

Food Diary

Date: _____

Breakfast

No.	Size	Food	Calories	Mood	Time

Total Calories:

Lunch

No.	Size	Food	Calories	Mood	Time

Total Calories:

Dinner

No.	Size	Food	Calories	Mood	Time

Total Calories:

Snacks

No.	Size	Food	Calories	Mood	Time

Total Calories:

Sample Dinner Menu:

No.	Size	Food	Calories	Feeling	Time
2	Medium	Baked Potatoes	320	Hungry	3.00pm
1	Medium	Salmon Fillet	150		
	S. Portion*	Broccoli	10		
		Water to drink	0		

Total Calories:480

Sample Snack Menu:

No.	Size	Food	Calories	Mood	Time
1	Large	Apple	95	Bored	11.00am
	Large	Yogurt	170	Peckish	6.00pm

Total Calories:275

*S.Portion = Small Portion

Print the first page of this document a few times and you will have your very own simple food diary to help you keep track of the food and calories you eat each day. You can also keep track of how you are feeling before you eat. Then after a week, go back and analyze your food diary and try to see if there is any pattern with how you are feeling and when you eat. For example if you notice you eat because you are bored then you need to do something to prevent you from getting bored, because ideally you should only be eating food about three to 4 hours after the last time you ate of course depending on the size of your last meal!