

Food Diary

Our Food Diary will have 3 different components

The Food You Eat

- List the food items you eat below the Food column for each meal, including Breakfast, Lunch, Dinner, and Snacks
- You may find it helpful to note the time and source of each meal to have a complete picture of your eating habits
- You can be as specific or as general as you'd like

Your Emotional and Physical Feelings

It is important to be mindful about how the food makes you feel, both physically and emotionally.

- Tuning into you emotions can help reveal patterns and imbalances
- Physical symptoms can help reveal insensitivity you body has after eating a certain food
- Together we'll reflect on the patterns that may emerge

Your Accomplishments

Small wins go a long way

- Write down your successes to keep yourself motivated along your journey to a health

Here's an Example Food Diary to Help You Know What to Put

EXAMPLE

Food Diary Day **15**

Name Jane Doe

Date 23/11/2019

Time, food, place

Emotional Feelings

Physical Feelings

Breakfast

- 8 am; takeout from coffee shop
 - 3 tbsp cream cheese
 - 16 oz black coffee
 - 2 packets sugar
- Stressed. I felt rushed this morning and ate quickly
 - Started thinking about eating lunch mid-morning, even though I wasn't hungry
- Felt jittery
 - Feel very full

Lunch

- 12 pm; ate at desk
 - 1/2 homemade mandarin chicken salad
 - Balsamic vinaigrette
 - Whole wheat breadstick
 - Unsweetened iced tea
- Stressed about a project at work that isn't going as planned
 - Craved something sweet
- Feeling tired and having trouble focusing. Drank an iced tea for boost
 - Still feeling a strong fullness sensation from this morning; bloated

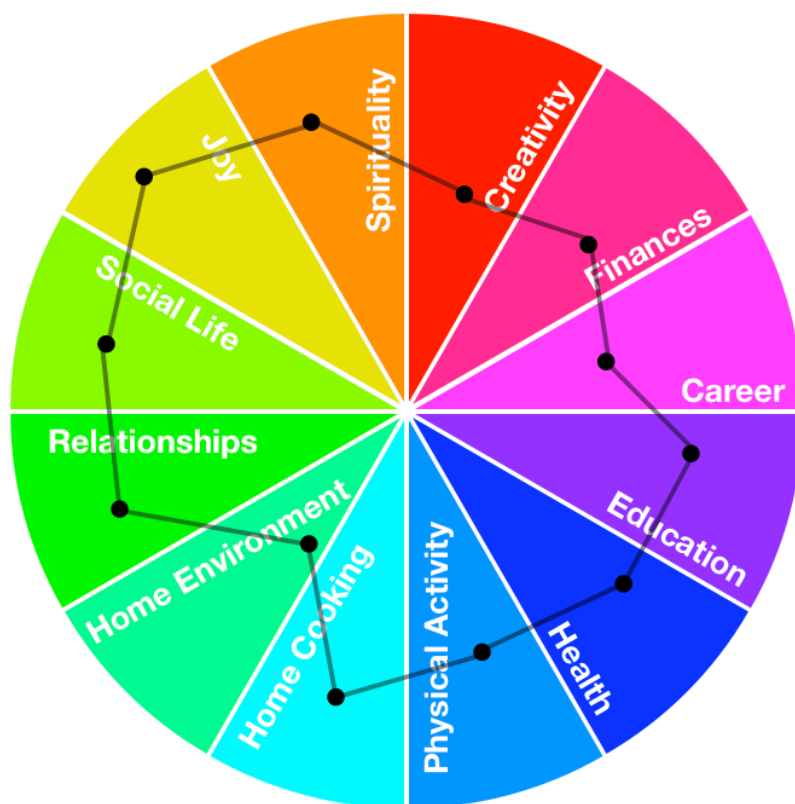
Dinner

- 7pm; at home
 - Grilled lemon pepper salmon
 - Asparagus
 - Quinoa
 - Red wine
- Feeling anxious and a little depleted from worrying about a work project all day
- Bloated: experiencing mild constipation
 - Felt more alert after a walk

Snacks

- 3:30 pm
 - Apple slices with peanut butter
- Anxious

Wheel of Health:



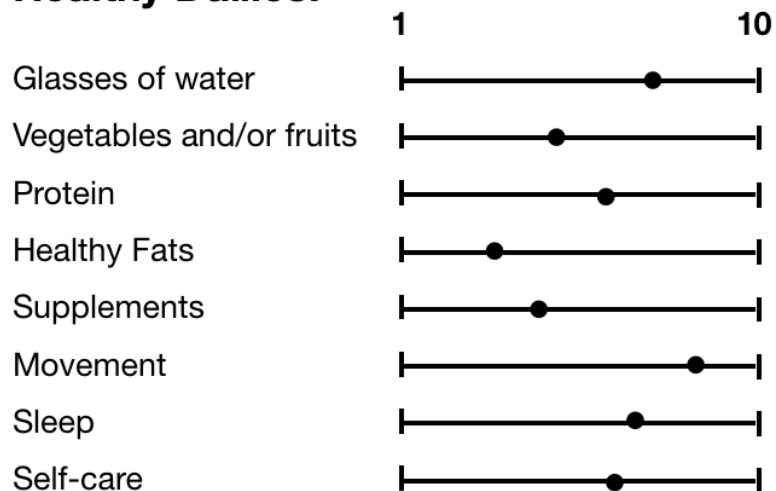
Notes:

There were a few issues today, but I felt pretty good about myself overall.

Today's Accomplishments:

- Increased my water consumption from 4 cups to 7 cups
- Made time to catch up with family
- I went for a run in the morning

Healthy Dailies:



Tomorrow's intentions:

- Focus my energy on things I can control
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-

Food Diary Day

Name
Date

Time, food, place	Emotional Feelings	Physical Feelings
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Breakfast

- E.g. 1 bagel at 8am at home
- E.g. Stressed, I felt rushed
- E.g. Felt energetic

Lunch

- Bowl of quinoa salad at 12:45pm at my desk
- Stressed about my work
- Was having trouble focusing

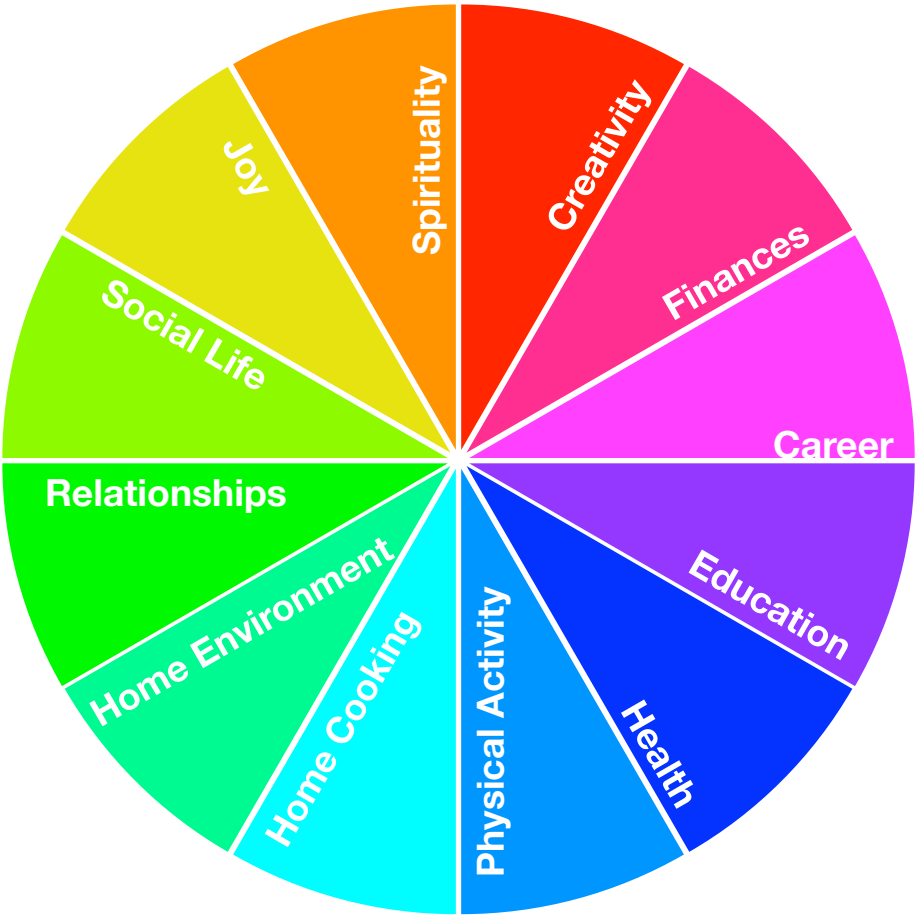
Dinner

- 1 bowl of pesto pasta
- Feeling anxious
- Bloated: Experiencing mild constipation

Snacks

- 1 banana
- Anxious
-

Wheel of Health:



Healthy Dailies:

	1	10
Glasses of water		
Vegetables and/or fruits		
Protein		
Healthy Fats		
Supplements		
Movement		
Sleep		
Self-care		

Notes:

Today's Accomplishments:

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Tomorrow's intentions:

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Food Diary Day

Name

Date

Time, food, place

Emotional Feelings

Physical Feelings

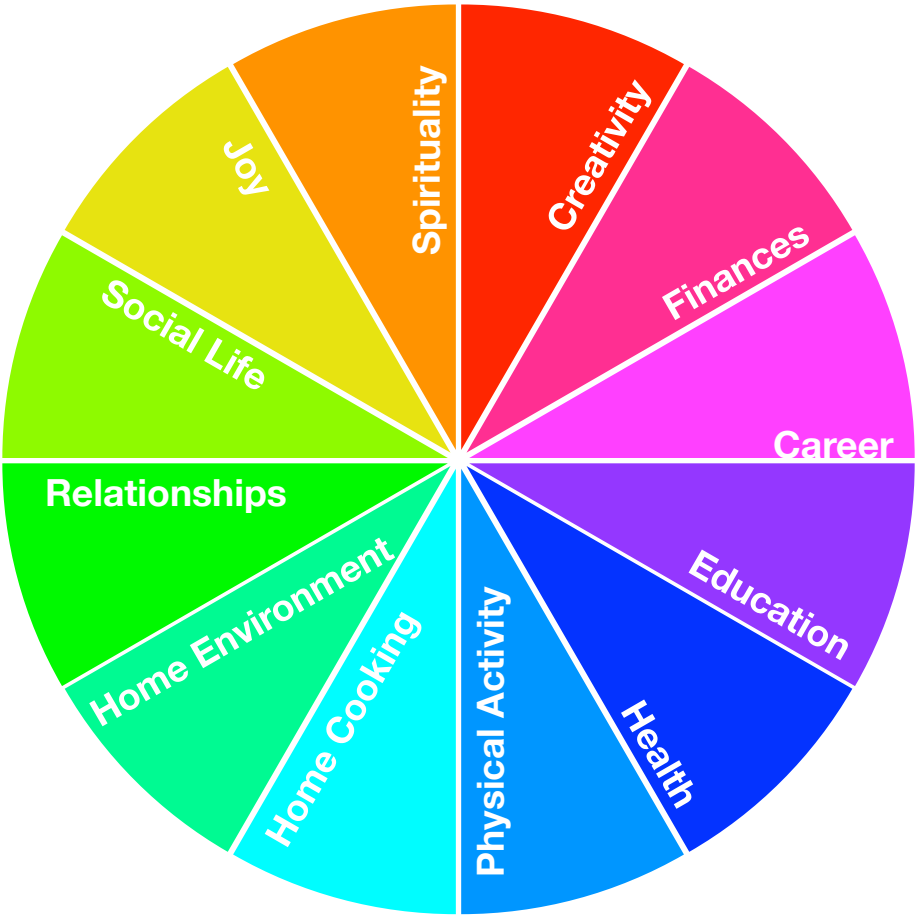
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Lunch

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Snacks

Wheel of Health:



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Time, food, place	Emotional Feelings	Physical Feelings
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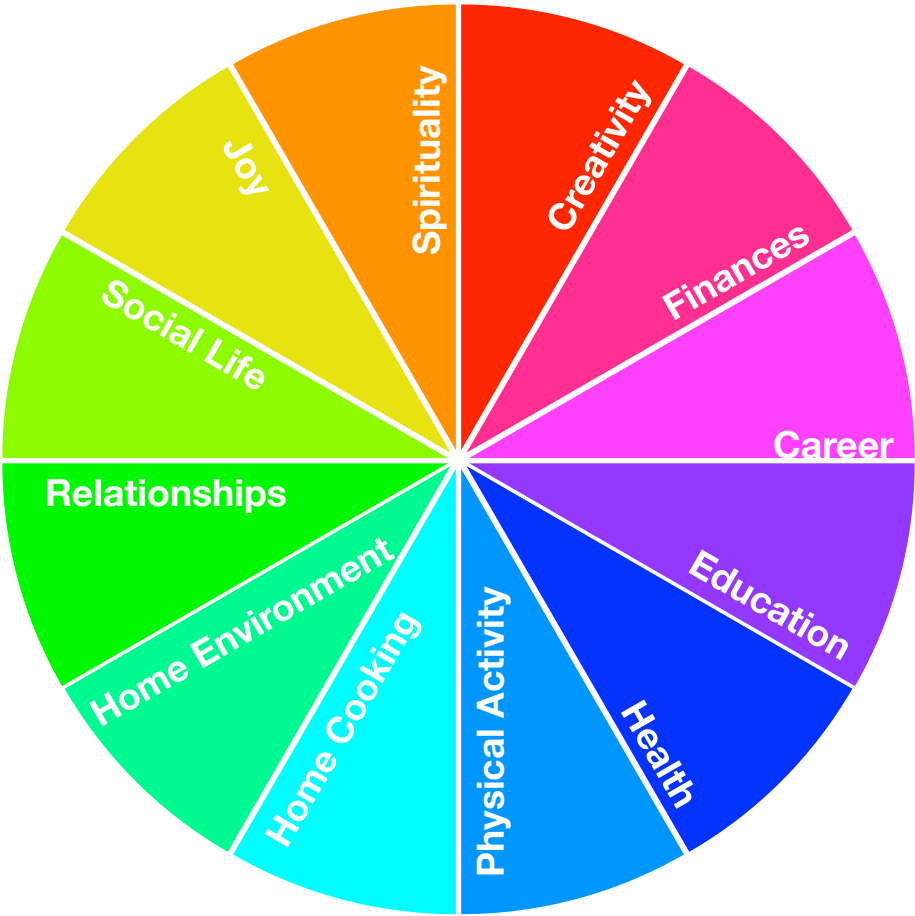
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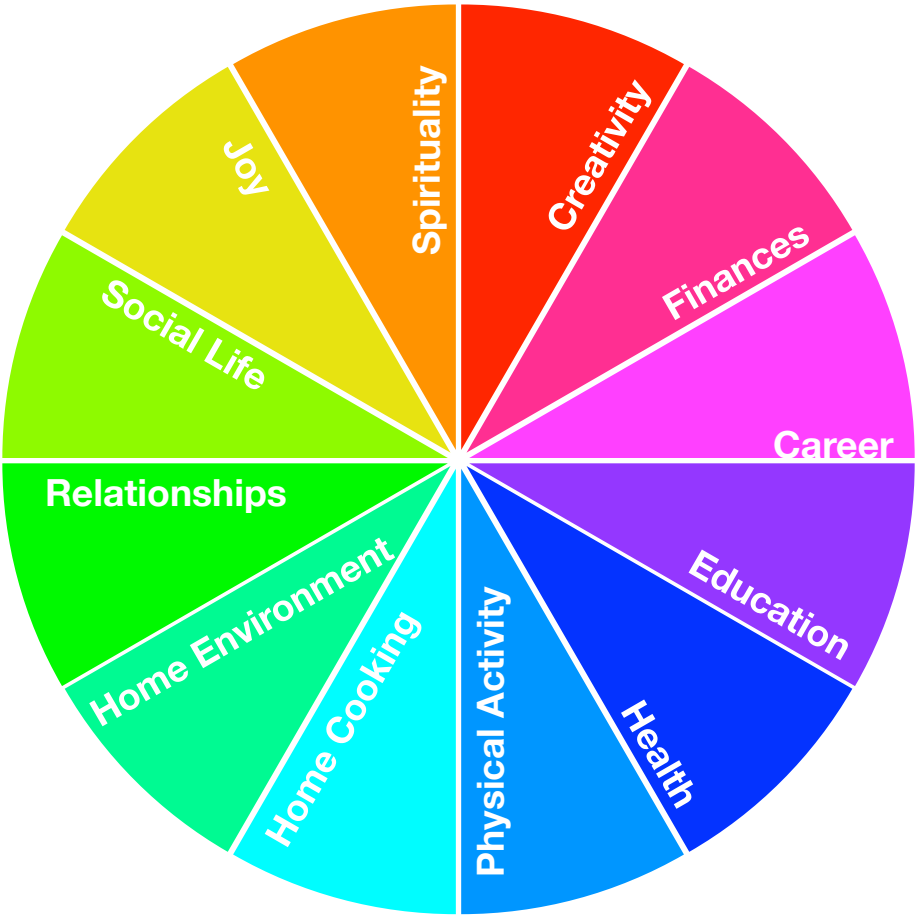
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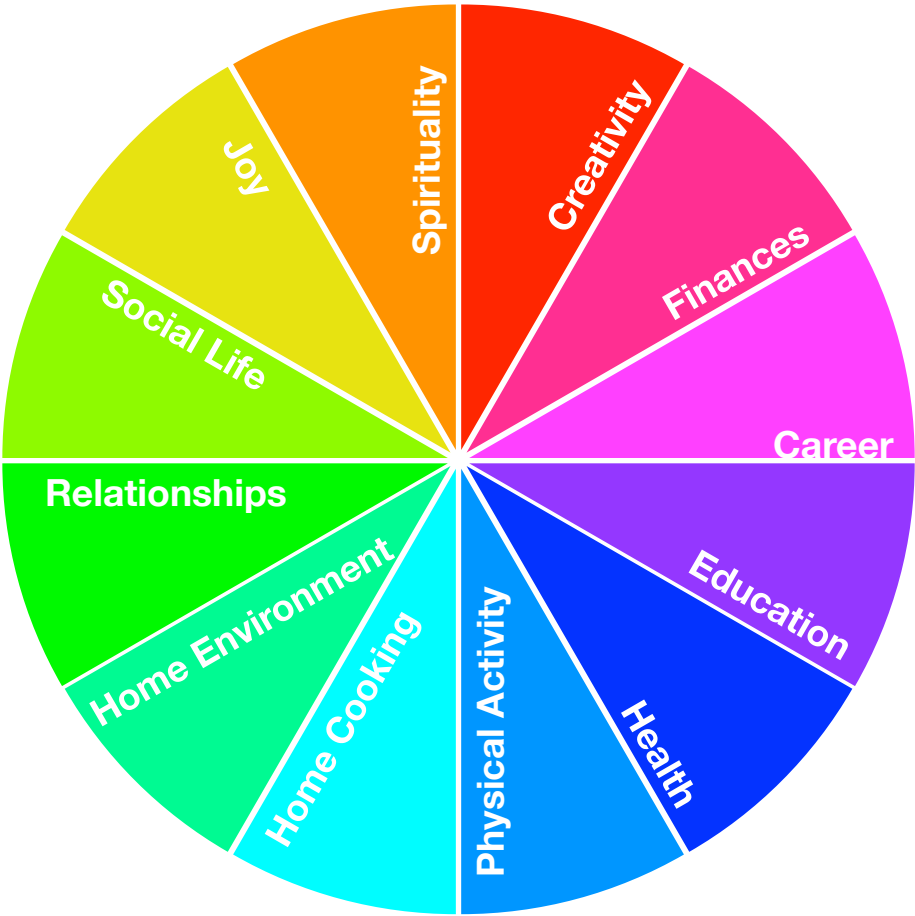
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