

DIET STATUS

Do you eat on irregular timings?	
Do you crave for sweets/Food?	
Do you tend to overeat?	
Do you feel sleepy after eating?	
Do you eat outside for more than three times a week?	
Do you feel hungry as soon as you wake up in the morning?	
Do you always feel hungry or thinking about food?	
Do you eat when you are under stress or depressed?	
Does changing your eating habits seem too difficult?	
Do you often consume junk foods?	

Your Score :

If you score ≥ 5 ; then it's time for you to consult your doctor