

Food Journal

Name: _____

Date: _____

Week#: _____

Food Journal

What are my goals for this week? (such as eating, activity, buying or preparing food, or emotional goals)

When should I write in my food diary? The best time to make notes is soon after you eat. This makes it easier to remember what you ate and drank. It is also easier to record your thoughts and feelings when you record them regularly.

Time	Time of meal or snack
Food and amount	Write down all food and drinks. Note if the item is a 'diet' product. Estimate the number of servings (such as cereal – ½ serving, toast – 2 slices).
Place	For example, at home (such as kitchen, dining room, living room, etc.), school, work, a restaurant, a clinic, a car, etc.
Binge “√”	A very large amount of food eaten in a short period of time that feels out of control
Purge “√”	Self-induced vomiting (throwing up). Note in 'Thoughts and feelings' section if you used another way of purging (such as exercise, laxatives, chew and spit).
Thoughts and feelings	Describe your feelings and/or any connections between your thoughts, feelings, events, and eating. <ul style="list-style-type: none">› Eating challenges, phobic foods› Strategies used to help normalize eating› Hunger/Fullness Rating Scale (see page 2)

Examples from Canada's Food Guide 2019

Fruit and vegetables:	Grains: Try to have 2 servings of grains at every meal.
<ul style="list-style-type: none"> • Fresh, frozen, or canned: 125 ml, 1/2 cup • Fruit or vegetable: 1 medium piece • Juice: 125 ml, 1/2 cup • Dried: 60 ml, 1/4 cup • Salad: 250 ml, 1 cup 	<ul style="list-style-type: none"> • Bread: 1 slice • Cooked pasta: 125 ml, 1/2 cup • Cooked rice: 125 ml, 1/2 cup • Cereals: 30 g, about 1 cup • Cooked cereal: 175 ml, 3/4 cup • Bagel, pita: half • Roll or muffin: 1 small • Crackers: depends on type • Popcorn (popped): 750 ml, 3 cups
Protein: Try to have protein at every meal.	
<ul style="list-style-type: none"> • Cooked meat, poultry, fish: 75 g, 2 1/2 oz • Cooked pulses or lentils: 175 ml, 3/4 cup • Canned meat or fish: 1/2 can • Nuts or seeds: 60 ml, 1/4 cup or a handful • Peanut butter: 30 ml, 2 Tbsp • Eggs: 2 <p>High calcium proteins</p> <ul style="list-style-type: none"> • Tofu: 150 g, 3/4 cup • Cheese (cow, soy): 250 ml, 1 cup • Yogurt: 175 g, 3/4 cup 	

Hunger/Fullness Rating Scale

10	Absolutely, lie-on-the-floor stuffed
9	So full that you are starting to hurt
8	Very full
7	Starting to feel full
6	Slightly full
5	Perfectly comfortable
4	First signal that your body needs food
3	Strong signals to eat
2	Very hungry, irritable, headache, can't concentrate, have lost focus, anxious
1	Extreme (very bad) hunger, dizziness, shakiness

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity _____

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity _____

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity _____

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

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Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity _____

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity _____

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Nutrition and Food Services

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.