Food/Mood/Craving Study

Today's Date: ______ __M __F Age range: __<18 __18-29 __30-60 __>60

Please answer the following questions about the last 24 hours. Thank you.

1) Please circle the meals you ate over the last 24 hours:

2) Foods which contain protein include meat, fish, eggs, cow's milk, cheese, nuts, peanut butter, tofu, beans, protein bars, protein powder. Please circle the meals which contained at least 1 serving of protein:

3) How many times over the last 24 hours did you consume a food or beverage that contained sugar or corn syrup? This could include Mountain Dew, other sodas, sugar in your tea or coffee, candy, pastries such as donuts or cookies, Gatorade, ice-cream, sweetened cereal, etc. :

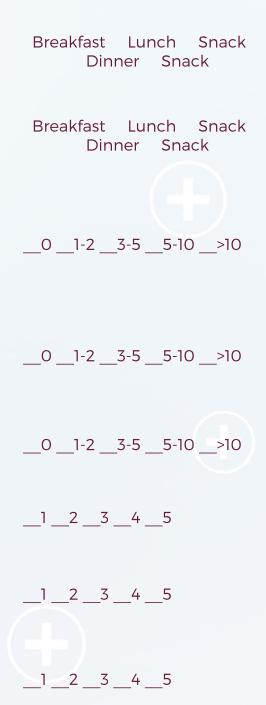
4) How many times over the last 24 hours did you consume a food or beverage that contained an artificial sweetener such as stevia, Sweet & Low, aspartame, saccharin, etc.?

5) How many times over the last 24 hours did you consume a food or beverage that contained food coloring, artificial flavorings or preservatives?

6) On a scale of 0-5, with 5 being the strongest, how strong or frequent were your cravings over the past 24 hours?

7) On a scale of 0-5, with 5 being the strongest, how strong was your agitation or anger over the past 24 hours?

8) On a scale of 0-5, with 5 being the strongest, how strong was your anxiety/depression over the past 24 hours?





The Academy for Addiction and Mental Health Nutrition www.addictionnutritionacademy.com

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About Academy for Addiction & Mental Health Nutrition



The Academy for Addiction & Mental Health Nutrition believes that all addictive disorders, as well as MANY MENTAL HEALTH ISSUES, are driven by nutrient and neurotransmitter imbalances in the brain that can often be successfully addressed without the need for psychotropic medication. A stable, well-functioning, and well-nourished brain is required for clients to effectively address the emotional, psychological, social, and spiritual issues, which impact their lives and need to be worked through for a successful recovery.

We teach clinicians, treatment providers and health/recovery coaches how to reduce cravings and recurrent use, and improve the quality of recovery by using amino acid and nutrient therapy, along with diet to effectively address many biochemical aspects of addictive and mood/behavioral disorders.

> <u>Check out our</u> <u>Courses & Offerings</u>

Reduce Relapse! Save Lives!