



**FALL 2015  
FOOD DIARY**

# FOOD DIARY

We are not counting calories or fat. We are using the Food Diary as a way to record how food affects your unique body. I use the Food Diary as a way to check my emotional hunger levels vs. my physical hunger levels. My clients often have cravings for sugar and carbs during times of stress. You can print out the Food Diary, download it to your desktop, or keep notes on your iPhone. Take the time to do the body check-ins (you can find more information on body check-ins from Geneen Roth).

Be conscious of the food you eat. Be conscious of your breath as you are consuming the food. Take the time to honor your food and be thankful for the healthy food you are about to consume.

Ask yourself questions such as: Am I energized or exhausted? Do I notice any emotional triggers that make me crave certain foods?

Remember, we are detectives looking for hidden clues. If you're waking up at 3 am, then we know the liver is out of harmony, and we need to see what foods are causing hidden inflammation and irritation. It's time for this beautiful discovery and experience. I am excited to hear all about it.

# CLUES TO NOTE IN YOUR FOOD DIARY:

**PHYSICAL** symptoms are bodily sensations.

1. **CLUES FOR IMBALANCE:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor
2. **CLUES FOR BALANCE:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

**EMOTIONAL** symptoms may be a little harder to notice.

1. **CLUES FOR IMBALANCE:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper
2. **CLUES FOR BALANCE:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easy-going, patient

Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD

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WHEN	FOOD	HUNGER LEVEL	SITUATION	COMMENTS
(date, time)	(preparation, how much)	(0-5)	(place, activity)	(emotional, physical, mood)
PRE-BREAKFAST				
BREAKFAST				
A.M. SNACK(S)				
LUNCH				
P.M. SNACK(S)				
DINNER				
EVENING SNACK(S)				

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These statements have not been evaluated by the Food and Drug Administration.  
This is not intended to diagnose, treat, cure, or prevent any disease.