

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:

Breakfast Lunch Snack
Dinner Snack

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:

Breakfast Lunch Snack
Dinner Snack

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. :

__0 __1-2 __3-5 __5-10 __>10

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.?

__0 __1-2 __3-5 __5-10 __>10

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

__0 __1-2 __3-5 __5-10 __>10

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

__1 __2 __3 __4 __5

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

__1 __2 __3 __4 __5

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

__1 __2 __3 __4 __5

Food/Mood/Craving Study

9) On a scale of 0-5, with 5 being the strongest, how many times did you get into trouble over the past 24 hours?

 1 2 3 4 5

10) Did you have trouble getting to sleep, or staying asleep?

 Y N

11) If you are female, is your period supposed to start within the next 10 days?

 Y N

12) Are you on psychiatric meds?

 Y N

13) Did you take supplements today?

 Y N





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.

[Check out our
Courses & Offerings](#)

Reduce Relapse! Save Lives!