

BITTEN JONSSON Reg.Nurse
 Member of Food Addiction Institute www.foodaddictioninstitute.org

Withdrawal symptoms Sugar/flour

Date										
Symtoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Tired										
Restless-wired										
Headache										
Migranes										
Nauseated										
Irritable										
Nervous										
Anxiety										
Confused										
Concentration probl.										
Joint aches										
Edema										
Muscle pain										
Constipated										
Diarrhea										
Perspiration										
Weakness										
Shivers										
Euphoria										
Depressed										
Exhausted										
Runny nose										
Vomiting										
Sleep disturbances										
Dizziness										
Hopefull										
Other symptoms										
TOTAL										

SCALE

- 1 = Sometimes, light symptoms
- 2 = Sometimes, severe symptoms
- 3 = Often, light symptoms
- 4 = Often, severe symptoms