waist is bigger than your hips
- You checked most or all of the symptoms on Test 1
- Total**



TEST III

CALORIE SENSITIVITY

(Check all statements that apply to you)

- You had a normal body weight when younger but slowly gained weight after age 30
- You are presently overweight, but by less than 25 pounds
- You have a normal appetite and get hungry at meal times
- You have few, if any, food cravings
- You have maintained the same basic eating habits all of your life
- You eat three meals per day
- You have gained a certain amount of extra body weight but seem to have tapered off (not continued to steadily gain more and more weight)
- You checked few or none of the symptoms on Test 1
- Total**

TEST RESULTS

If you agreed with more statements on Test II, (the carbohydrate-intolerance quiz), you should be successful on a higher-protein diet. If you agreed with more statements on Test III, (the calorie-sensitive quiz), you should restrict your calorie intake. If you agreed with a similar number on both, you can probably start with a higher protein diet and enjoy its advantages, but you will need to restrict calories later to continue losing weight.