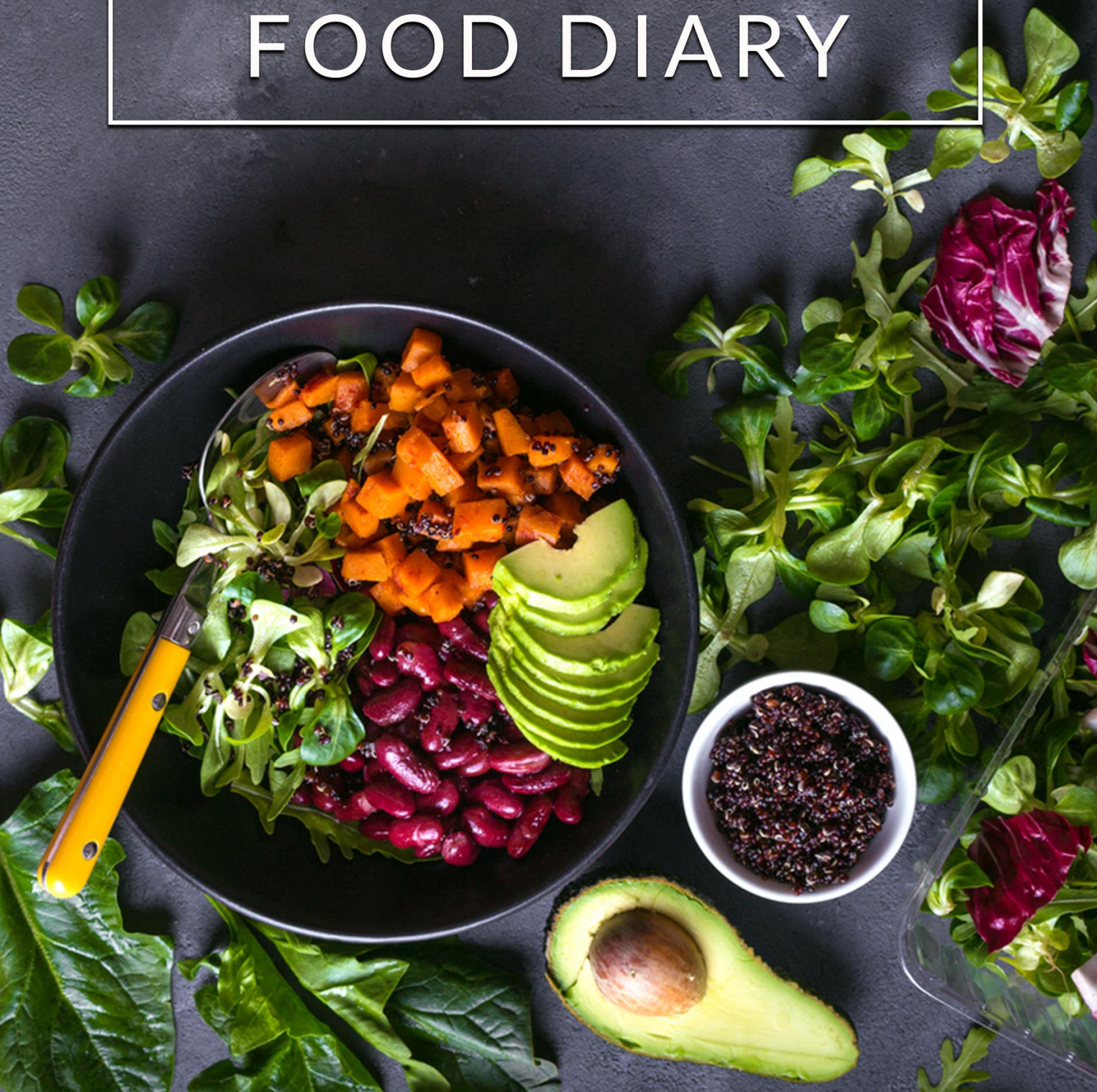


YOU CAN END  
*Emotional Eating*

FOOD DIARY



# FOOD DIARY

This food diary is not for you to count calories or dwell on carbohydrates.

The food you consume will directly affect your body, your mindset, and how you spend your 24 hours. Food is powerful.

By journaling your food, you will see patterns. You will see when you are craving foods and be able to identify if the craving is a real craving or an emotional craving.

Be in tune with your body. Listen to your hunger.

Is this a real hunger or a hunger that needs to be fed with soulful nourishment?

Do whatever works for you. If you're on the go, feel free to jot notes on Post-its or in your smartphone before transferring to your food diary at night. The important thing is getting the information down as consistently as you can.

# CLUES TO NOTE IN YOUR FOOD DIARY:

**PHYSICAL** symptoms are bodily sensations.

1. **CLUES FOR IMBALANCE:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
2. **CLUES FOR BALANCE:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.

**EMOTIONAL** symptoms may be a little harder to notice.

1. **CLUES FOR IMBALANCE:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, and hyper.
2. **CLUES FOR BALANCE:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

-Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD

# FOOD DIARY

<b>WHEN</b> (date, time)	<b>FOOD</b> (preparation, how much)	<b>HUNGER LEVEL</b> (0-5)	<b>SITUATION</b> (place, activity)	<b>COMMENTS</b> (emotional, physical, mood)
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**PRE-BREAKFAST**

**BREAKFAST**

**A.M. SNACK(S)**

**LUNCH**

**P.M. SNACK(S)**

**DINNER**

**EVENING SNACK(S)**

*“Be mindful”*