

Blood Sugar Questionnaire

Do you crave or get a lift from sweets or alcohol, but later experience a drop in energy and mood after ingesting them?

- Do you feel dizzy, weak, or develop a headache, especially if meals are delayed?
- Do you have a family history of diabetes, hypoglycemia, or alcoholism?
- Do you get nervous, jittery, and irritable throughout the day and feel calmer after meals?
- Do you experience crying spells?
- Do you experience mental confusion or decreased memory if meals are delayed?
- Do you experience heart palpitations or a rapid pulse?
- Are you often thirsty?
- Do you experience night sweats and are not menopausal?
- Do you have sores on legs that take a long time to heal?

Total Score: 0

[Reset](#)

If your score is over 12, hold your mouse over this