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ExerciseChange



Food Diary

From ___/___/20___

To ___/___/20___

Keeping a Food Diary

About

A food diary will help you assess what you eat, and when you eat it. Studies have shown that keeping track of what you eat, even for a day can help you make changes to your diet. Ideally you will record what you eat for at least a week. This will give you an accurate dietary assessment from which you can choose to modify your diet, or change it all together.

Instructions

Follow these instructions when filling out of your food diary.

Time

Write the time of day you ate the food.

What you ate

In this column, write down the type of food you ate. Be as specific as you can. Don't forget to write down extras, such as drinks, dressings, sauces, gravy, butter or spreads, sugar and anything else you may have eaten in addition to the main ingredients of your meal.

How much

Along with what food you've eaten estimate and record the portions. This could be the include size (small, medium etc.), the volume (1/2 cup), the weight (100 grams) and/or the number of items e.g. 2 eggs.

Location

Write down whether you ate in a restaurant, café or your car etc. If you eat in different areas within your home, write this down too.

Company

Who were you with when you were eating? If you were with friends or family members, list them. If you ate by yourself, write 'alone.'

Activity

In this column, list any activities you were doing while you were eating. For example you may have been working, watching TV, cleaning or driving.

Mood

How were you feeling while you were eating. For example you may have been sad, happy, frustrated, tired or depressed. If you're not really feeling anything leave this space blank.

Four weekly logs

Instructions

Use the logs below to track your progress over the next 4 weeks. In order to accurately fill in the body composition table you will need some body composition scales. If you don't have these simply fill in the day, **time** and **weight** categories

Body composition							
	Day/Date	Time	Weight	Fat %	Muscle %	Bone mass	Water %
Wk. 1							
Wk. 2							
Wk. 3							
Wk. 4							

Body measurements										
	Chest		Waist		Hip		Shoulders		Other	
		+/-		+/-		+/-		+/-		+/-
Wk. 1										
Wk. 2										
Wk. 3										
Wk. 4										

Circumference Measurements

- Chest, measure just above the nipple, making sure that the tape is even all the way around your body
- Waist, measure your waist at the narrowest point, usually midway between your hip and your chest
- Hip, measure your hips at the widest point, where your butt sticks out the most
- Shoulders, measure around the widest part of the shoulders, making sure that the tape is even all the way around your body

Analysis of findings pt. 2

What does this mean?

As a result I have set myself the following goals...

Some basic rules to remember:

- **Be specific:** For example did you eat McDonald's hamburgers and if so which variety, or did you eat homemade burgers and if so what was in them?
- **Write everything down:** Keep your diary with you all day, and write down everything you eat or drink. A handful of nuts, a biscuit or a piece of fruit may not seem like a lot but over a week it all adds up!
- **Do it now:** Don't depend on your memory at the end of the day. Record what you eat as you go. Research has shown that filling in a food diary retrospectively can mean up to a third of what has been eaten throughout the day is not remembered. The aim is to record everything that's being eaten!
- **Tell the truth:** There's nothing to be gained by trying to look good on these forms. Honesty is the only way you'll get an accurate picture of what you're eating.
- **Do not change your eating habits** while you are keeping your food diary. You want to establish what types of food got you to your current state.

If you have any questions, contact matt@exercisexchange.co.nz

Example of how to fill in your food diary

Week 1 21 / 9 /13		Tuesday			
Time	What you ate and how much	Location	Company	Activity	Mood
8.15am	40g protein - shake	car	alone	driving	tired
10am	Med apple & med flat white	office	alone	working	
11am	8 water crackers w 1/2 cup cottage cheese, 50g ham & 1/2 avocado	office	alone	working	
1.30pm	Salad: lettuce, 200g chicken, 3 slices cheese, 1/2 avocado	office	alone	working	happy
3.30pm	40g protein - shake & handful brazil nuts	office	alone	working	tired
6.30pm	200g steak, 1/2 kamara, med green salad w mayonnaise	home	alone	TV.	happy
7.30pm	Med fruit salad, diet jelly & coffee	home	Family	TV	happy

Week ____ / ____ /13		Thursday				
Time	What you ate and how much	Location	Company	Activity	Mood	

Week ____ / ____ /13		Comments	
Food selection			
Portion size			
Eating times			
Other comments			

Week ____ / ____ /13		Friday				
Time	What you ate and how much	Location	Company	Activity	Mood	

Week ____ / ____ /13		Goals	
Food selection			
Portion size			
Eating times			
Other comments			

Week _____ / _____ /13		Saturday			
Time	What you ate and how much	Location	Company	Activity	Mood

Week _____ / _____ /13		Sunday			
Time	What you ate and how much	Location	Company	Activity	Mood

Week _____ / _____ /13		Sunday			
Time	What you ate and how much	Location	Company	Activity	Mood

Notes

Week <u> </u> / <u> </u> /13		Sunday			
Time	What you ate and how much	Location	Company	Activity	Mood

Notes

Week <u> </u> / <u> </u> /13		Sunday			
Time	What you ate and how much	Location	Company	Activity	Mood

Notes

Week ____ / ____ /13		Friday				
Time	What you ate and how much	Location	Company	Activity	Mood	

Week ____ / ____ /13		Comments	
Food selection			
Portion size			
Eating times			
Other comments			

Week ____ / ____ /13		Saturday				
Time	What you ate and how much	Location	Company	Activity	Mood	

Week ____ / ____ /13		Goals	
Food selection			
Portion size			
Eating times			
Other comments			

