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Food Diary

How to fill out your food diary:

1. Fill out the date at the top of the column.
2. In the first column, by each meal or snack make sure to note what time you ate, and if the items were homemade or bought.
3. For each meal or snack, make sure to write down what you ate, and the ingredients if applicable, for example if you had a smoothie, write down what is in it. If possible please write down how big the portion was.
4. At the bottom of each box you will see it says "How did you feel?", write down how you felt after eating, for example; energized, bloated, tired ect...

If it is easier for you to keep your diary in your phone, that is fine, just make sure to include all the above details!

	Day 1 _____	Day 2 _____	Day 3 _____
Breakfast __Homemade __Bought Time: _____	How did you feel? _____ _____	How did you feel? _____ _____	How did you feel? _____ _____
Snack __Homemade __Bought Time: _____	How did you feel? _____ _____	How did you feel? _____ _____	How did you feel? _____ _____

<p>Lunch __Homemade __Bought</p> <p>Time: _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>
<p>Snack __Homemade __Bought</p> <p>Time: _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>
<p>Dinner __Homemade __Bought</p> <p>Time: _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>
<p>Coffee/Tea</p> <p>Time: _____ _____ _____</p>	<p>__Cups: Cream/Sweetener</p> <p>__Cups Cream/Sweetener</p> <p>How did you feel? _____ _____</p>	<p>__Cups: Cream/Sweetener</p> <p>__Cups Cream/Sweetener</p> <p>How did you feel? _____ _____</p>	<p>__Cups: Cream/Sweetener</p> <p>__Cups Cream/Sweetener</p> <p>How did you feel? _____ _____</p>
<p>Alcohol</p> <p>Time: _____ _____ _____</p>	<p>__oz/shot/glass(es)</p> <p>How did you feel? _____ _____</p>	<p>__oz/shot/glass(es)</p> <p>How did you feel? _____ _____</p>	<p>__oz/shot/glass(es)</p> <p>How did you feel? _____ _____</p>
<p>Other</p> <p>Time: _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>	<p>How did you feel? _____ _____</p>