

DIETARY FINE TUNE



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

CATEGORY	CORRECT PROTEIN/CARB/FAT RATIO	INCORRECT PROTEIN/CARB/FAT RATIO
<p>Appetite</p> <p>Fullness/ Satisfaction</p> <p>Sweet Cravings</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Feel full, satisfied <input type="checkbox"/> Do not have sweet cravings <input type="checkbox"/> Do not desire more food <input type="checkbox"/> Do not get hungry soon after eating <input type="checkbox"/> Do not need to snack before next meal 	<ul style="list-style-type: none"> <input type="checkbox"/> Feel physically full, but still hungry <input type="checkbox"/> Don't feel satisfied; feel like something was missing from meal <input type="checkbox"/> Have desire for sweets <input type="checkbox"/> Feel hungry again soon after meal <input type="checkbox"/> Need to snack between meals
<p>Energy Levels</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Energy is restored after eating <input type="checkbox"/> Have a good, lasting, "normal" sense of energy and well-being 	<ul style="list-style-type: none"> <input type="checkbox"/> Too much or too little energy <input type="checkbox"/> Became hyper, jittery,shaky nervous, or speedy <input type="checkbox"/> Feel hyper, but exhausted "underneath" <input type="checkbox"/> Energy drop, fatigue, sleepiness, drowsiness, lethargy
<p>Mental/ Emotional Well-being</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Improved well-being <input type="checkbox"/> Sense of feeling refueled and restored <input type="checkbox"/> Uplift in emotions <input type="checkbox"/> Improved clarity and acuity of mind <input type="checkbox"/> Normalization of thought processes 	<ul style="list-style-type: none"> <input type="checkbox"/> Mentally slow, sluggish, spacey <input type="checkbox"/> Inability to think quickly or clearly <input type="checkbox"/> Hyper traits overly rapid thoughts, anxiety, irritability <input type="checkbox"/> Inability to focus or hold attention <input type="checkbox"/> Hypo traits, apathy, depression, or sadness
<p>SCORE</p>		