

List of recommended free online food diaries to help with your...

“Journey of Journaling”



1. www.fitday.com
2. <http://www.my-calorie-counter.com/>
3. <http://www.thedailyplate.com/>
4. <http://www.myfitnesspal.com/>
5. <http://www.nutridiary.com/>
6. www.sparkpeople.com

Recent study found that those individuals who keep a food diary lose twice the weight compared to those who do not.

Source: American Journal of Preventive Medicine