Child Neurotransmitter & Nutrition Questionnaire (CNNQ)

Name:					Age:	Sex:_	Date:				
Please circle the appropriate number "0 - 3"	on a	all d	que	stio	ns below. 0	as the least/ne	ver to 3 as the most/always.				
SECTION: GENERAL											
Does your child have any food sensitivities or allergies? (plea	ase :	list))				ently yell or scream for		_	_	
						essary reasons?	11.994	0	1	2	•
							an inability to nap or sleep	Λ	1	2	,
List your child's 4 healthiest foods eaten regularly.					_		isted? (circle "3" if unable)	U	1	2	٠
				,		child overly tal	and squirm when seated?	U	1	2 2	•
							d climb excessively when it	U	1	4	٠
List your child's 4 unhealthiest foods eaten regularly.						propriate?	d chino excessively when it	0	1	2	,
				,		_	difficulty playing quietly or	v	1	2	•
						ng in leisure ac		0	1	2	,
How many times a week does your child eat candy?					Cingugii	ng m reisare ae	iivides.	v	•	-	•
How many times a week does your child drink soda pop?		_			SECTIO	ON: F (K51)					
List the top 4 foods your child craves regularly.						our child get ex	cited easily?	0	1	2	-
				,			anxiousness and panic for		_	_	
T' (d. 17.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1					1	reasons?	r	0	1	2	
List the medication(s) your child is currently prescribed and over	er th	e co	oun	ter.			verwhelmed for minor reasons?	0	1	2	
							difficult to relax when				
Do you find it difficult as a parent to have your child on a spe		dia			he/she	is awake?		0	1	2	
	Clai	uic			Does ye	our child have	disorganized attention?	0	1	2	
SECTION: A (K52, K60)					SECTION	ON: G (K50)					
Does your child eat pasta, breads, and breaded foods?	0	1	2	3		our child seem		0	1	2	
Does your child have symptoms (fatigue, hyperactivity, etc.)	v	•	_	_			nood changes with				
after eating foods containing wheat/gluten?	0	1	2	3	overcas	st weather?		0	1	2	
Does your child consume dairy products?	0		2		Does y	our child have s	symptoms of inner rage?	0	1	2	
Does your child have symptoms (fatigue, hyperactivity, etc.)	-		_	_	Does y	our child seem	uninterested in games or hobbies?	0	1	2	
after consuming dairy products?	0	1	2	3			difficulty falling into deep			•	
CECTION. D (VEA)					restful	-	i	0	1	2	٠
SECTION: B (K54)	•	1	•	2			uninterested in friendships?	U	1	2	٠
Does your child eat fried fish?	U	1	2	3			symptoms of unprovoked anger? uninterested in eating?	U	1	2 2	•
Does your child eat roasted nuts or seeds? Is your child missing essential fatty acid-rich foods in	U	1	2	3	Does y	our child seem	uninterested in eating?	U	1	2	•
his/her diet? (for example: avocados, flax seeds, olives)	0	1	2	3	SECTIO	ON: H (K49)					
(circle "0" if present, "3" if missing)	U	1	4	3			difficulty handling stress?	Λ	1	2	,
Does your child eat fried foods?	0	1	2	3			anger and aggression while	v	1	2	•
Does your child cat fried foods.	U	•	_	J		challenged?	inger and aggression winte	0	1	2	
SECTION: C (K34)							red even after long sleeps?	0	1	2	
Is your child's mental speed slow?	0	1	2	3			o isolate from others?	0	1	2	
Does your child have difficulty with learning or memory?	0	1	2	3		our child get di			1	2	
Does your child have difficulty with balance and coordination?		1		3			constant need and desire for				
	-			_		and sugar?		0	1	2	
SECTION: D (K16)							disorganized attention?	0	1	2	
Does your child have stress?	0	1	2	3			-				
Does your child not have enough sleep and rest?	0	1	2	3	SECTIO	ON: I (K48)					
(circle "3" if not enough)					Does y	our child have	difficulty with visual memory?	0	1	2	
Does your child not have regular exercise?	0	1	2	3	Does y	our child have	difficulty remembering locations?	0	1	2	
(circle "3" if no exercise)					Does y	our child have t	fatigue or low endurance for				
Does your child feel overly worried and scared?	0	1	2	3	learnin	g activities?		0	1	2	•
							lifficulty with attention or low				
SECTION: E (K16, K51)						on span or endu		0	1	2	•
Does your child have temper tantrums?		1		3			slow or difficult speech?	0	1	2	•
Does your child exhibit wild behavior?	0	1	2	3	Does vo	our child have i	incoordinated or slow movement?	0	1	2	- 1