



Trigger Foods Rating Sheet from *The Craving Cure* by Julia Ross

Below is a list of foods that might be triggering cravings or other negative reactions. Score the severity of cravings from 0–10 on its left side. On its right, check off and date when you are eliminate a food. If that food is reintroduced later, check off and date. Plan to retake this questionnaire at least monthly, as explained in Chapter 11 and the Twelve-Week Craving Cure Timeline.

Do not reintroduce an item if you still crave it. Work on eliminating the craving totally first.

Date: _____

CRAVING 0-10	FOODS	ELIMINATE DATE	REINTRODUCE DATE
	Grain-based desserts (including gluten-free) e.g., cookies, cake, doughnuts, pie		
	Yeast bread: white or whole wheat flour or gluten-free flour		
	Sweetened quick breads e.g., muffins, scones		
	Other baked goods e.g., rolls, croissants, buns		
	Wheat flour tortillas		
	Corn tortillas e.g., tacos		
	Pasta and pasta dishes: White, whole wheat, or gluten-free		
	Pizza (including gluten-free)		
	Ready-to-eat cold cereals		
	Hot cereal—whole grain		
	Oats e.g., granola, oatmeal		
	Rice-based dishes, White or Brown rice		
	Other forms of gluten: spelt, couscous, rye, barley, or bulgur		
	Nongluten grains		
	Ice cream, frozen yogurt, crème brûlée, pudding, custard		
	Cheese		
	Butter		
	Flavored yogurt low-fat		
	Plain yogurt full fat		
	Milk: whole or low fat		
	Cream		
	BBQ or sweet & sour sauce		
	Peanuts, peanut butter		
	Chips: potato, corn, other		
	Popcorn		
	Candy with chocolate		
	Candy without chocolate		
	Candy with nuts/seeds		
	Gum, sugared or sugarless		
	Nuts or seeds		

CRAVING 0-10 FOODS

ELIMINATE DATE

REINTRODUCE DATE

Nut or seed butters

Soda, energy/sports drinks (sugar or sugar-less)

Agave or fruit syrup-sweetened foods or drinks

Zero calorie sweeteners

Fruit drinks (e.g., Kool-Aid, orange juice, Sodas, kombucha)

Coffee or tea

Coffee, lattes, tea or chai with sugar or artificial sweetener

Grain-based alcoholic beverages (beer, liquor)

Wine, Mixed drinks

Potatoes, yams, winter squash, parsnips

Fresh fruit

Dried fruit

Foods sweetened with honey, maple syrup, molasses, etc.

List any other foods you crave (or have adverse reactions to however "healthy"):