

Food Diary



MoodFood Clinic

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You are at the beginning of a journey.

What is a food diary?

- This is a chance for you to increase your awareness of your body. It's easy to become disconnected from how we're really eating, sleeping, and feeling.
- With your permission, I get to share this experience with you. By sharing your food diary with me, I begin to get a picture of what your diet is like.
- This information gives me a snapshot of what kinds of foods you like to eat, when you eat them, and what kind of physical activities you enjoy.
- You may notice patterns you never even thought about before! Many people are surprised by things they record in their food diary.

How do I get started?

- Record everything you eat and drink for seven days. There are also spaces on the form to record your bowel movements, sleep, and physical activity.
- Be as detailed and accurate as you can! Include portion sizes and sources.
 - Example: "1/2 lb burger with American cheese, pickle, onion, tomato, lettuce, mayonnaise and large serving of sweet potato fries from Bill's Burgers".
 - See the next page for more info on portion sizes.
- Record any observations you have about how you feel and what the circumstances were—i.e., "After the donut I felt giddy for an hour and then was tired and cranky".
- Carry this form with you and record things as you eat and drink them. Or if you prefer, record this however is convenient for you and then transfer that info to this form. The important thing is that you record things at the time and don't rely on memory.
- **Please be honest!** In order to best help you, I need an accurate food diary. There is absolutely no judgment about what you do or don't eat!
- And most importantly, have fun! See what surprises you about your own diet.

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Where do you want to go from here?



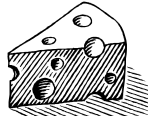


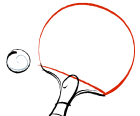


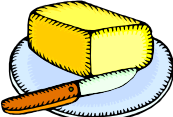



Tips for completing your diet diary

Why is it important to record portion sizes accurately?

- Eating one grape is a lot different than eating 100. In addition to what you eat, I need to know *how much* you're eating to get an accurate idea of what your diet looks like.

How do I quantify things like a slice of cheese or a piece of chicken?

- Here are some easy ways to estimate portion sizes:

 =  3 ounces of meat = deck of cards	 =  1.5 ounces of cheese = 4 dice	 =  2 tbsp peanut butter = ping pong ball
 =  1 cup dry cereal = a baseball	 =  1 teaspoon butter = 1 die	 =  1/2 cup ice cream = tennis ball

What else is important to record?

- **Source:** Did this food come from a restaurant? What restaurant? Who cooked it?
- **Quality:** Is it organic chicken breast or meat from the sale rack that's about to expire?
- **Context:** Did you eat alone or with friends? What kind of mood were you in?
 - Did you eat calmly or did you have to grab something on your way out the door?
- **The little things that are easy to forget:**
 - The M&M's from your coworker's desk, the energy bar on the way to work, the cup of coffee you grabbed on the way to the afternoon meeting...
- **Why did you eat what you did?**
 - Indulging in wine and dessert with friends is different than eating a package of cookies because we're feeling lonely. Understanding our emotions is important!

Food Diary: Day 1

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You are at the beginning of a journey.

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____

Food Diary: Day 2

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What do you want your life to look like?

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____

Food Diary: Day 3

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You are three days into reshaping your life!

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____

Food Diary: Day 4

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What in your life is most important to you?

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____

Food Diary: Day 5

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How are you doing? Send me an email today!

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____

Food Diary: Day 6

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What is driving you to change your life?

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____

Food Diary: Day 7

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Today is the final day of the food diary! Hooray!

Name: _____

Date: _____

Record the foods you eat here:

Time	Food/Drink Consumed	Amount / Quantity	Feelings

Record your bowel movements here:

Time	Quality (hard/soft, big/small, etc)	Feelings / Circumstances

Tell me about your sleep:

Time to bed last night:	Time woke this morning:
Time you fell asleep:	How you feel upon waking:

How much water did you drink today? _____

Exercise: _____

Thoughts for today: _____