



## The Food Diary

Having a food diary can help bring awareness to your eating and daily lifestyle habits. If you experience certain signs and symptoms from foods, a food diary can be a useful reference to track possible food allergens or sensitivities.

Try noting how you feel both physically and emotionally before, during and after meals and beverages.

Here are tips to get you started:

### Physical symptoms:

- Headache
- Nausea
- Fatigue
- Insomnia
- Shakiness
- High energy
- Focus
- Strength
- Bright eyes
- Alertness

### Emotional symptoms:

- Anxious
- Depressed
- Restless
- Irritable
- Agitated
- Energized
- Humorous
- Happy
- Interested
- Calm

If you happen to miss recording certain meals or foods – don't stress. You can always pick up from where you left off. Once you begin to make clear connections between physical symptoms, emotions and food – you may find that you no longer need to record everything you eat. Use this helpful tool at your convenience.

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	<b>When</b> <i>(date, time)</i>	<b>Food</b> <i>(preparation, amount)</i>	<b>Hunger Level</b> <i>(0-5)</i>	<b>Situation</b> <i>(place, activity)</i>	<b>Comments</b> <i>(emotional, physical)</i>
Pre-breakfast					
Breakfast					
AM Snack(s)					
Lunch					
PM Snack(s)					
Dinner					
Evening Snack					
Other (gum, alcohol, candy)					