

# The Sugar Quiz: Are You Addicted?

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## ARE YOU ADDICTED TO SUGAR?\*

Answer the following as honestly as you can:

1. Do I have to have a dessert or sweet at least once a day?
2. Do I have soft drinks more than once or twice a week?
3. Do I find myself thinking about desserts or anxious if they're not served?
4. Do I wake up groggy or hit a mid-afternoon energy slump?
5. Am I unable to resist bread or salsa chips on the table at a restaurant?
6. Do I find myself eating something sweet and then bingeing out of guilt?
7. Do pictures of sweets trigger my cravings?
8. Do I find myself reaching for every free candy dish I pass?
9. Am I unable to have candy or desserts in the house without dipping into them?
10. Do I find it hard to stop eating sweets or chips once I get started?

Don't despair, but do get serious. Sugar addiction can be overcome in just a few days once you understand the foods that are triggering it. (White potatoes and salad dressings for starters...)

Do your homework and find a low-sugar program that works for you. Your freedom from cravings and food guilt will be energizing and exciting!!!

- MK

*\* When participants start our 8-week **8 to Your IdealWeight** program, their average score is 9 out of 10 Yeses. When they leave after 8 weeks or more, their average score is 1 out of 10. For more information, write us at [info@8togreat.com](mailto:info@8togreat.com) or check out [www.8toyouridealweight.com](http://www.8toyouridealweight.com).*

