



SAMPLE FOOD DIARY

Here's an example
of how to
fill out a food
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 VEGE-TABLES (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	
						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 oz	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