

## The Food Diary

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

In the comments section, note how you are feeling PHYSICALLY and EMOTIONALLY during that meal, snack or beverage. At first it may be unusual to do so, you may just write FINE or GOOD. Here are some ideas:

**Physical** symptoms are body sensations.

- 1. Clues for imbalance:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, no 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 and or outright terrifying. Sometimes people really do not want to look at how 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 that food has an even bigger emotional charge for you than you realized.

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

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

Adapted from *Potatoes Not Prozac* by Kathleen DesMaisons. PhD Simon & Schuster, \$13.00

# The Food Diary

<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)
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Pre - Breakfast

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Breakfast

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A.M. Snack(s)

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Lunch

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P.M. Snack(s)

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Dinner

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Evening Snack(s)

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Other  
(gum, alcohol, candy)

