

SUGAR SENSITIVITY QUESTIONNAIRE

Sugar-Sensitivity Questionnaire

As a child, how much did you like sugar? (Rate yourself on a scale of 0-9.) —

What kinds of sugar foods did you eat when you were a child?	How many times a day?	How many days each week?	How much did you eat each time?
Candy			
Soda			
Dessert			
Ice cream			
Straight sugar (from the bowl, cubes, honey, jelly, etc.)			
Other kinds of sweet foods (indicate which ones):			

	Yes	No
As a child, did you ever hide candy?		
As a child, did you ever steal anyone else's candy?		
As a child, did you ever steal money to buy sugar foods?		
Did you especially like the sugar and milk at the bottom of your cereal bowl?		

As an adult, how much do you like sugar? (Rate yourself on a scale of 0-9.) —

Rate yourself for the time you were using sugar the most often as an adult.	How many times a day?	How many days each week?	How much did you eat each time?
Candy			
Soda			
Dessert			
In coffee or tea			
Ice cream/frozen yogurt			

Do you eat/drink the following? (Use the time of most frequent use as an adult.)	How many times a day?	How many days each week?	How much did you eat each time?
Fruit			
Juice			
Coffee or tea with sugar			
Alcohol			
Milk			
White breads or pastry			
Cereal			

	Yes	No
Have you ever lied about how much sweet food you ate?		
Have you ever kept a supply of sweet food on hand?		
Have you ever gotten upset if someone else ate your supply of sweet food?		
Have you ever hidden your supply from others?		
Have you ever gone out of your way to get something sweet to eat?		
Have you ever lied about how much bread you were eating?		
Have you ever hidden your supply from others?		
Have you ever gotten upset if someone else ate your supply of bread?		
Have you ever lied about how much cereal you were eating?		
Have you ever hidden your supply from others?		
Have you ever gotten upset if someone else ate your supply of cereal?		
Do you consider yourself an alcoholic?		
If so, rate the level of your alcoholism on a scale of 0-9.		
Do you ever think of sugar as "love"?		
Do you think of yourself as being addicted to sugar?		
If so, rate your sugar addiction on a scale of 0-9.		