

DIETARY FINE TUNING MINI-QUIZ

Within one to three hours after a meal, place a check in the box next to any selection that applies to you. Tally your answers at the bottom of each column.

CATEGORY	RIGHT FAT/CARB RATIO	WRONG FAT/CARB RATIO
<p style="text-align: center;">Appetite</p> <p style="text-align: center;">Fullness/ Satisfaction</p> <p style="text-align: center;">Sweet Cravings</p>	<ul style="list-style-type: none"> ❖ Feel full and satisfied ❖ Do not have sweet cravings ❖ Do not desire more food ❖ Do not get hungry soon after eating ❖ Do not need to snack before next meal 	<ul style="list-style-type: none"> ❖ Feel physically full, but still hungry ❖ Don't feel satisfied; feel like something was missing from meal ❖ Have desire for sweets ❖ Feel hungry again soon after meal ❖ Need to snack between meals
<p style="text-align: center;">Energy Levels</p>	<ul style="list-style-type: none"> ❖ Energy is restored after eating ❖ Have good, Lasting, sense of energy and well being 	<ul style="list-style-type: none"> ❖ Too much or too little energy ❖ Become hyper, jittery shaky, nervous or speedy ❖ Feel hyper but exhausted underneath ❖ Energy drop, fatigue, exhaustion, sleeplessness, drowsiness, lethargy, or listlessness
<p style="text-align: center;">Mental/Emotional Well Being</p>	<ul style="list-style-type: none"> ❖ Improved well-being ❖ Feel refueled or restored ❖ Uplift in emotions ❖ Improved clarity of mind ❖ Normalization of thought processes 	<ul style="list-style-type: none"> ❖ Mentally slow, sluggish, spacey ❖ Inability to think clearly, quickly ❖ Overly rapid thoughts ❖ Inability to focus ❖ Hypo-apathy, depression, sadness ❖ Hyper-anxiety, obsessive behavior, fearfulness, anger, irritability