

## **Keeping a Daily Food Diary**

### **What is a food diary?**

A food diary or food journal is a way for you to keep track of what you eat and drink. One simple way to keep a food diary is to carry a small notepad with you and write down what you eat and drink as you go through the day. Keep your food diary for a week, or longer at first. Then just a few days each month will help you keep track of things.

### **Why keep a food diary?**

Keeping track of what you eat can help you to:

- ✓ Increase awareness of what you are eating and drinking
- ✓ Identify changes you want to make
- ✓ Control your weight
- ✓ Control your blood sugar if you have diabetes.



### **Tips for keeping a food diary**

- ✓ Write it down immediately. If you wait, you will forget things.
- ✓ Write down the time you ate.
- ✓ Write down portions sizes. How many cups? How big was the piece?
- ✓ What was added to the food? Mayonnaise? Gravy? Butter? Cheese?
- ✓ Keep track of all of the snacks during the day, even the smallest ones.
- ✓ Keep track of what you drink too. Are you drinking water? How many calories are in your juices, milk and other drinks?

You can also write down what you were doing while you ate, who you were with, how hungry you were, what mood you were in, and your activity or exercise for the day. Look for patterns or trends to help you understand your diet.

**Use your diary to help you make changes that improve your diet and health.**