



**WHAT IS YOUR DIET DOING TO YOU?  
YOUR FOOD AND FEELINGS TRACKER**

The goal is to help you determine what kind of nutritional value your foods have been providing. I find many do not eat enough! We also want to understand what motivates you to eat in addition to or instead of hunger. Nothing fancy - just honestly connecting what you eat & drink with how you feel.

Most important is *detailed* food information. An example follows.

**Report Food Eaten Like This**

**Not Like This**

<b>BREAKFAST:</b> 2 scrambled eggs, 2 slices bacon, two 4" pancakes, 1 TBS margarine, 16 oz coffee, ¼ C syrup	<b>BREAKFAST:</b> Eggs, bacon, juice, coffee
2 packets Nutrasweet, 4 TBS ½ & ½	
<b>LUNCH:</b> 1 12" flour tortilla, ½ C black beans, ½ C white rice, ¼ C jack cheese, 2 oz chicken breast, ¼ C tomato salsa, 1 can Diet Coke (12 oz)	<b>LUNCH:</b> Chicken Burrito, Diet Coke

**SAMPLE: YOUR FOOD-FEEDBACK DIARY**

*Give physical as well as emotional symptoms (e.g., bloated, tired, energetic, craving more food, irritable). Note any mood shifts through the day and exercise, too.*

<b>MEAL/ TIME EATEN</b>	<b>FOOD</b>	<b>HOW DID YOU FEEL? FEEDBACK TIME</b>
<b>BREAKFAST</b>	2 scrambled eggs, 2 slices bacon, 3-4" pancakes, 3 tsp margarine, 16 oz coffee, ¼ C syrup, 2 packets Nutrasweet, 4 TBS ½ & ½	7 AM Energized, bloated
<b>6:45 AM</b>		
		10 AM exhausted, craving sweets, bloated
<b>SNACK</b>	Starbucks blueberry muffin, small cafe mocha	
<b>10:15</b>		
		10:45 Edgy, wired-tired

