

BITTEN JONSSON, RN, Addiction Specialist, Advanced Certified Relapse Prevention Specialist (ACRPS)

Sweets/sugars* can be any carbohydrate such as pasta, bread, desserts, cookies, soda, ice cream, pizza, cereal, potatoes, rice, sweeteners, with or without fat etc.	Sweets*	
	Yes	No
1. U = Unplanned Use/ C 2 In the past year, have you ever eaten more sweets* than you intended or have you spent more time eating, using sweets* than you intended to?		
2. N = Neglected/ C 5 Have you ever neglected some of your usual daily responsibilities due to using sweets*/overeating?		
3. C = Cut down/ C 2 Have you felt that you wanted or needed to cut down on eating sweets in the last year?		
4. O = Objected/ C 6 If anyone, (family, friends, healthcare professional) knew about your eating habits with sweets* would they object/ protest?		
5. P = Preoccupied / C 1 Have you ever found yourself preoccupied with wanting sweets* or found yourself thinking a lot about sweets?		
6. E = Emotional discomfort, standard question Have you ever used sweets/food* to relieve emotional discomfort , such as fatigue, irritation, sadness, anger, tiredness or boredom etc?"		
Number of yes answers	?	

UNCOPE sugar/flour/food BJ© 2007/2022

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**Two or more yes answers indicate a problem and or addiction, recommendation is SUGAR®, contact Bitten Jonsson
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Adapted from Norman Hoffmans UNCOPE www.evincediagnostic.com
ICD-10 criteria, C and number**