CENTER FOR ALTERNATIVE MEDICINE

PATIENT QUESTIONNAIRE

Carbohydrate Tolerance Assessment

Name _____ Date _____

For each of the questions, answer yes if it *usually* applies to you and no if it *usually* does not. Nevertheless, answer each question. Answer as if you were not on a diet or worrying about caloric consumption or about your weight.

PLEASE ANSWER YES OR NO TO EVERY QUESTION

POINTS	YES	NO	
[5]	☐	☐	I have high blood pressure.
[3]	☐	☐	I have high blood cholesterol.
[5]	☐	☐	I have high blood triglycerides.
[3]	☐	☐	I get tired and/or hungry in the mid-afternoon.
[5]	☐	☐	I gain weight easily, especially around my waist, and have difficulty losing it.
[5]	☐	☐	An hour or two after eating a full meal that includes dessert, I want more sweets or snacks.
[5]	☐	☐	I often experience mental confusion or brain fog.
[3]	☐	☐	Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping
[5]	☐	☐	I often experience fatigue and generalized weakness.
[3]	☐	☐	I would rather have an ordinary meal that included dessert than a gourmet meal that did not include dessert.
[10]	☐	☐	I have diabetes/high blood sugar/my blood sugar is not stable.
[5]	☐	☐	I have a family history of high blood sugar/diabetes.
[5]	☐	☐	After finishing a full meal, I sometimes feel as if I could go back and eat the whole meal again.
[3]	☐	☐	I have a family history of obesity/overweight relatives.
[3]	☐	☐	A meal of only meat and vegetables leaves me feeling unsatisfied.
[3]	☐	☐	If I am feeling down, a snack of cake, cookies, or chocolate 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 sleepy, almost “drugged” feeling after eating a large meal containing bread or pasta or potatoes and dessert.
[3]	☐	☐	I have a hard time going to sleep at times without a bedtime snack.
[3]	☐	☐	At times I wake in the middle of the night and can't go back to sleep unless I eat something.
[4]	☐	☐	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 Score _____

WHAT YOUR SCORE INDICATES:

10 – 15	It is very unlikely that you are carbohydrate intolerant
16 – 20	There is a possibility that you are carbohydrate intolerant
21 – 40	Your symptomatology could be due to carbohydrate intolerance
40 and Above:	You are definitely carbohydrate intolerant and need to discuss further with your doctor