

**ARE YOU  
ADDICTED  
TO JUNK  
FOOD?**



**TAKE THE  
QUIZ!**



The average American consumes 22 teaspoons of sugar a day; that's 16 beyond the recommended six teaspoons for women. We also ingest 3,400 mg of sodium a day, much higher than the recommended maximum of 1,500 mg. Both sugar and salt abound in today's junk food. This excess consumption takes a toll on our health and our waistlines!

## » **QUIZ: HOW FUNKED UP ARE YOU?**

Find out if junk food is funkling you up by taking this quick and simple quiz. Read each question carefully, and answer as truthfully as possible. Tally your score, and then read your results to quickly assess whether junk food is ruining your health and well-being.

**1. How often do you crave junk food?**

- A.** Every now and then, but never daily
- B.** Usually only in the midafternoon and evening
- C.** All day

**2. How would you describe your daily energy levels?**

- A.** Constant and stable level of energy throughout the day
- B.** Experience midafternoon energy crashes
- C.** Lethargic after big meals

**3. How do you describe your weight loss success?**

- A.** Able to lose weight easily and sufficiently when I put my mind to it
- B.** Find it difficult to lose weight, no matter what I do
- C.** Gave up trying to lose weight long ago

**4. How often do you experience minor to severe headaches?**

- A.** Rarely
- B.** About once a week
- C.** On a daily basis

- 5. Do you experience frequent mood swings?**
- A.** No, my mood is fairly constant.
  - B.** Yes, I find my moods shift, but nothing crazy.
  - C.** Absolutely! I just can't help it!
- 6. Do you find yourself craving sweet or salty foods after dinner or before bed?**
- A.** Never
  - B.** Sometimes
  - C.** Always
- 7. What is your relationship with an open package of sweets, an open bag of chips or any other salty snack?**
- A.** I can have just one and then put the package away.
  - B.** Sometimes I forget there is an open package of sweets in my pantry.
  - C.** I can't have just one. If it is open, I tend to finish the entire package.
- 8. How often do you consume sugary foods like cookies, ice cream, candy, pastries, or other sweet treats?**
- A.** Just a few times a month (or never)
  - B.** A couple of times a week
  - C.** On a daily basis
- 9. How often do you consume salty foods like chips, crackers, pretzels, french fries, etc.?**
- A.** Just a few times a month (or never)
  - B.** A couple of times a week
  - C.** On a daily basis

**10. On average, what percentage of your diet consists of fresh plant-based foods like fruits, vegetables, plus raw nuts and seeds?**

- A.** More than 80 percent of my diet is plant-based.
- B.** At least 50 percent of the food I eat falls in this category.
- C.** Less than 50 percent of my diet is plant-based.

**QUIZ KEY: TALLY YOUR POINTS USING THE KEY BELOW TO GET YOUR RESULTS.**

**A** 1 POINT

**B** 2 POINTS

**C** 3 POINTS

### **10-13 POINTS**

Congrats! Junk food is not a problem for you and you adhere to a relatively healthy diet. Keep up the good work!

### **14-17 POINTS**

Junk food doesn't control you, but you enjoy the occasional treat or indulgence. The idea of eliminating junk food is tough, but when you enjoy these items on occasion, it prevents you from feeling deprived. If you have an abundance of energy, sleep through the night, and are at a healthy weight, keep doing what you're doing and focus on moderation. If you are not feeling your best or want to lose weight, a junk food detox can help.

### **18-30 POINTS**

Like many Americans, you consume more junk food than you should, and this may unknowingly control many parts of your life. If you regularly consume sugary, nonnutritious foods like ice cream, baked goods, candy, soda, or fancy coffee drinks—or packaged, salty foods like chips, pretzels, and crackers—you'll almost immediately notice positive changes after you reduce or eliminate these items. You may notice enhanced taste buds, more constant energy levels, fewer midafternoon crashes, and you'll feel good all day. A junk food detox is for you!