

<i>Sweets</i> * can be any carbohydrate such as pasta, bread, desserts, cookies, soda, icecream, pizza, cereal, potatoes, rice, sweeteners, with or without fat etc.	Sweets*		Alcohol	
	Yes	No	Yes	No
1. U= Unplanned Use In the past year, have you ever eaten more sweets*/drank more alcohol, than you intended or have you spent more time eating, <i>using sweets*</i> /drinking alcohol than you intended to?"				
2. N = Neglected Have you ever neglected some of your usual daily responsibilities due to using sweets*/overeating/ drinking alcohol?				
3. C= Cut down Have you felt that you wanted or needed to cut down on eating sweets*/drinking alcohol in the last year?				
4. O= Objected Has anyone objected to you overeating sweets*/ drinking alcohol, has your family, a friend, or anyone else ever told you they objected to your eating / drinking habits?				
5. P = Preoccupied Have you ever found yourself preoccupied with wanting sweets*/drinking alcohol or found yourself thinking a lot about sweets*/alcohol?				
6. E = Emotional discomfort Have you ever used sweets/food* /alcohol to relieve emotional discomfort, such as fatigue, irritation, sadness, anger, tiredness or boredom etc?"				
Numbers of Yes Answers	?		?	

UNCOPE sugar/flour/food and alcohol BJ© 2007

**2 or more yes answers indicates a problem and or addiction, recommendation is SUGAR® , contact Bitten and or ADDIS® www.addis.se
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