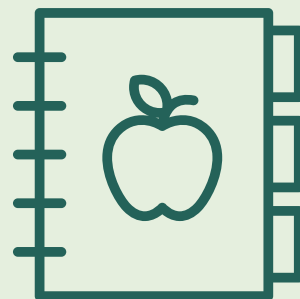


Understanding Your Eating Habits:

Your Guide to Keeping

a Food Diary



Why Keep a Diary?

Recording what, when, and why you eat can help you understand a lot about your eating and activity patterns, and identify areas for change.

It will help you:

- Identify your triggers for eating.
- Recognise patterns in your eating or activity that you may not have noticed before.
- Determine which changes to your lifestyle are likely to be most beneficial.
- See what you've achieved once you've made changes.
- Monitor whether you have achieved your healthy lifestyle objectives.

How to Complete Your Food Diary:

- Complete your diary for at least 3, or ideally 7, consecutive days, including at least 1 weekend day.
- Record as you go and note the time that it happens to improve accuracy.
- Write down everything you eat and drink in household measures, for example, 3 tablespoons of cereal, 2 slices of bread, 1 teaspoon of spreading fat, 1 large mug of milky tea.
- Describe how your food was prepared or cooked, for example, 3 egg-sized new potatoes boiled, 1 chicken breast grilled, 1 egg fried in vegetable oil, 3 florets of broccoli steamed.
- Use the "Notes" section to record hunger and fullness levels, why you are eating, your mood, physical activity, and exercise undertaken.

Food Diary

Examples of how to record your diary 	Breakfast 7am 2 weetabix skimmed milk (125ml) 1 small banana pure orange juice (200ml)	Lunch 12.30pm 400g tin lentil soup 1 large wholemeal bread roll fruit yogurt (125g pot) coffee (skimmed milk)	Dinner 6pm 3 egg -sized new potatoes boiled 1 chicken breast grilled 3 florets broccoli steamed 1 teaspoon low fat spread	Snacks 11am 1 medium apple 3pm 1 packet crisps (25g) 3 coffees (skimmed milk) Water (750ml)	Comments Hunger / Fullness level Craving / Stress / Mood (sad content happy) 7pm Hoovering / Exercise class / Walk (45 mins)
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					