

FOOD DIARY

Name: _____

Date To Begin: _____

What is this for?

The food diary is a powerful tool to bring awareness to your eating patterns. It is not used to judge your eating habits but to learn more about your nutritional, biochemical, hormonal needs and strengths. 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.

Guidelines:

Write down EVERYTHING you eat for meals and snacks and what you drink (i.e. water, juice, soda). Try to be as specific as possible by listing PORTION SIZE, BRAND NAMES and EXACT INGREDIENTS of homemade foods. If you need more room to write, then just specify “see attached”. Under Bowel Movements (BM), please list the time you had a bowel movement and if it was D (diarrhea) and C (constipation). For symptoms, 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.”

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

BREAKFAST Times	AM SNACK Times	LUNCH Times	PM SNACK Times	DINNER Times	EVENING SNACK Times	SYMPTOMS & BOWEL MOVEMENTS
Day One						
Day Two						
Day Three						
Day Four						

BREAKFAST Times	AM SNACK Times	LUNCH Times	PM SNACK Times	DINNER Times	EVENING SNACK Times	SYMPTOMS & BOWEL MOVEMENTS
Day Five						
Day Six						
Day Seven						