

**fill out a food**

**14**

The Harvard Medical School 6-Week Plan for Healthy Eating

[www.health.harvard.edu](http://www.health.harvard.edu/)



**Here’s an example of how to**

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| **SAMPLE FOOD DIARY diary** | | | | | | | | | | |
| TIME  Record start and end time of meal or snack | PLACE  Kitchen, living room, bedroom, car, desk at work | WITH WHOM  Alone, or with family, friends, colleagues | ACTIVITY  Reading, watching TV, talking, cooking | MOOD  Neutral, happy, tense, depressed, angry, bored, rushed, tired | HUNGER  Rate from 0–5:  0=no hunger, 5=starving | AMOUNT | FOOD | FRUITS OR VEGETABLES  Number of servings | FULLNESS AFTER EATING  1=still hungry, 2=quite satisfied, 3=uncomfortable | FILLED OUT JUST BEFORE OR AFTER EATING?  X=yes |
| 8:30–8:45 a.m. | Kitchen | Alone | Watching TV | Rushed | 4 | 1.5 cups | Shredded wheat cereal |  | 2 | X |
|  |  |  |  |  |  | 1 cup | Skim milk |  |  | X |
|  |  |  |  |  |  | 1 medium | Banana | 1 |  | X |
|  |  |  |  |  |  | 2 teaspoons | Sugar |  |  | X |
| 10:00–10:10 a.m. | Car | Alone | Driving | Happy | 3 | 1 medium | Apple | 1 | 2 |  |
| 11:00–11:05 a.m. | Car | Alone | Driving | Rushed | 2 | 1 | Granola bar |  | 2 |  |
| 1:30–2:00 p.m. | Work | Colleagues | Talking | Happy | 5 | 2 large slices | Cheese pizza |  | 3 | X |
|  |  |  |  |  |  | 1 large | Chocolate chip cookie |  |  | X |
| 6:00–6:10 p.m. | Kitchen | Alone | Cooking | Tired | 5 | 2 pieces | Low-fat string cheese |  | 1 |  |
| 6:30–7:05 p.m. | Kitchen | Husband | Talking | Tired | 4 | 6 ounces | Baked chicken |  | 2 | X |
|  |  |  |  |  |  | 1 cup | Brown rice |  |  | X |
|  |  |  |  |  |  | 1 cup | Broccoli | 1 |  | X |
|  |  |  |  |  |  | 2 glasses | Iced tea |  |  | X |
| 9:30–9:45 p.m. | Bed | Alone | Watching TV | Tired | 2 | 1 cup | Frozen yogurt |  | 3 |  |
|  | | | | | | | TOTAL: | 3 |  | |



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| **YOUR FOOD DIARY** Make three copies of this page and track your eating patterns for three days. Date: | | | | | | | | | | |
| TIME  Record start and end time of meal or snack | PLACE  Kitchen, living room, bedroom, car, desk at work | WITH WHOM  Alone, or with family, friends, colleagues | ACTIVITY  Reading, watching TV, talking, cooking | MOOD  Neutral, happy, tense, depressed, angry, bored, rushed, tired | HUNGER  Rate from 0–5:  0=no hunger, 5=starving | AMOUNT | FOOD | FRUITS OR VEGETABLES  Number of servings | FULLNESS AFTER EATING  1=still hungry, 2=quite satisfied, 3=uncomfortable | FILLED OUT JUST BEFORE OR AFTER EATING?  X=yes |
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**40**

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| **YOUR SNACKING DIARY** Make three copies of this page and track your snacking patterns for three days. Date: | | | | | | | | | | |
| TIME  Start and end time of the snack | PLACE  Kitchen, living room, bedroom, car, desk at work | WITH WHOM  Alone, or with family, friends, colleagues | ACTIVITY  Reading, watching TV, talking, cooking | MOOD  Neutral, happy, tense, depressed, angry, bored, rushed, tired | HUNGER  Rate from 0–5:  0=no hunger, 5=starving | AMOUNT | SNACK FOOD | CALORIES  If unknown, leave blank | FULLNESS AFTER EATING  1=still hungry, 2=quite satisfied, 3=uncomfortable | FILLED OUT JUST BEFORE OR AFTER EATING?  X=yes |
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| TOTAL: | | | | | | | |  |  | |