

Diet Diary

Keeping a diet diary to log your daily food intake is a great way to review patterns in your diet to identify opportunities for fine tuning your nutrition. Generally, food diaries are meant to be used for a whole week, but studies have shown that keeping track of what you eat for even 1 day can help you hone in on places to make changes in your diet.

Take a look at an example diary entry below. Then fill your own out on the following page. To get the best snapshot of your current eating habits, try to complete one diet diary entry on a weekend day and two diet diaries entries during the week. Some things to keep in mind as you're making your diary:

- Be truthful.
- Write everything down as soon as possible, even the small snacks.
- Don't change your habits while keeping your diary, unless instructed by a dietician.

Date and Time

The date and time of day you ate the food.

Food and Beverages

The type of food you ate or drank, plus "extras" like salad dressing or ketchup. Be specific. Give your best estimate of the size, volume, weight, and/or the number of items of that type of food.

Where

Where were you while eating? Were you at a table or eating on the go?

Activity

What were you doing while eating? Multitasking while eating can help identify opportunities to practice more mindfulness around meal time.

Mood

How were you feeling while eating? This column will help keep track of any emotional triggers that may be connected to eating.

Symptoms

Make a note of any symptoms (good or bad) you experience throughout the day.

Day: Thursday

Water intake (8oz):



Meal	Time	Food/Drink	Where	Activity	Mood	Symptoms
Breakfast	8AM	2 Fiber One bars	Car	Driving to work	Rushed/ anxious	Loose bowel at 9AM
	8:30AM	1 large apple	Desk	Working	Relaxed	
Lunch	12PM	1 fast food cheeseburger with onions and pickles	Restaurant	Browsing the internet	Relaxed	Frequent urination
	12PM	1 medium fry	Restaurant	Browsing the internet	Relaxed	Frequent urination
Dinner	6PM	4oz chicken breast with green beans	Home	Watching TV	Relaxed	
	6:30PM	2 scoops of vanilla ice cream	Home	Watching TV	Tired	
Snacks	3PM	1/2 cup of trail mix	Desk	Working	Restless	
Drinks	12AM	12oz Coffee	Car	Driving to work	Rushed	Frequent urination
	2PM	12oz Coffee	Desk	Working	Relaxed	

Was this a typical day of food intake for you? Why or why not? Yes, this is a typical work day for me. My mood was stable overall.

Day:

Water intake (8oz):



Meal	Time	Food/Drink	Where	Activity	Mood	Symptoms
Breakfast						
Lunch						
Dinner						
Snacks						
Drinks						

Was this a typical day of food intake for you? Why or why not?