



The Sugar Quiz

Question	Yes	No
Do you experience a temporary “high” when eating sweets?		
After a difficult day do your instincts tell you to search for a sweet snack?		
Have you gone out of your way on multiple occasions to buy sugary treats to satisfy a craving?		
Do you feel guilty after eating sweet snacks?		
Do you drink regular or diet sweetened beverages regularly?		
Do you almost always crave something sweet at the end of a meal even when you are full?		
Do you regularly eat sweets when you are alone?		
Do you feel “wiped out” after eating sugary snacks?		
Have you tried and failed to limit your sugar intake?		
Do you experience “withdrawal” symptoms after going without sugar?		
Do you hide sweet treats from others in your household?		
Do you routinely find yourself purchasing sweets while grocery shopping that you had not intended to buy?		
At celebrations for holidays and the like are sweets ALWAYS involved?		
If left alone with your favorite sugary treat, would you eat the entire thing until it’s gone if no one was around?		
Totals:		

Tally up your “YES” Answers. If you answered “YES” to at least 7 of these questions then it is likely that your body is physically addicted to sugar. The truth is, MOST Americans are addicted to sugar. The best part- there is a way to free yourself from this addiction. Our Momsanity Sisterhood Members recently completed the 3-Week Momsanity Sugar Detox with fantastic results. Stay tuned for more details about how YOU can detox for good too!