

FOOD DIARY

Having a food diary brings awareness to your eating habits. If you experience certain side effects after particular foods, a food diary can be a useful reference to track possible food allergies or sensitivities. In a journal or notebook, note how you feel both physically and emotionally before, during, and after meals and beverages.

SECONDARY FOODS | TIPS & ADVICE



HERE ARE SOME 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 where you left off. Once you start to make clear connections between physical symptoms, emotions, and food, you may find you no longer need to record everything you eat. Use this helpful tool when you're feeling out of balance.



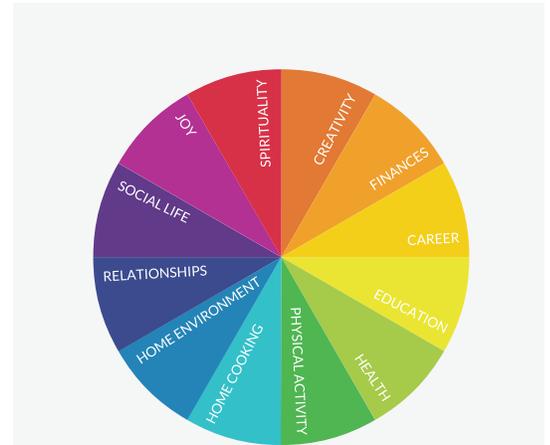
Name Date

FOOD DIARY

	Food	Emotional	Physical
Breakfast			
Lunch			
Dinner			
Snacks			

Healthy Dailies:

Glasses of water	_____
Vegetables and/or fruits	_____
Protein	_____
Healthy fats	_____
Supplements	_____
Movement	_____
Sleep	_____
Self-care	_____



Notes:

Today's Accomplishments:

-
-
-

Tomorrow's Intentions:

-
-
-