

Food Journal

A food journal can be a helpful tool when you are trying to better manage your daily nutrition. It can help you understand the link between your eating, behaviors and emotions. Keeping a food journal can help you notice trends in how you manage your days, manage your body's basic nutritional needs and stay on track with health goals. You might consider sharing this information with your family doctor, counselor or other helper. This may help them understand how challenging this part of your recovery can be.

INSTRUCTIONS

Each time you eat something, **write** it down beside the date and time of day column. Indicate how much of each item you consumed (ate or drank). Then identify whether it was a **meal** (m), **snack** (s), or **binge** (b). In the fourth column write down whether you had any urge to **binge** (b), **vomit** (v), use **laxatives** (l), **exercise** (e), or **restrict** (r). In the comments section, put any thoughts and feelings you may have had, and try to describe the situation, event or circumstances surrounding this occasion. For example, one entry might look like this:

Date and Time	Food Consumed	Type	Urges (1=minimum- 10=maximum)	Comments
Sat. 10am	Cereal, bagel, milk	m	B6	stayed in the kitchen too long after breakfast and started to get the urge to binge-left the kitchen and felt better!

Or this:

Date and Time	Food Consumed	Type	Urges	Comments
Sat. 10am	Cereal, bagel, milk	m	R10	Could only manage ½ the bagel, kept thinking it was all too much! Too scared

Please see page 2 of this worksheet for a blank copy that you can print & photocopy for use as often as needed.

