

HEALTHY EATING BASICS



How to Keep a Food Journal

When it comes to reaching your healthy eating goals, food journaling is one of the most powerful things you can do. Keeping a record of what you eat and drink each day makes you more aware of what and when you are consuming and helps you discover personal eating patterns and habits that you may need to work on. It can also help reinforce new healthy habits and keep you on track for successful long-term change.

Keeping a food journal is not about judging yourself and feeling guilty or ashamed about what you're eating. A journal is simply a tool to help achieve your goal. The Food Journal provided below is one way that you can record what you eat and drink each day, but you can also use a blank notebook or one of the many apps available online and on your smartphone. Use the option that works best for you!

FOOD JOURNAL

DATE:

TIME	FOOD/BEVERAGE & AMOUNT	NOTES (e.g. where you ate, how you felt)

Food-Tracking Made Easy!

Prefer tech to pen and paper? There are so many apps for smartphones and tablets that make food-tracking easier than ever. Here are a few suggestions to check out.



MyFitnessPal



See How You Eat



Ate



Rise Up



MyNetDiary

Sources www.healthlinkbc.ca/healthy-eating/food-journal | Images from Freepik.com