FOOD DIARY



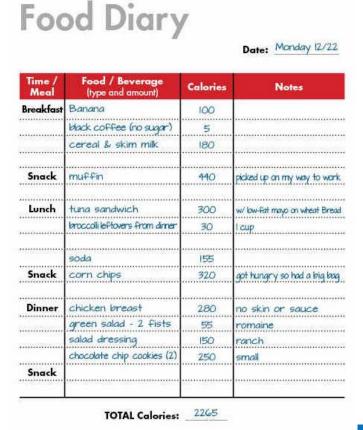
What is it?

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



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

