

Your Food Diary

Food has the power to either fuel us or deplete us.

Too often we are not aware of the physical and emotional affect food has on our body and mind. **I want you to be empowered**, which is why I want you to note how your body is being affected on a physical *and* emotional level in your food diary.

Many of my clients experience physical imbalances, such as headaches, poor sleep, bloating, skin rashes, dry eyes, insomnia, poor breathing, a bad taste in the mouth, weight gain, and more. Many also experience emotional imbalances, such as heart palpitations or feeling sad, anxious, agitated, irritable, and other emotional states.

A food diary is a powerful tool to bring awareness to your eating patterns.

Note how you feel physically and emotionally before, during, and after each meal, snack, or beverage. At first, it may feel odd or you may not feel any particular way at all. That's okay—you may just write "fine" or "good."



Tips to get you started recording symptoms & bodily sensations

- **Clues for imbalance:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor
- **Clues for balance:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, attention span, good color

Emotional symptoms may be a little harder to notice...

- **Clues for imbalance:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper
- **Clues for balance:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

This food diary process is designed to be fun and informative. Stay free of negative judgments. If negative feelings arise, or if you feel guilty for eating something “bad,” remember that recording this information will help you see the connection between *what you eat* and *how you feel*—emotionally and physically.

On a physical level, this is a time to see how food feels in your body. Does it make you vibrate with energy? Are you crashing every afternoon? Is your nose constantly stuffy? Starting to connect the dots here can be quite interesting and incredibly enlightening.

The Food Diary—use your journal to write down the following:

- When (date, time)
- Food (preparation, how much)
- Hunger Level (0–5)
- Situation (place, activity)
- Comments (emotional, physical, mood, etc.)

Keep track of these meals:

- Pre-breakfast
- Breakfast
- A.m. snack(s)
- Lunch
- P.m. snack(s)
- Dinner
- Evening snack(s)
- Other (gum, alcohol, candy)