

FOOD JOURNAL

How Food Feels Journal

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NAME

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DATE

Instructions: Capture any physical sensations that you notice throughout the day, especially after eating.

MEAL TIME	WHAT DID YOU EAT?	ANY PHYSICAL SENSATIONS? IF SO, WHAT?
8 AM	Whole wheat bagel and cream cheese Glass of milk	Noticed stuffy nose and headache about half hour later. Stomach a bit rumby.
12 PM	Bowl of vegetable soup Medium-sized bowl of bean salad with tuna	Ate until just satisfied. Feeling good, not over-stuffed.
3 PM	Large coffee Muffin	Low energy; hoping coffee would pick me up. Now I have a headache.

