

Food Diary for Restart Series

Complete the food diary for three consecutive days. Try to include two weekdays and one weekend day, and choose days which represents your typical eating schedule. A holiday weekend, special event, or day you had the stomach flu are not the best days to record as this will not give an accurate depiction of what you eat on a day to day basis. Remember there is no judgment attached to the foods you eat; try to resist the temptation to skip recording “bad” foods that you may feel guilty for eating. Food is not inherently “good” or “bad”; our goal is not to assign labels but rather to find out what foods work best to nourish your body and keep you feeling your best!

Some tips for recording your food diary:

- Be as specific as possible when recording foods (i.e.: rather than simply writing “bowl of cereal,” write down “1 cup raisin bran with ½ cup skim milk.”). Record brands, method of preparation (did you cook in oil, steam, microwave, etc.) and other specific details (brown vs. white rice, dried fruit vs. fresh, etc.) whenever possible.
- Pay attention to the way certain foods make you feel and record your observations. Include physical changes (energy levels, bowel movements, stomach upset, etc.) as well as how you feel mentally and emotionally (your mood, feelings of alertness and clarity vs. brain “fog”, etc.). This will help you begin to notice patterns, which can help pinpoint food allergies/sensitivities among other potential issues
- Bring your food diary with you EVERYWHERE you go throughout the day. Record all foods/drinks as you consume them; waiting until the end of the day means you will be less likely to remember exactly what you ate and how much.

Knowing how to approximate portion sizes can also be helpful in keeping an accurate record of your portion sizes. Below are some rules of thumb to help you along the way:

- Three ounces of meat, poultry, or fish = a deck of playing cards
- One-half cup of fruit, vegetables, pasta, or rice = half a baseball or a light bulb
- One ounce of cheese = your thumb or two dominos
- One cup of milk, yogurt, or chopped fresh greens = a small hand holding a tennis ball
- A teaspoon of butter or margarine = the tip of your thumb to the first joint
- Two tablespoons of peanut butter = a ping pong ball
- One ounce of chocolate = 1 package of dental floss

Name _____ Date _____

Food Diary for Restart Series

Include: where you ate (home or restaurant) specific quantities, and times of day.

DAY 1 **Circle how many waters you drank today 1 2 3 4 5 6 7 8 +**

Breakfast

Snack

Lunch

Snack

Dinner

Relaxation

Exercise

Bowel movements

Pain- where? Rate it 1-10

Supplements/Medications: When you took them and what dosage?

Day 2 **Circle how many waters you drank today 1 2 3 4 5 6 7 8 +**

Breakfast

Snack

Lunch

Snack

Dinner

Relaxation

Exercise

Bowel movements

Pain- where? Rate it 1-10

Supplements/Medications: When you took them and what dosage?

Day 3 **Circle how many waters you drank today 1 2 3 4 5 6 7 8 +**

Breakfast

Snack

Lunch

Snack

Dinner

Relaxation

Exercise

Bowel movements

Pain- where? Rate it 1-10

Supplements/Medications: When you took them and what dosage?

Name _____ Date _____