

Blood Sugar Levels-test

Are your sugar cravings ruining your weight loss?

This easy blood sugar levels-test will help you get an indication if your blood sugar levels may cause you difficulties while losing weight. Sugar cravings are hard to resist, and the best way to deal with it is to minimize the chances of getting them in the first place.

This test is only for you, you don't have to show it to anyone, so try to be as honest as possible when answering the questions.

1. Do you eat refined sugar every day (for example white bread or cereals)?
2. Do you eat without being hungry?
3. Does it make you embarrassed to talk about your eating habits with others?
4. Have you ever eaten for a whole evening and felt like you were having a hangover the next day?
5. Do you ever crave sugar, coffee, chocolate, Coca-Cola, white bread or alcohol?
6. Do you eat junk food even though it gives you problem with your stomach?
7. Have you ever lied about how many sweets/potato chips you eat?
8. Did you ever keep a stock of sweets/potato chips at home?
9. Have you ever gotten angry if someone ate your sweets/potato chips that you had in stock at home?
10. Have you ever hidden your stock of sweets/potato chips from the rest of the family?
11. Have you ever gone out of your way just to get something sweet/fat to eat?
12. Have you ever lied about how much bread you eat?
13. Have you ever hidden bread from the rest of the family?
14. Have you ever gotten angry because someone ate your bread?
15. Have you ever lied about how much cereal you eat?
16. Have you ever gotten angry because someone ate your cereals?

If you have answered "YES" to **more than four** of these questions you may have an **addiction to sugar** that can jeopardize your weight loss success.

Disclaimer:

This glycemic index test does not exclude medical expertise. Too high blood sugar levels can cause diabetes and heart problems. If you think you are at risk, please don't hesitate to contact your physician.