

Nutrition Diary

Become aware of your daily diet by keeping a nutrition diary. This allows you to observe your eating habits and to create change where appropriate. To get the most out of this diary, record your food intake after each meal for a whole week. Make copies of the chart provided and fill it in completely for one week.

FOLLOW THESE TIPS

- Do not change your eating habits while using this diary.
- Tell the truth.
- Write down *everything*.
- Be specific.

HOW TO FILL IN THE CHART

- **How much:** Indicate the amount of food eaten. Estimate the volume ($\frac{1}{2}$ cup), the weight (2 ounces), and/or the number of food items consumed.
- **What kind:** Write down the type of food. Be specific. Include sauces and gravies. Write down the extras, such as soda, salad dressing, and mayonnaise.
- **Time:** Write down the time you ate.
- **Where:** Write down where you ate, what room in your house, what restaurant, or in the car.
- **Who:** Write down if you ate alone or with whom.
- **Mood:** How did you feel while you were eating, happy, sad, depressed, etc.?

Here is an example of how to fill out the diary.

Food and Drink					
How Much	What Kind	Time	Where	With Whom	Mood
3	Oatmeal cookies	3 P.M.	Office	Alone	Bored
4 oz.	Tuna fish	6 P.M.	Kitchen	Mom	Tired
2 slices	Whole wheat bread	6 P.M.	Kitchen	Mom	Tired
1 TBS	Mayonnaise	6 P.M.	Kitchen	Mom	Tired
1 cup	Green peas	6 P.M.	Kitchen	Mom	Tired
3 oz.	Chocolate	11 P.M.	Study	Alone	Worried

