

How to Keep a Food Journal

- Include EVERYTHING you EAT or DRINK throughout the day
- Always include the following:
 - Time of day
 - Food item (be specific)
 - Amount of food item
- It is helpful to add the location and the emotion you are feeling while eating. This can help you recognize emotional or boredom eating patterns.
- It is helpful to include the brand name of the food item

EXAMPLE:

| | Time | Food Type and Amount | Emotion/Environment |
|------------------|---------------|---|---|
| Breakfast | 7:30am | <ul style="list-style-type: none"> • 2 egg whites • 1 slice low-calorie wheat bread • 1 slice 2% American Cheese | At home, in a hurry, ate on the way to work |
| | 8:30-9:30am | <ul style="list-style-type: none"> • 16 oz. Water | While taking a 15 minute break to walk |
| Snack | 10:00am | <ul style="list-style-type: none"> • 1 Atkins Advantage Protein Bar | At desk, stressful situation due to work- ate too quickly |
| | 10:45-11:45am | <ul style="list-style-type: none"> • 16 oz. Crystal light | At desk, some stress |
| Lunch | 12:00pm | <ul style="list-style-type: none"> • 2 oz. Grilled chicken breast • 2 oz. Carrot sticks | In work cafeteria, no stress |
| | 1:00-2:00pm | <ul style="list-style-type: none"> • 16 oz. Decaffeinated tea with Splenda | While taking at 15 minute break to walk |
| Snack | 3:00pm | <ul style="list-style-type: none"> • ¼ cup fresh blueberries • ¼ cup non-fat Kroger Greek Yogurt | At desk, no stress |
| | 3:45-5:00pm | <ul style="list-style-type: none"> • 16 oz. Water | At desk |
| Dinner | 6:00pm | <ul style="list-style-type: none"> • 2 oz. Grilled salmon • 1 oz. Whole grain pasta • 1 oz. Grilled zucchini | At home, no stress |
| | 7:00-7:30pm | <ul style="list-style-type: none"> • 8 oz. Water | At home |
| Snack | 8:00pm | <ul style="list-style-type: none"> • ½ cup Edamame (boiled, shelled, no salt added) | Watching TV |
| | 9:00-9:30pm | <ul style="list-style-type: none"> • 8 oz. Water | At home, before bed |