

# FOOD DIARY

## What is it?

A **food diary** is a log of what you consume each day. It can help you make changes to your diet and lose weight. You can use it to improve your health by tracking what you eat and drink. The **diary** helps you and your doctor understand your eating habits.

## What are the benefits of keeping a food diary?

- Tracks your progress
- Keeps you motivated
- Holds you accountable
- Helps you to see what you are doing right
- Helps you to see if there is something you need to change
- Recognizes eating patterns

## Sample Diary

### Food Diary

Date: Monday 12/22

Time / Meal	Food / Beverage (type and amount)	Calories	Notes
Breakfast	Banana	100	
	black coffee (no sugar)	5	
	cereal & skim milk	180	
Snack	muffin	440	picked up on my way to work
Lunch	tuna sandwich	300	w/ low-fat mayo on wheat Bread
	broccoli leftovers from dinner	30	1 cup
Snack	soda	155	
	corn chips	320	got hungry so had a big bag
Dinner	chicken breast	280	no skin or sauce
	green salad - 2 fists	55	romaine
	salad dressing	150	ranch
	chocolate chip cookies (2)	250	small
Snack			

TOTAL Calories: 2265

Useful Apps (IOS or android): See attached "My Fitness Pal" Handout

