



Goetze's Super Simple Food Journal

Keeping a food journal is a great way to keep track of the foods you eat and the nutrients you get each day. This journal is good way to help improve your eating habits, and therefore your overall health and wellbeing. Often, we are too busy to notice the correlations between the things we eat and the way we feel, but a food journal could help to connect these dots.

It's not necessary to document every single thing on the nutrition label, but to properly do this it is important to keep track of certain things like:

- 🍷 The foods and beverages you chose
- 🍷 Approximate amount
- 🍷 What time of day
- 🍷 Where you were

We left a column blank just incase you'd like to keep track of anything else. For example, you could keep track of how you feel after you eat certain foods. This might sound silly, but it could help you recognize why you don't feel well sometimes. For example, it could show that you tend to get headaches after eating chocolate.

From this point you can experiment to see if cutting back on that food or removing it from your diet entirely helps the way you feel. Remember, the affects of food are not always instantaneous. So, if you're using the journal to help pin point the cause of something, don't forget to look back to foods eaten in previous entries.

Example entry on following page.

So what does a food journal entry tell me? It's only one day, but the example assumes this person has been keeping a food journal for two weeks and has noticed the following things:

- 🍷 She doesn't eat breakfast on days that she goes to school
- 🍷 She often doesn't drink enough water throughout the day (8 glasses / day)
- 🍷 Sometimes her stomach hurt at night. She has narrowed it down to two things that she thinks might be causing the pain
 - Fried/greasy foods
 - Acidic foods

By looking at the food entries from this day, she can see that she has some unhealthy eating habits, including not eating breakfast and not drinking enough water. This could indicate why she gets tired mid-way through the afternoon at school.



Example Food Journal Entry:

Today's Date: 5/23/2009

Food / Drink	Amount	Time	Place	How I Feel
Juice	1 cup	7:30ish	Home	Tired
Water	1 bottle	10:00 - 11:00	School	Okay
BLT	1 sandwich - normal sized bread	12:00	School	Tired - hungry & thirsty
Apple	1 apple	12:00	School	Tired - hungry & thirsty
Salt & vinegar chips	1 snack bag	12:00	School	Tired - hungry & thirsty
Soda	1 can	12:00	School	Tired - hungry & thirsty
Water	1 bottle	3:00	Bus	Tired
Pretzels	1 snack bag	3:00	Bus	Tired
Water	1 glass	5:30	Home	Good
Salad - lettuce, tomatoes, cheese, croutons, oil and vinegar dressing	1 bowl	5:30	Home	Good
Spaghetti - 4 cheese sauce	1 plate	5:30	Home	Good
Water	1 glass	7:00	Home	Okay
Slice of leftover pepperoni and cheese pizza	1 slice	7:30	Home	Okay
Water	1 glass	8:00	Home	Okay
Water	1 glass	9:00	Home	Tummy ache
Popcorn	1 snack-sized bag	9:00	Home	Tummy ache