

Food Diary

Use this page to record what you eat and when. Most experts say you need to keep your first food diary for at least three consecutive days before you can really get an idea of what your diet is normally like and what your problem areas are. If you have found that you tend to eat in response to emotions, when you are not hungry, please complete the special emotional/binge eaters' section.

Date: ____/____/____

Breakfast

Time: _____

Beverage: _____

Lunch

Time: _____

Beverage: _____

Dinner

Time: _____

Beverage: _____

Snacks

Time: _____

Time: _____

Time: _____

Did you find any meal in particular to be a problem area? If so, which foods can you exchange for a healthier alternative? _____

Special Section for emotional/binge eaters:

Did you eat anything today when you weren't hungry? What were you feeling before you ate it? After?

Before: _____

After: _____

How could you have handled the situation and/or your feelings without turning to food?

List at least one alternative activity you will use tomorrow instead of eating in response to feelings:

