

# THE FOOD DIARY

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The food diary is a powerful tool to bring awareness to your eating patterns. Testing yourself to see the effect different foods have on your energy levels and mood will allow you to start understanding your body's relationship with specific foods. By determining how your metabolism functions, you can begin to use foods to help boost your digestive process.

Here's how it works: After eating, make notes on what you ate, how you felt physically and emotionally right after eating and how you felt two hours later. For example, did you feel sleepy soon after eating? Were you focused or foggy? Did you have more or less energy that day than usual? At first it may feel odd to be documenting everything you eat or you may not feel any particular way. That is okay—you may just write “fine” or “good.”

## TIPS TO GET YOU STARTED

### **Physical symptoms are bodily sensations.**

1. Clues for imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor
2. Clues for balance: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

### **Emotional symptoms may be a little harder to notice.**

1. Clues for imbalance: anxious, bored, scared, mad, depressed, scattered, restless, irritable, agitated
2. Clues for balance: confident, excited, energized, happy, interested, focused, calm, relaxed, patient

This food diary process is designed to be easy and informative. Stay free of negative judgments. If negative feelings arise, or if you feel guilty for eating something “bad,” remember that recording this information will help you to see the connection between what you eat and how you feel physically, mentally and emotionally. This is the beginning of learning exactly how your body works and responds to food. The more aware you become of choosing foods that work for your body the better you will be at creating the life you want.

If you forget to write down a meal, just keep going. It's fine. Just continue where you left off.

DAY # _____ OF _____
DATE: _____

# FOOD DIARY

WHAT I ATE	HOW I FELT RIGHT AFTER	HOW I FELT 2 HRS LATER
BREAKFAST		
MORNING SNACKS		
LUNCH		
AFTERNOON SNACKS		
DINNER		
EVENING SNACKS		
OTHER BEVERAGES, GUM, CANDY, ALCOHOL		