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SAMPLE FOOD DIARY LAYOUT

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- **FOOD DIARY - DR. NATASHA WRENSHALL**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday AM AM AM AM AM AM AM Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Snack Snack Snack Snack Snack Snack Lunch Lunch Lunch Lunch Lunch Lunch Lunch Snack Snack Snack Snack Snack Snack Dinner Dinner Dinner Dinner Dinner Dinner Dinner Comments Comments Comments Comments Comments(energy, sleep, mood,...

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- **AHWW EMAILS 2013**

Week 1 Challenge: Do a food diary for 1 week Write or take photos of your food and drink Measure your food with cups and spoons Ask for help Think about what you could change Write down the exercise you do When you have kept a food diary put tick in your challenge checklist This resource was created by the Department of Family and Community Services Dietitians, Speech Pathologists and Therapy Assis...

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- **STEP 1: KEEP A FOOD DIARY DAY. IF YOUR MEALS ARE MORE THAN 4 HOURS APART, TRY SCHED-**uling another snack in between. Keep it Real: Record everything that goes into your mouth, Take the 3-day Food Challenge including beverages, bites off someone elses plate, or Unconscious Eating: Its easy to consume mass amounts Day 1 samples at the grocery store. of high-calorie and high-fat foods while sitting in front of What I Ate Quantity Calories Perhaps the most important component to lo...

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