

Food Diary

Date:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast Food/Beverage: Time/ Where: With who: Mood before: Mood after:							
Lunch Food/Beverage: Time/ Where: With who: Mood before: Mood after:							
Dinner Food/Beverage: Time/ Where: With who: Mood before: Mood after:							
Snacks: Time/ Where:							
Miscellaneous/ exercise:							

Food Diary Information:

A food diary is an excellent way to build more awareness and improve dietary behaviours.

Most people eat mindlessly, out of habit or routine. Keeping a food diary encourages conscious eating behaviours. By writing things down, you are able to clearly see what you are consuming and the impact it is having on health goals. A food diary also helps identify patterns and triggers for unhealthy behaviour.

A food diary doesn't need to be elaborate or complicated. In fact, a simple outline will make it easier to keep up with.

- Please list all foods consumed within a week.
- List for breakfast, lunch & dinner the food/ beverages consumed, the time & where it was eaten (if sitting relaxed or on the go). Under beverages list what you consumed...tea/ coffee, sugary drinks, alcohol, water, energy drinks, juices, etc.
- List your mood before eating & then afterwards.
- List snacks consumed the time & where it was eaten. Mention any cravings you may experience.
- Under miscellaneous list anything additional that you may feel is relevant, number of cigarette if you are a smoker, exercise taken if you go to the gym, walking, running or yoga classes etc.
- Good luck!

'If you change the way you look at things, the things you look at change'