

WEEKLY
FOOD JOURNAL

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How to Keep a Food Journal

Keeping a journal of your eating habits can help you determine which habits need breaking—and how you can get back on the path of right eating.

Recording Your Eating Habits

1. Record the day and time of your snack or meal.
2. List the food and serving size at every snack or meal, with different food or drink on each line. For instance, if you ate a hamburger, fries and a soda, list fries on one line and soda on another; then break up the hamburger into its components: meat on one line, buns on the next, tomatoes on another.
3. On the same line, write down the reason for eating and your feelings during the meal. Were you really hungry? Bored? Upset?
4. Make a note of where the snack or meal took place. Did you eat at home? At a fast food restaurant?

Interpreting Your Journal

1. Determine your motivation for eating. Are you truly hungry when you eat? If not, are you eating for emotional reasons?
2. Compare the types of food and portions you eat with the food pyramid. Do you eat well-balanced meals with good serving sizes? Do some areas have room for improvement?
3. Take note of your eating habits. Do you eat regularly, or do you eat a little and then overindulge later?
4. Use the above as guidelines to determine your problem areas, and brainstorm ways to repair those problems.

If you have any questions or concerns, contact Wellness Alternatives before engaging in any activity related to health and diet.

Protein

Baked Fish
Chicken Breast, Skinless
Egg White
Extra Lean Ground Beef
Lean Cut Steak
Low Fat Cottage Cheese
Peanut Butter

Shrimp
Skim Milk
Sunflower Seeds
Tofu
Tuna Fish
Turkey Breast, Skinless

Carbs

Baked Potato
Banana
Cereal, Granola/Bran
Fat Free Yogurt
Oatmeal
Pasta

Refried Beans
Sweet Potato
Whole Wheat Bagel
Whole Wheat Bread
Whole Wheat Tortillas

Vegetables

Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery

Cucumbers
Green Beans
Lettuce
Onions
Tomatoes
Peppers
Snow Peas
Spinach

Special Instructions

Use the following pages 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

Monday

Date _____

Workout

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

Tuesday

Date _____

Workout

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

Wednesday

Date _____

Workout

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

Thursday

Date _____

Workout

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

Friday

Date _____

Workout

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

Saturday

Date _____

Workout

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

Sunday

Date _____

Workout _____

Breakfast	Protein	
	Carb	
Midmorning	Protein	
	Carb	
Lunch	Protein	
	Carb	
	Veg.	
Afternoon	Protein	
	Carb	
Dinner	Protein	
	Carb	
	Veg.	
Late Snack	Protein	
	Carb	

Water

Fruit

Emotional Eating: _____

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 feeling:

