



Instructions

FOOD & SYMPTOM Journal



Discovering the truth about ourselves is a lifetime's work, but it's **worth the effort**.

Fred Rogers

Research shows that people who track what they eat, even as little as one day per week, are more likely to attain and sustain their natural weight. Yet my patients quickly tire of weighing and measuring food and become preoccupied with tracking every calorie. If you love the detailed data from *MyFitnessPal*, track on! Otherwise, I've created a simpler way just for you.

The goal of a food and symptom journal is to understand which foods energize you and which foods drain you. It's a tool to help you communicate with and honor your body. How much more likely are you to forego Oreos if they give you a sore throat vs. your dietitian telling you that Oreos will kill you? Your body knows exactly what you need. Take time to listen.

A food and symptom journal can help identify which meals fill and satisfy you and which meals leave you craving more. This data helps you plan meals and increases your awareness by identify mindless munching or emotional eating patterns. Many of my patients eat when they are bored, tired, celebrating, watching TV, etc. What are your eating and drinking cues?



Simply track times you eat or drink, describe what you ate and any symptoms or emotions you notice. Descriptors may include such words as: light, heavy, bloated, indigestion, reflux, mental clarity, food coma, crabbiness, hunger, overfull, guilt, pride, anxiety, etc.

Bring this to your next sessions with your dietitian nutritionist to discuss what you learned. Happy self-discovery!

1. Track times you eat or drink

2. Describe what you ate

3. Indicate symptoms or emotions you notice
(ie. light, heavy, bloated, indigestion, reflux, mental clarity, food coma, crabbiness, hunger, overfull)

Time: _____ : _____ Food: _____

Notes: _____

Time: _____ : _____ Food: _____

Notes: _____

Time: _____ : _____ Food: _____

Notes: _____

Time: _____ : _____ Food: _____

Notes: _____

Time: _____ : _____ Food: _____

Notes: _____

Time: _____ : _____ Food: _____

Notes: _____
