



Blood Sugar/Insulin System Inflammation Assessment

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Do you crave sugary or starchy foods even when you have already eaten enough or feel full (such as after a big meal or too soon between meals)?					
Have you noticed an increase in appetite and/or thirst and urination recently?					
Do you get blurred vision that comes and goes?					
Are you unusually tired even if you got enough sleep but notice that your fatigue is relieved by eating something?					

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Do you feel light-headed, dizzy, shaky, jittery, irritable, or “hangry” (a combination of hungry and angry) when you haven’t eaten for a few hours or you skip a meal?					
Is your waist girth equal to or greater than your hip girth?					
Do you have difficulty losing weight, even when cutting calories and/or exercising?					
Have you had your fasting blood sugar tested and it was 100 dl/ml or higher, and/or have you had a hemoglobin A1C test and it was 5.7 or above, and/or do you have a diagnosis of prediabetes, metabolic syndrome, or type 2 diabetes?					

BLOOD SUGAR/INSULIN SYSTEM
INFLAMMATION SCORE: _____