

Food Journal

Name: _____

Date: _____

Week #: _____

Food Journal

What are my goals for this week?

(eating, activity, buying or preparing food, or emotional goals)

When should I write in my food journal?

The best time to make notes is soon after you eat.

This makes it easier to remember:

- › what you ate and drank.
- › your thoughts and feelings.

How to fill out your food journal:

Time	Time of meal or snack
Food and amount	Write down all food and drinks. <ul style="list-style-type: none">› Note if the item is a 'diet' product.› Estimate the number of servings (like cereal – ½ serving, toast – 2 slices).
Place	For example, at home (in the kitchen, dining room, living room), school, work, a restaurant, a clinic, a car.
Binge “√”	A very large amount of food eaten in a short period of time that feels out of control.

Purge “√”	Self-induced vomiting (throwing up). › Note in ‘Thoughts and feelings’ section if you used another way of purging (like exercise, laxatives, chew and spit).
Thoughts and feelings	Describe your feelings and/or any connections between your thoughts, feelings, events, and eating, like: › Eating challenges, phobic foods › Strategies used to help normalize eating › Hunger/Fullness Rating Scale (see page 3)

Examples from Canada’s Food Guide 2019

Fruits and vegetables: Try to have 1 to 2 servings at every meal.
<ul style="list-style-type: none"> • Fresh, frozen, or canned: 125 ml, ½ cup • Fruit or vegetable: 1 medium piece • Juice: 125 ml, ½ cup • Dried: 60 ml, ¼ cup • Salad: 250 ml, 1 cup
Grains: Try to have 2 servings at every meal.
<ul style="list-style-type: none"> • Bread: 1 slice • Cooked pasta: 125 ml, ½ cup • Cooked rice: 125 ml, ½ cup • Cereals: 30 g, about 1 cup • Cooked cereal: 175 ml, ¾ cup • Bagel or pita: half • Roll or muffin: 1 small • Crackers: depends on type • Popcorn (popped): 750 ml, 3 cups

Protein: Try to have 1 serving at every meal.

- Cooked meat, poultry, fish: 75 g, 2 ½ oz
- Cooked pulses or lentils: 175 ml, ¾ cup
- Canned meat or fish: ½ can
- Nuts or seeds: 60 ml, ¼ cup or a handful
- Peanut butter: 30 ml, 2 Tbsp
- Eggs: 2

High calcium proteins

- Tofu: 150 g, ¾ cup
- Cheese (cow, soy): 250 ml, 1 cup
- Yogurt: 175 g, ¾ cup

Hunger/Fullness Rating Scale

10	Absolutely, lie-on-the-floor stuffed
9	So full that you are starting to hurt
8	Very full
7	Starting to feel full
6	Slightly full
5	Perfectly comfortable
4	First signal that your body needs food
3	Strong signals to eat
2	Very hungry, irritable, headache, not able to concentrate, have lost focus, anxious
1	Extreme (very bad) hunger, dizziness, shakiness

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity: _____

Date: _____

Time	Food and amount	Place	B	P	Thoughts and feelings

Activity: _____

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Time	Food and amount	Place	B	P	Thoughts and feelings

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Date: _____

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Activity: _____

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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