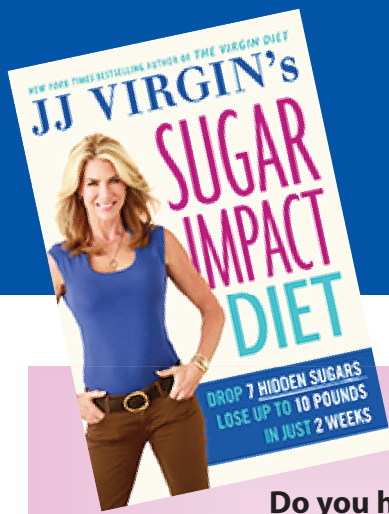


# Are You a Sugar Burner or a Fat Burner?



## Are You a Sugar Burner?

Do you have to eat every 2-3 hours?

YES  NO

Are you always thinking about your next meal?

YES  NO

Do you need a snack before bed?

YES  NO

Do you wake up hungry in the middle of the night?

YES  NO

Do you have to eat soon after you wake up in the morning?

YES  NO

Do you find that you can't get through the morning or afternoon without a snack?  YES  NO

Does your energy crash late-morning or mid-afternoon?

YES  NO

Do you struggle with brain fog or poor focus?

YES  NO

Even one of those could indicate you are a Sugar Burner. Three or more positive answers are a good indicator that you are a Sugar Burner. Thankfully you can make the shift quickly by following the 4T program in *The Sugar Impact Diet*. Be sure to spend at least a week in the Taper Cycle to help you make the transition from Sugar Burner to Fat Burner.

## Are You a Fat Burner?

Can you easily go 4-6 meals before you need to eat again?

YES  NO

Can you stop eating after dinner and do an overnight fast of 12 hours?

YES  NO

Do you rarely or never crave carbs/sugar?

YES  NO

Do you sometimes forget to eat?

YES  NO

Do you have steady, sustained energy levels throughout the day?

YES  NO

Can you stay focused and engaged for hours?

YES  NO

Great news! If you answered yes to 2 or more of these you are a fat burner. This will make it easy to breeze through the Taper Cycle of *The Sugar Impact Diet* (but DON'T skip it) and make the transition to Low Sugar Impact!