

## Are You Sensitive to Starches?

## A Self-Test

Please answer *yes* or *no* to each question.

The number to the right is the score for that answer. Write it on the line and add them all up at the end.

- 5 \_\_\_ I have a tendency to high blood pressure.
- 5 \_\_\_ I gain weight easily, especially around my middle and have difficulty losing it.
- 5 \_\_\_ I often experience mental confusion.
- 5 \_\_\_ I often experience fatigue and generalized weakness.
- 10\_\_\_ I have diabetic tendencies.
- 4 \_\_\_ I get tired and/or hungry in the mid-afternoon or late afternoon. (Circle the times that apply to you.)
- 5 \_\_\_ About an hour or two after eating a full meal that includes dessert, I want more dessert.
- 3 \_\_\_ It is harder for me to control my eating for the rest of the day if I have a breakfast containing carbohydrates than it would be if I ate nothing at all.
- 4 \_\_\_ When I try to lose weight I find it harder to eat several small meals, than to skip eating most of the day.
- 3 \_\_\_ Once I start eating sweets, or starches (bread, crackers, etc.) I often have difficulty stopping.
- 3 \_\_\_ I would rather have an ordinary meal including dessert than a gourmet meal not including dessert.
- 5 \_\_\_ After finishing a whole meal I often feel as if I could go back and eat the whole meal again.
- 3 \_\_\_ A meal of only meat and vegetables leaves me feeling unsatisfied.
- 3 \_\_\_ If I'm feeling down, a snack of cake or cookies makes me feel better.
- 3 \_\_\_ If potatoes, bread, pasta, or dessert are on the table I will often skip eating vegetables or salad.
- 4 \_\_\_ I get a sleepy, almost "drugged" feeling after eating a large meal containing potatoes, bread, pasta, or dessert, whereas I feel more energetic after eating a large meal of only meat or fish and salad.

\*\* Yes \_\_\_ No \_\_\_ if this question is only true, or especially true if the starch contains gluten. (In this case, it may be more gluten than carb sensitivity.)

More questions on next page. Please continue.

- 3 \_\_\_ I have a hard time going to sleep at times without a bedtime snack.
- 3 \_\_\_ Sometimes I wake up in the middle of the night and can't get back to sleep unless I eat something.
- 5 \_\_\_ I get irritable if I miss a meal or mealtime is delayed.
- 2 \_\_\_ At a restaurant I almost always eat too much bread, even before the meal is served.

**Total Points:** \_\_\_\_\_

**Dietary recommendations based on your score:**

- (1-20) Standard balancing of protein, fats, and carbs (vegetables, fruit, starchy vegetables, grains, legumes) with only occasional high glycemic carbs like a dessert)
- (25+) Strict balancing of foods while avoiding high glycemic carbohydrates. Eat some meals without starches (like grains, legumes and starchy vegetables).  
Eating a green salad with chicken (no bread) is an example of a no starch meal.

**REALLY IMPORTANT:** The higher your score, the more important it is for you to balance your carbohydrate-to-protein ratios at each meal. This means having more protein and healthy fats/oils and fiber than carb-containing starches.

And the higher your score, the more dangerous to your health sugar/sweets will be.