

Wellness on the Mountain

Food Diary and Observations

Name _____

Date _____

A Food intake diary is a method of assessing your diet to determine possible nutrient deficiencies, dietary habits that may be preventing optimal health, energy influences, and much more.

This assessment not only allows a Nutritionist to evaluate your diet, it also gives you a better idea of your health. **Make copies of this and do for 3-5 days.....**

Please include all food and beverages, amount eaten, time of day, brands, method of preparation and how you feel after you eat that meal~

Upon Rise Breakfast Drinks Mood after meal:	
Snack Drinks	
Lunch Drinks Mood after meal:	
Snack Drinks	
Dinner Drinks Mood after meal:	
<i>Also note any change in bowel movement & urine color.</i>	Did you have a bowel movement? How many today & when? Consistency: Normal / Loose / Diarrhea / Other- <u>explain</u> :

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Please use this space to make note of your personal observations...
How do you feel after you eat, what are your bowel movements like, energy levels, & mood. Being in tune with your body is critical to this process.

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Your personal observations to your diet~

- Did you eat something today only because of habit? Y / N
- Did you skip any meals today? Y / N
- Did you go longer than four to five hours without eating? Y / N
- Did you eat too little in the morning? Y / N
- Did you eat more at night than any other time? Y / N
- Did you eat a lot of high-fat foods, such as whole dairy, fried foods, and desserts? Y / N
- Did you eat the same foods as you do every other day? Y / N
- Did you eat according to mood rather than hunger today? Y / N

What motivates you to eat? _____

How do you feel when you wake up? Before you go to bed? _____

What is your energy level like when you don't eat, when you do eat? _____

Do you like to cook? How does it make you feel? _____

Do you eat at home, out, or on the run? _____
