

Health Promotion 2006 - July



Healthy Eating Food Diary

To help identify the foods you eat, the reasons why you eat and the food groups that you are lacking, it is a good idea to start a food diary. By recording all your food you consume in one day and tracking this for one – two weeks, it provides you with an overview and understanding of your eating regime and how to improve. It's amazing to review the food diary after one week and really see the food that you consume – you may be either surprised and identify that there is a real need to improve your daily nutrition (immediately!) or happy to know that you are on the right track for healthy living.

Below is an example food diary for one week. To ensure that you complete the diary, here are a few helpful tips and hints. **Understanding how to complete the food diary:**

1. **How much:** In this space indicate the amount of the particular food item you ate. Estimate the size (palm size), the volume (1/2 cup), the weight (100g) and/or the number of items (2) of that type of food.
2. **What kind:** In this column, write down the type of food you ate. Be as specific as you can. Include sauces and gravies. Don't forget to write down "extras," such as drinks (water/soft drink / orange juice / hot drinks), salad dressing, mayonnaise, butter, sour cream, sugar and tomato sauce.
3. **Time:** Write the time of day you ate the food (this is a good indicator to see whether you are eating the right foods at the right time).
4. **Where:** Write what room or part of the house or place at work that you ate the food.. If you ate in a restaurant, fast food outlet, or your car, writes that location down.
5. **Alone or with whom:** If you ate by yourself, write "alone." If you were with work colleagues, friends or family members, list them.
6. **Activity:** In this column, list any activities you were doing while you were eating (for example, working, watching TV, ironing).
7. **Mood:** How were you feeling while you were eating (for example, sad, happy, depressed?). This is a great opportunity to exactly identify whether you are eating for comfort / emotional reasons or because you are hungry.

Helpful Hints:

1. Don't change your eating habits while you're keeping your food diary, unless your doctor has given you specific instructions to do so.
2. Tell the truth. There's nothing to be gained by trying to look good on these forms. Your doctor can help only if you record truthfully.
3. Record what you eat on all days your doctor recommends.

Some basic rules to remember:

| | | | | | | | | |
|--|--------------------|--|--|--|--|--|--|--|
| | Lunch | | | | | | | |
| | Afternoon Snack | | | | | | | |
| | Dinner | | | | | | | |
| | Evening Snack | | | | | | | |

| | | Food and Drink | | | | | | |
|----------|--------------------|--------------------------------------|---|------|-------|-----------------------|----------|---|
| | Meal Type | How much (serving / size portion) | What kind (meat / fruit / vegetable / dairy / other) | Time | Where | Alone or with whom | Activity | Reason For Eating This food? i.e. Mood |
| Day 3 | Breakfast | | | | | | | |
| | Morning Snack | | | | | | | |
| | Lunch | | | | | | | |
| | Afternoon Snack | | | | | | | |

| | | | | | | | | |
|--|---------------|--|--|--|--|--|--|--|
| | | | | | | | | |
| | Dinner | | | | | | | |
| | Evening Snack | | | | | | | |

| | | Food and Drink | | | | | | |
|-------|-----------------|-----------------------------------|--|------|-------|--------------------|----------|--|
| | Meal Type | How much (serving / size portion) | What kind (meat / fruit / vegetable / dairy / other) | Time | Where | Alone or with whom | Activity | Reason For Eating This food? i.e. Mood |
| Day 4 | Breakfast | | | | | | | |
| | Morning Snack | | | | | | | |
| | Lunch | | | | | | | |
| | Afternoon Snack | | | | | | | |
| | Dinner | | | | | | | |

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|--|------------------|--|--|--|--|--|--|--|
| | Evening Snack | | | | | | | |
|--|------------------|--|--|--|--|--|--|--|

| | | Food and Drink | | | | | | |
|----------|--------------------|-----------------------------------|--|------|-------|--------------------|----------|--|
| | Meal Type | How much (serving / size portion) | What kind (meat / fruit / vegetable / dairy / other) | Time | Where | Alone or with whom | Activity | Reason For Eating This food? i.e. Mood |
| Day 5 | Breakfast | | | | | | | |
| | Morning Snack | | | | | | | |
| | Lunch | | | | | | | |
| | Afternoon Snack | | | | | | | |
| | Dinner | | | | | | | |
| | Evening Snack | | | | | | | |

REMEMBER: THE MOST IMPORTANT PRINCIPLE IS TO REALISE THE REASONS WHY YOU EAT AND THE TYPES OF FOOD THAT YOU EAT. TO UNDERSTAND THESE

POINTS, IT WILL ENSURE THAT YOU CAN START YOUR HEALTHY EATING
APPROPRIATELY AND YOU WILL HAVE THE MINDSET AND DETERMINATION TO
ACHIEVE!!!

START TODAY, EXPLORE THE HEALTHY OPTIONS AND EXPERIENCE THE CHANGES
TO THE MIND AND BODY IMMEDIATELY!!!