

# The Food Diary

The food diary is a powerful tool to bring awareness to your eating patterns. Feel free to use this form or to re-create it in a more convenient way that works for you, i.e., notepad, agenda book or computer.

Note how you feel physically and emotionally before, during and after each meal, snack or beverage. At first it may feel odd or you may not feel any particular way. That is okay—you may just write “fine” or “good.”

Here are tips to get you started:

**Physical** symptoms are bodily sensations.

- 1. Clues for imbalance:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor
- 2. Clues for balance:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

**Emotional** symptoms may be a little harder to notice.

- 1. Clues for imbalance:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper
- 2. Clues for balance:** confident, excited, energized, humorous, happy, interested, focused calm, relaxed, easygoing, patient

The idea of a food journal may feel uneasy or outright terrifying. Often people are not ready to look at what they eat. Writing things down may sound petty. You may have feelings of hopelessness or failure attached to what you eat. You may even be surprised at the emotional charge that food can have.

This food diary process is designed to be fun and informative. Stay free of negative judgments. If negative feelings arise, or if you feel guilty for eating something “bad,” remember that recording this information will help you to see the connection between what you eat and how you feel emotionally and physically.

If you forget to write down a meal, just keep going. It’s all fine. Just keep writing.

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<b>When</b> (date, time)	<b>Food</b> (preparation, how much)	<b>Hunger Level</b> (0-5)	<b>Situation</b> (place, activity)	<b>Comments</b> (emotional, physical, mood)
<b>Pre-breakfast</b>				
<b>Breakfast</b>				
<b>A.M. Snack(s)</b>				
<b>Lunch</b>				
<b>P.M. Snack(s)</b>				
<b>Dinner</b>				
<b>Evening Snack(s)</b>				

**Other**  
**(gum, alcohol, candy)**