



Inside Out Nutritional Therapy

DIETARY FINE TUNING *Quiz*

NAME: _____ DATE: _____

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>Appetite</p> <p>Fullness/ Satisfaction</p> <p>Sweet Cravings</p>	<p><input type="radio"/> Feel full & satisfied</p> <p><input type="radio"/> Do not have sweet cravings</p> <p><input type="radio"/> Do not desire more food</p> <p><input type="radio"/> Do not get hungry soon after eating</p> <p><input type="radio"/> Do not need to snack before next meal</p>	<p><input type="radio"/> Feel physically full, but still hungry</p> <p><input type="radio"/> Don't feel satisfied; feel like something was missing from meal</p> <p><input type="radio"/> Have desire for sweets</p> <p><input type="radio"/> Feel hungry again soon after meal</p> <p><input type="radio"/> Need to snack between meals</p>
<p>Energy Levels</p>	<p><input type="radio"/> Energy is restored after eating</p> <p><input type="radio"/> Have good, lasting, sense of energy & well being</p>	<p><input type="radio"/> Too much or too little energy</p> <p><input type="radio"/> Become hyper, jittery shaky, nervous or speedy</p> <p><input type="radio"/> Feel hyper but exhausted underneath</p> <p><input type="radio"/> Energy drop, fatigue, exhaustion, sleeplessness, drowsiness, lethargy, or listlessness</p>
<p>Mental/Emotional Well Being</p>	<p><input type="radio"/> Improved well-being</p> <p><input type="radio"/> Feel refueled or restored</p> <p><input type="radio"/> Uplift in emotions</p> <p><input type="radio"/> Improved clarity of mind</p> <p><input type="radio"/> Normalization of thought processes</p>	<p><input type="radio"/> Mentally slow, sluggish, spacey</p> <p><input type="radio"/> Inability to think clearly, quickly</p> <p><input type="radio"/> Overly rapid thoughts</p> <p><input type="radio"/> Inability to focus</p> <p><input type="radio"/> Hypo-apathy, depression, sadness</p> <p><input type="radio"/> Hyper-anxiety, obsessive behavior, fearfulness, anger, irritability</p>
	TOTAL:	TOTAL: