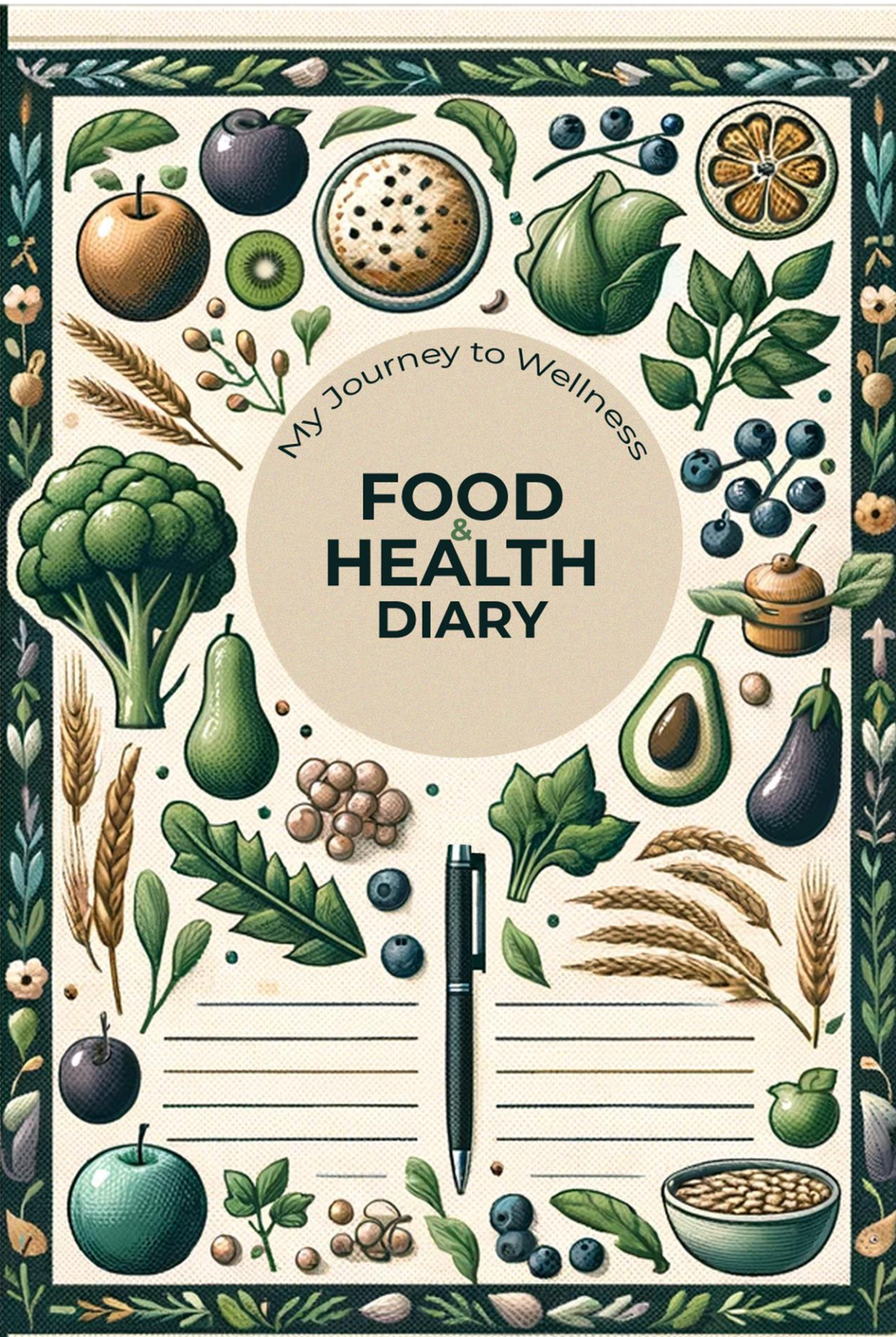


My Journey to Wellness

FOOD & HEALTH DIARY





Welcome!!

I'm thrilled you've decided to join us in taking charge of your health and well-being with this *Personal Food and Health Diary*.

This is more than just a tool for tracking what you eat; it's a companion on your path to discovering a happier, healthier you.

Our diets play a crucial role in how we feel, both physically and emotionally.

Sometimes, the smallest changes in what we eat can make a world of difference in our energy levels, mood, and overall health.

That's where this diary comes in – **it's designed to help you connect the dots** between your food choices and your body's responses.

Inside these pages, you'll find a simple yet comprehensive way to record your daily meals, physical symptoms, mood changes, and more.

By keeping track, you'll gain invaluable insights into how different foods affect you personally. Whether you're dealing with food sensitivities, trying to manage a health condition, or simply feel your best, this helps you explore and **understand your unique nutritional needs**.

There is **no one-size-fits-all approach to nutrition**. What works wonderfully for someone else might not be ideal for you. **That's why paying attention to your body's signals is so important.**

And don't worry if you're not sure what to look out for just yet – inside are helpful lists of common symptoms, mood states, and even tips on estimating portion sizes.

Be as open and detailed as possible in your entries. The more you put into this, the more you'll get out of it.

Remember, you could also consult with a healthcare professional to help interpret your findings and make informed decisions on the best way to move forward.

So, grab a pen, and let's begin!

To Your Health and Happiness,

Deb



Legal Stuff...

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Disclaimer

The contents of this *Personal Food and Health Diary*, including all text, graphics, images, and other material, are **for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment.**

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this diary.

The use of this diary is solely at your own risk. The writers do not assume any liability or responsibility for any errors or omissions in the content of this diary, or for any actions taken in reliance thereon.

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Day: _____
Date: _____
Goal: _____

Food & Health Diary



“Let food be your medicine
and medicine be your food.”

What I ate and drank today

Include everything you eat and drink at what time of day...

Morning:

Afternoon:

Evening:

Snacks:

Physical / Emotional reactions

Include how you felt AFTER eating or drinking.

Morning:

Afternoon:

Evening:

Snacks:

Additional Observations & Notes

Next day reactions

Include how you feel the next day.

How did you sleep?

Emotional state:

Energy Levels:

Mental Clarity:

How to Use this Food Diary

Print the Diary Page (previous page)

Top Right: Day, Date, Goal

- Enter the day
- And Date (for reference)
- Enter Your *Goal* - specific notes or focus areas for the day (e.g., "Monitor dairy intake" or "Note energy levels post-lunch").

Next Section Left Side: Food and Beverage Details

- Divided into sections for Morning, Afternoon, Evening, and Snacks.
 - **What You Ate/Drank:** List all foods and beverages consumed.
 - **Quantity:** Estimate the portion sizes.
 - **Ingredients:** Note any specific ingredients, especially if they are less common or potential allergens.

Right Side: Physical and Emotional Responses

- Subdivided into the same meal categories (Morning, Afternoon, Evening, and Snacks).
- For including any of the following:
 - **Immediate Reactions:** Any immediate physical symptoms (e.g., bloating, skin reactions).
 - **Emotional State:** Mood and energy levels post-meal.
 - **Digestive Responses:** Any gastrointestinal symptoms within a few hours.

Bottom Left: Additional Notes

- **Observations:** Additional information as needed.
- **Stress Levels:** High-stress events or periods of relaxation.
- **Medications or Supplements:** Any changes or consistent usage.
- **Exercise:** Type and duration of physical activity.

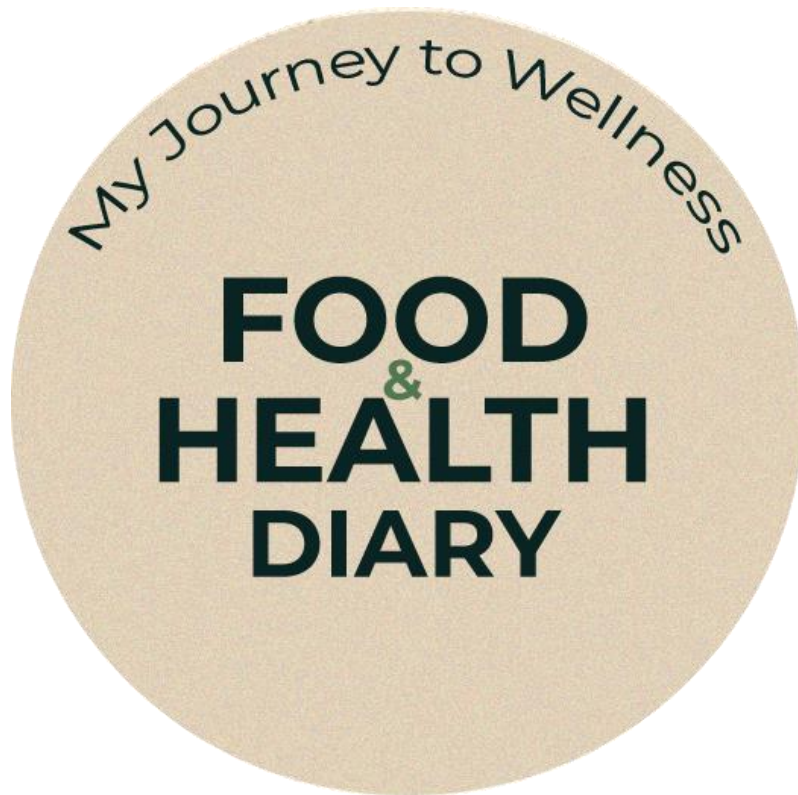
Bottom Right: Next Day Reactions

- **Sleep Quality:** Impact of diet on sleep patterns.
- **Energy Levels:** Overall energy throughout the day.
- **Mental Clarity:** Effects on focus and cognitive function.

Also See Helpful Appendices

- Common Food Allergens List
- Tips for Portion Size Estimation
- Glossary of Nutrition Terms

The key to a successful food diary is consistency and accuracy in recording.



Let's Continue...

Weekly and Monthly Summaries

How-To Guides

Weekly Summary Guide

What to record for this review:

- Summary of key observations and patterns
- Adjustments to diet based on findings
- Planning for the upcoming week

1. Set Aside Time: Choose a consistent day and time each week to write your summary. This helps establish a routine.

2. Review Daily Entries: Go through your diary entries for the week. Pay attention to patterns in food intake, symptoms, mood changes, and other relevant observations.

3. Note Key Observations: Write down the most significant findings of the week. This could include:

- Foods that consistently caused discomfort or allergic reactions.
- Foods that improved your mood or energy levels.
- Any new symptoms or significant changes in existing symptoms.

4. Reflect on Your Goals: Consider how your week's eating habits aligned with your health goals. Were there any deviations, and why?

5. Plan for the Upcoming Week: Based on your observations, make a plan for the next week. This might include:

- Foods to avoid or consume more of.
- Adjustments in meal sizes or timing.
- Trying new foods to see how they affect you.

6. Write a Summary: Compile your observations, reflections, and plans into a cohesive summary.

Week: _____
Date: _____
Goal: _____

Food & Health Diary



“Let food be your medicine
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Weekly Summary

Record any patterns and key observations

Eating Patterns:

Symptoms:

Moods:

Key Observations:

Next Week Plan

Include adjustments based on this summary

Avoid:

Increase:

Retest:

Try:

Summarize Thoughts

What do you think so far and how do you feel?

Goals

Reflect on your goals.

In Alignment?

-How:

Deviation?

-Why:

Monthly Overview Guide

- Reflection on long-term changes and trends.
- Correlation between diet and health improvements or challenges.
- Setting goals for the next month.
- Track of meals that were both enjoyable and health-promoting.

1. Monthly Review Session: At the end of each month, allocate a longer session for a more comprehensive review.

2. Gather Weekly Summaries: Use your weekly summaries as a reference point. They contain valuable insights that can help identify long-term trends.

3. Identify Trends and Patterns: Look for consistent patterns over the month. This might include:

- Long-term effects of certain foods on your health.
- Improvement or worsening of specific symptoms.
- Overall changes in mood and energy levels.

4. Reflect on Monthly Goals and Set New Ones: Assess if you've met the health goals you set at the beginning of the month. Based on your progress, set new goals for the following month.

5. Note Any Lifestyle Changes: Besides diet, consider other lifestyle factors that may have impacted your health, such as exercise, stress, sleep, and medication changes.

6. Write the Monthly Overview: Summarize your findings, reflections on goals, and plans for the next month.

Additional Tips

- **Be Detailed:** The more honest and detailed you are in your summaries, the more useful they will be.
- **Use a Separate Notebook or Document:** Keep your summaries in a separate notebook or digital document for easy reference.
- **Consult with Health Professionals:** Consider sharing your summaries with a healthcare provider for professional insights.

By following this guide, you can effectively summarize and analyze your food diary entries, leading to more informed decisions about your diet and overall health.

Month: _____
Date: _____
Goal: _____

Food & Health Diary



“Let food be your medicine
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Monthly Summary

Did you see patterns? What are your observations?

Eating Patterns:

Symptoms:

Moods:

Key Observations:

Next Month Plan

What would you change?

Avoid:

Increase:

Retest:

Try:

Summarize Thoughts

What worked? What didn't? How do you feel?

Goals

How did you do on your overall goals so far?

In Alignment?

Adjustments?

Symptom Short Codes

Benefits of Using Short Codes

1. **Efficiency:** Makes recording quick and easy, encouraging consistent use.
2. **Awareness:** Helps you become more aware of a wide range of potential food-related symptoms.
3. **Data Analysis:** Simplifies the process of reviewing the diary to identify patterns and correlations.

By incorporating short codes, your food diary becomes not just a tool for tracking what you eat, but a comprehensive health diary that can provide invaluable insights into how diet impacts overall well-being.

The following are comprehensive lists of **common, uncommon** and other symptoms that you may want to track. Each section includes symptoms typically associated with food intake that can provide valuable insights you may otherwise overlook.

You can create your own short codes, or refer to the following:



Common Food-Related Symptoms

1. Bloating (BL)
2. Headache (HD)
3. Skin Reactions (Rash, Hives) (SR)
4. Nausea (NA)
5. Stomach Pain or Cramps (SP)
6. Gas or Flatulence (GF)
7. Heartburn or Acid Reflux (HB)
8. Fatigue or Drowsiness (FD)
9. Mouth or Throat Itching (MT)

Less Common, But Relevant Symptoms

1. Mood Changes (Anxiety, Irritability) (MC)
2. Joint Pain or Stiffness (JP)
3. Muscle Pain or Weakness (MW)
4. Brain Fog or Decreased Concentration (BF)
5. Sleep Disturbances (Insomnia or Excessive Sleepiness) (SD)
6. Increased or Decreased Appetite (IA/DA)
7. Respiratory Symptoms (Shortness of Breath, Wheezing) (RS)
8. Palpitations or Irregular Heartbeat (PH)
9. Vision Changes (Blurry Vision) (VC)
10. Swelling or Edema (SW)
11. Weight Fluctuations (Unexplained Gain or Loss) (WF)
12. Tinnitus (Ear Ringing changes) (TN)

Gastrointestinal Symptoms

1. Constipation (CST): Difficulty in passing stools, infrequent bowel movements.
2. Diarrhea (DIA): Frequent, loose, or watery stools.
3. Irregular Bowel Movements (IBM): Fluctuations between diarrhea and constipation.
4. Change in Stool Color or Consistency (CSC): Noting any significant changes from your normal.
5. Presence of Blood or Mucus (BOM): Any unusual signs in the stool.
6. Urgency or Incontinence (UIN): Sudden, strong urges to defecate or inability to control bowel movements.

Symptom Severity Scale

1: Mild - Noticeable but not hindering daily activities.

2: Moderate - Discomforting and somewhat hindering daily activities.

3: Severe - Significantly impacts daily activities or requires medical attention.

This list covers a wide range of symptoms, offering a comprehensive approach to understanding how your diet impacts your overall health. Consult with a healthcare professional if you notice any concerning patterns or severe symptoms.

Output Example:

At a time after eating, you notice you feel unusually bloated.

It's more than a little, but not unbearable.

You might classify it as

BL-2

Appendixes 1, 2, 3

Appendix 1: Common Food Allergens List

1. **Milk:** Includes milk from cows, goats, and sheep.
2. **Eggs:** Both the whites and yolks of eggs.
3. **Fish:** Such as salmon, tuna, and halibut.
4. **Shellfish:** Including shrimp, crab, and lobster.
5. **Tree Nuts:** Almonds, walnuts, cashews, etc.
6. **Peanuts:** A legume that is often grouped with nuts.
7. **Wheat:** Common source of gluten; found in bread, pasta, etc.
8. **Soy:** Includes soybeans and many soy products.
9. **Sesame:** Seeds and oil often used in cooking.
10. **Mustard:** Seeds, leaves, and pastes used in various cuisines.
11. **Celery:** A vegetable used in soups, salads, and seasonings.
12. **Lupin:** Commonly found in flour and sometimes in processed foods.
13. **Sulfites:** Preservatives used in dried fruits, wine, and other foods.

Appendix 2: Tips for Portion Size Estimation

1. **Hand as a Guide:**
 - Protein (meat, fish, poultry): Palm-sized portion.
 - Vegetables: Fist-sized portion.
 - Carbohydrates (rice, pasta): One cupped hand.
 - Fats (butter, nuts): Thumb-sized portion.
2. **Read Food Labels:** Check serving sizes on packaging for a more accurate measure.
3. **Use Measuring Cups and Scales:** When possible, use kitchen tools for precise measurements.
4. **Mindful Eating:** Pay attention to hunger and fullness cues as a natural guide for portion sizes.

Appendix 3: Brief Glossary of Nutrition Terms

Click the links for more information on each term...

1. **Calories:** Measure of energy from food.
2. **Macronutrients:** Nutrients needed in large amounts: carbohydrates, proteins, and fats.
3. **Micronutrients:** Vitamins and minerals required in smaller quantities.
4. **Fiber:** Indigestible part of plant foods that aids in digestion.
5. **Saturated Fat:** A type of fat commonly found in animal products.
6. **Unsaturated Fat:** Healthier fats found in plants and fish.
7. **Trans Fats:** Artificial fats found in some processed foods.
8. **Glycemic Index:** A number associated with foods based on how quickly they raise blood glucose levels.
9. **Antioxidants:** Compounds that protect the body from damaging molecules called free radicals.
10. **Probiotics:** Beneficial bacteria that support gut health.
11. **Whole Foods:** Foods that are not processed and contain no added ingredients.

Visit www.Eat-Well-to-be-Well.com

Be Well!

