

FOOD JOURNAL

Date:

Time	Food/Drink	Amount	Mood	Free	Light	Heavy	Junk	Hunger	Fullness

Did you eat when at 3 or 4? Yes/No (Refer to hunger rating chart)
Did you stop at level 5? Yes/No (Refer to hunger rating chart)
Did you eat mainly free and light foods? Yes/No
Did you eat breakfast, lunch and dinner? Yes/No
 Milk _____ Meat _____ Vegetables _____ Fruit _____ Grain _____

Observations:

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Observations:

FOOD GUIDE

Free Foods	Artichokes Asparagus Bamboo shoots Broccoli Broth Brussels sprouts Cabbage Carrots Cauliflower Celery Cinnamon Cucumbers	Dill pickles Eggplant Flavourings Garlic Green beans Green onions Greens Herbs Horseradish Lemons Lettuce Limes	Mineral water Mushrooms Mustard Onion powder Onions Peppers Popcorn, plain Radishes Salad Dressing, no oil Soda, diet Soda, water Sour pickles	Soy sauce Spices Sprouts Tobasco sauce Tea Tomatoes Tomato juice Vegetable juice Vinegar Water Water chestnuts Zucchini
Light Foods	Apples Applesauce, Caned, without sugar Apricots Bananas Bagel, plain Blackberries Black eyed peas Beans, dried Biscuits Bran Bread Bread sticks Buttermilk Cantaloupe	Cereal, unsweetened Cheese, reduced fat Cherries Chicken, light Meat, no skin Clear soups Cottage cheese, low fat Crackers, low fat English muffins Fish Fruit, canned in water Fruit, canned in juice Grapefruit Grapes Hamburger buns	Lentils Meat, lean red, All fat removed Milk, non fat Milk, low fat Nectarines Oranges Papaya Peaches Peas Pineapple Plums Potatoes Prunes Raisins	Rice Rice cakes Spaghetti, plain Split peas Strawberries Sweet potatoes Tangerines Tortillas Tuna, canned in water Turkey, light Meat, no skin Vegetables soups Watermelon Yogurt, plain, low fat
Heavy Foods	Almonds Avocado Cereal, sweetened Cheese Chicken, fried Chicken or turkey, dark meat Chilli Coconut Cornbread	Cottage cheese, creamed Crackers, high fat Cream soups Eggs Fish, fried Fish sticks Fries Fruit, canned in syrup Fruit rolls Granola	Hash browns Macaroni & cheese Macaroni & salad Meat, red Milk, chocolate Milk, ice Milk, whole Muffins Pancakes Peanut butter	Peanuts Pop corn, buttered Potato salad Pudding Stuffing Stuffing Tofu Tuna, packed in oil Waffles Yogurt, flavoured
Junk Foods	Bacon Beer Butter Candy Candy cereal Cakes Chips Chocolate Chocolate topping Cookies Cream cheese Cream sauce Croissants	Doughnuts Fruit drinks Granola candy bars Gravy Gum Honey Hot dogs Ice cream Jam Jello Jelly Lard	Liquor Margarine Marmalade Mayonnaise Oil Olives Pastries Pies Popsicles Salad dressing Salami Salt Salt pork	Sausage Shakes Sodas Soft drinks Sour cream Sugar Sweet pickles Syrup Tartar sauce Whipped cream Wine

SCALE CHARTS

HUNGER RATING CHART

1. Extreme hunger	2. Very hungry, irritable	3. Strong signals to eat	4. First signals to eat	5. Perfectly comfortable
6. Slightly over-eating	7. Starting to feel uncomfortable	8. Very full	9. So full, starting to hurt	10. Absolutely stuffed

MOOD CHART

1. Happy	2. Neutral	3. Sad	4. Upset
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