



Keeping a Food Journal

It's important before and after weight loss surgery to track your diet. A food journal will help you become aware of the food you are eating and how often you are eating.

What to include;

1. Record what you are eating everyday
2. How much food you are eating – e.g. fistful, 2 fists, 3 fists
3. Time and Place – e.g. 7am at the dining table
4. Level of Hunger before eating– e.g. starving, content, not hungry, etc.
5. How you felt physically after eating – e.g. tired, energized, etc.
6. **And remember, be honest. It will only help you!**

FOOD	AMOUNT	TIME/PLACE	HUNGER LEVEL	EMOTION
Omelet with cheddar cheese	Fistful	8am; dining table	hungry	rushed

Please see next page to print out your journal.

If you have any questions, please contact us by phone at 707-577-7800 or by email contact@healthystepsinfo.com.

