



Food-Mood Self-Assessment Workbook

Discover which nutrients your brain needs most

INTERACTIVE DIAGNOSTIC GUIDE

By Sara Fenili
Psychology and Nutrition

Section 1: Your Profile

Name:

Date:

Age:

Why did you download this assessment?

What is your biggest challenge related to mood or energy right now?

Have you noticed any connection between what you eat and how you feel?

My Commitment

I commit to completing this assessment honestly and taking at least one small action based on my results.

Signature:

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Section 2: The 7-Nutrient Assessment

Each of the following seven nutrients plays a critical role in brain function and emotional well-being. For each nutrient, you will find a list of symptoms associated with low levels.

Scoring Guide: For each symptom, assign points based on how often you experience it:

Never = 0 points | **Sometimes** = 1 point | **Often** = 2 points | **Almost always** = 3 points

At the end of each nutrient section, add up your score. You will interpret your total score in Section 3.

The Seven Key Brain Nutrients

Nutrient	Brain Function	Key Food Sources
Omega-3	Mood stability	Fatty fish, walnuts, flaxseed
B Vitamins	Mental energy	Whole grains, eggs, leafy greens
Tryptophan	Serotonin precursor	Turkey, eggs, cheese, nuts
Magnesium	Calm, stress tolerance	Dark chocolate, nuts, legumes
Zinc	Reduced depression risk	Oysters, pumpkin seeds, beef
Iron	Motivation, focus	Red meat, spinach, lentils
Vitamin D	Cognitive resilience	Sunlight, fatty fish, eggs

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Nutrient 1: Omega-3 Fatty Acids

Omega-3 (EPA & DHA)

Primary brain function: Mood stability and emotional regulation

Omega-3 fatty acids are essential building blocks for brain cell membranes. They help reduce inflammation in the brain and support the production of neurotransmitters that regulate mood. Low levels have been linked to depression, anxiety, and mood disorders.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Mood swings** -- sudden shifts in emotional state without clear triggers
- ☐ **Irritability** -- feeling easily annoyed or frustrated
- ☐ **Difficulty concentrating** -- trouble focusing or staying on task

☐ **Low emotional resilience** -- feeling overwhelmed by minor stressors

Frequency Scale

☐
Never (0)

☐
Sometimes (1)

☐
Often (2)

☐
Almost always (3)

My Score for Omega-3

___ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

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Nutrient 2: B Vitamins

B Vitamins (B6, B9, B12)

Primary brain function: Mental energy and neurotransmitter synthesis

B vitamins are cofactors in the production of serotonin, dopamine, and GABA -- the brain chemicals that regulate mood, motivation, and calm. Deficiencies in B12 and folate (B9) are particularly associated with depression and cognitive decline.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Mental fatigue** -- feeling mentally drained even after rest
- ☐ **Brain fog** -- difficulty thinking clearly or processing information
- ☐ **Exhaustion** -- persistent tiredness that sleep does not resolve
- ☐ **Memory lapses** -- forgetting names, appointments, or recent events

Frequency Scale

☐ Never (0)

☐ Sometimes (1)

☐ Often (2)

☐ Almost always (3)

My Score for B Vitamins

___ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

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Nutrient 3: Tryptophan

Tryptophan

Primary brain function: Serotonin precursor -- the "feel-good" neurotransmitter

Tryptophan is an essential amino acid that your body converts into serotonin, the neurotransmitter responsible for feelings of happiness, calm, and well-being. Low serotonin levels are a well-documented factor in depression and anxiety disorders.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Low mood** -- persistent sadness or feeling emotionally flat
- ☐ **Anxiety** -- excessive worry, restlessness, or nervousness
- ☐ **Insomnia** -- difficulty falling or staying asleep
- ☐ **Cravings for carbohydrates** -- especially sweets and starches

Frequency Scale

☐ Never (0)

☐ Sometimes (1)

☐ Often (2)

☐ Almost always (3)

My Score for Tryptophan

____ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

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Nutrient 4: Magnesium

Magnesium

Primary brain function: Calm, relaxation, and stress tolerance

Magnesium is often called "nature's tranquilizer." It regulates the body's stress-response system and helps calm the nervous system. It also plays a role in sleep quality, muscle relaxation, and protecting the brain from the damaging effects of chronic stress.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Muscle tension** -- tight shoulders, neck pain, or jaw clenching
- ☐ **Irritability** -- short fuse, easily angered or stressed
- ☐ **Difficulty relaxing** -- inability to unwind even in calm environments
- ☐ **Poor sleep quality** -- restless, light sleep or frequent waking

Frequency Scale

☐
Never (0)

☐
Sometimes (1)

☐
Often (2)

☐
Almost always (3)

My Score for Magnesium

___ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

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Nutrient 5: Zinc

Zinc

Primary brain function: Reduced depression risk and neuroplasticity

Zinc is essential for brain cell communication and the production of new neurons. It modulates the body's response to stress and has been shown to have antidepressant-like effects. Low zinc levels are common in people with depression.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Apathy** -- lack of interest in activities you once enjoyed
- ☐ **Loss of motivation** -- difficulty starting or completing tasks
- ☐ **Changes in appetite** -- eating significantly more or less than usual
- ☐ **Weakened sense of taste or smell** -- foods seem bland

Frequency Scale

☐
Never (0)

☐
Sometimes (1)

☐
Often (2)

☐
Almost always (3)

My Score for Zinc

___ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

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Nutrient 6: Iron

Iron

Primary brain function: Motivation, focus, and cognitive performance

Iron is crucial for transporting oxygen to the brain and for the synthesis of dopamine -- the neurotransmitter of motivation and reward. Iron deficiency, even without anemia, can significantly impair mood, concentration, and energy levels.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Fatigue** -- physical and mental tiredness that persists throughout the day
- ☐ **Lack of motivation** -- struggling to find drive for daily activities
- ☐ **Difficulty focusing** -- mind wanders, hard to stay attentive
- ☐ **Feeling cold** -- unusually sensitive to cold temperatures

Frequency Scale

☐
Never (0)

☐
Sometimes (1)

☐
Often (2)

☐
Almost always (3)

My Score for Iron

___ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

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Nutrient 7: Vitamin D

Vitamin D

Primary brain function: Cognitive resilience and mood regulation

Vitamin D receptors are found throughout the brain, including areas involved in mood regulation. Vitamin D influences the production of serotonin and dopamine and protects against neuroinflammation. Low levels are strongly associated with seasonal depression and cognitive decline.

Symptom Checklist

Check each symptom you experience and mark its frequency below.

- ☐ **Low mood in winter** -- feeling down during darker months
- ☐ **Fatigue** -- low energy despite adequate sleep
- ☐ **Weakened immunity** -- frequent colds or infections
- ☐ **Difficulty with seasonal changes** -- mood dips when sunlight decreases

Frequency Scale

☐
Never (0)

☐
Sometimes (1)

☐
Often (2)

☐
Almost always (3)

My Score for Vitamin D

_____ / 12

Add up your points for all 4 symptoms

Notes

Write any observations here...

Section 3: Interpreting Your Results

My Score Summary

Transfer your scores from each nutrient assessment into the table below:

Nutrient	My Score	Out of	Status
Omega-3	_____	12	_____
B Vitamins	_____	12	_____
Tryptophan	_____	12	_____
Magnesium	_____	12	_____
Zinc	_____	12	_____
Iron	_____	12	_____
Vitamin D	_____	12	_____
TOTAL SCORE	_____	84	_____

Score Interpretation Guide

Use the table below to interpret your total score and identify your priority nutrients (those with the highest individual scores).

Score Range (per nutrient)	Interpretation	Recommended Action
0 -- 3	Optimal	Continue your current habits. Maintain nutrient-rich foods in your diet.
4 -- 7	Attention Needed	Increase food sources of this nutrient. Consider small dietary changes.
8 -- 11	Probable Deficiency	Prioritize this nutrient. Add targeted foods daily and consider testing.
12	Intervention Recommended	Consult a healthcare professional. This nutrient needs immediate attention.

My Overall Total Score

/ 84

Sum of all 7 nutrient scores

Section 4: Your Action Plan

Now that you have identified your priority nutrients, it is time to create a concrete plan. Research shows that even small, consistent dietary changes can produce measurable improvements in mood within 2--4 weeks.

My Top 2 Priority Nutrients

Write the 2 nutrients with your highest scores:

1. _____

2. _____

3 Foods I Will Add This Week

Choose foods rich in your priority nutrients:

Food 1

When I will eat it: _____

Food 2

When I will eat it: _____

Food 3

When I will eat it: _____

One Meal I Will Restructure

Choose one meal to upgrade with nutrient-dense foods:

Meal: _____

Current version:

New version:

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My Commitment & Vision

How I Will Feel in 2 Weeks

Close your eyes and imagine: what will improve when you nourish your brain properly?

I will feel...

My Support System

Who can support you in making these changes?

Potential Obstacles & Solutions

Obstacle	My Solution

Weekly Check-In

Track your progress each week:

Week	Mood (1-10)	Energy (1-10)	Changes I Noticed
Week 1	_____	_____	
Week 2	_____	_____	
Week 3	_____	_____	
Week 4	_____	_____	

"Progress, not perfection. Every nourishing choice you make is a step toward a calmer, clearer mind."

Section 5: Sarah's Story

Sarah, 34, Marketing Manager

"For years, I thought my anxiety was just 'who I was.' I had accepted the racing thoughts, the tight chest, the sleepless nights as part of my personality. Therapy helped, but something still felt off.

Then I learned about the food-mood connection. I started with a simple experiment: adding omega-3 rich salmon twice a week, a handful of walnuts daily, and switching my breakfast to eggs with leafy greens.

Within three weeks, I noticed my morning anxiety had softened. By week eight, my anxiety had dropped from an 8/10 to a 3/10. I was sleeping through the night. My colleagues commented that I seemed calmer. And the best part? I made these changes *alongside* my existing self-care practices -- not as a replacement, but as a foundation.

I never imagined that something as simple as changing what was on my plate could change what was happening in my mind."

Anxiety: 8/10 → 3/10 in 8 weeks
through nutrition changes alone

Want the complete roadmap? In my book *Nourishing Mind & Body*, I share the full Nutrient-Mood Map, a 30-day implementation plan, recipes, and the science behind each nutrient's role in mental health. Sarah followed the principles outlined in Chapter 4 -- "The Seven Brain Nutrients" -- and Chapter 8 -- "Your 30-Day Food-Mood Reset."

Your story could be next. The journey of a thousand miles begins with a single meal.

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Take the Next Step



Nourishing Mind & Body

The Complete Guide to the Food-Mood Connection

Sara Fenili is a psychologist and nutrition specialist dedicated to bridging the gap between what we eat and how we feel. With years of clinical experience, she has helped hundreds of clients transform their mental health through targeted nutritional interventions.

In *Nourishing Mind & Body*, Sara distills the latest research in nutritional psychiatry into an accessible, actionable guide. Whether you are struggling with anxiety, low mood, brain fog, or simply want to optimize your mental clarity, this book provides the roadmap you need.

Inside the Book:

- The complete Nutrient-Mood Map for all 7 brain nutrients
- A 30-day Food-Mood Reset plan with daily guidance
- Mood-boosting recipes and meal templates
- Shopping lists and meal prep strategies
- The science behind nutritional psychiatry, explained simply
- Real client case studies and transformation stories

Ready to transform your mental health through nutrition?

Get your copy of _____ today.

Available at major bookstores and online retailers.



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