



FOOD

Diary

EASY WEIGHT LOSS

FOOD DIARY

This Food Diary allows you to keep track of your eating habits. When writing in this journal, you must be honest and in tune with yourself because that is the only way you'll determine your unique health blueprint and lose the weight you desire.

This process is designed to be fun and informative. If you forget to write down a meal, just keep going. It's all fine. Be sure to stay free of negative self-judgments. Do not beat yourself up or be dishonest or self-loathing if you eat something that's not good for you. See it as an opportunity to learn about your body. Ask yourself why you craved that bad food and how you can prevent yourself from craving it again.

Keep track of not just the quantities of foods you eat, but how those foods make you feel. Below are some of the physical and emotional symptoms of foods that serve your body, and foods that don't. Use these words in your daily reflection.

PHYSICAL SYMPTOMS ARE BODILY SENSATIONS.

1. Clues for imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pale skin coloring
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

Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, Ph.D.

FOOD DIARY

WHEN	FOOD	HUNGER LEVEL	SITUATION	COMMENTS
(date, time)	(preparation, how much)	(0-5)	(place, activity)	(emotional, physical, mood)
PRE-BREAKFAST				
BREAKFAST				
A.M. SNACK(S)				
LUNCH				
P.M. SNACK(S)				
DINNER				
EVENING SNACK(S)				

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