

THE HEALTHY YOU NATURALLY

# Food Diary

So you've decided to start tracking your food, congratulations! Please find below some best practice tips as you embark on this journey.

## FRUITS & VEGGIES

As you plan out or track your meals, pay attention to how many fruits and veggies you are eating. The average adult should be eating 7-8 cups of veggies and 2-3 cups of fruits a day.

## WATER INTAKE

Tracking your water is just as important as tracking your food! To calculate how much water you need in oz, take your weight in lbs and divide by 2.

## SETTING A BASE LINE

If this is your first time tracking your food, it's important to set a base line. Track your current eating habits for 1-2 weeks before implementing any changes so that it will be easy to measure your progress.

## FEELINGS & MOODS

Along with tracking food, it is helpful to track how you're feeling before and after eating. This will help you identify trends and how certain foods may influence your feelings and moods.

## GUT HEALTH

Good digestion & elimination is an essential part of health, so we recommend tracking your bowel movements to ensure things are moving the way they are supposed to. The average healthy adult should be having 1-2 well formed and good sized bowel movements a day.

Most importantly, remember to take it slow and be kind to yourself. Start with where you are currently, and pick 1-2 things to focus on at a time, making small changes every few weeks.

Healthy Regards,

*Diane McLaren*

# Daily Food Tracker

DATE:

WAKE TIME:

SLEEP QUALITY:

DAY: S M T W T F S

BED TIME:

POOR • NEUTRAL • GOOD • AMAZING!

			BLOATING	CRAVINGS	FOGGY MIND	SLUGGISH	PAIN	GASSY	STRONG	FOCUSED	ENERGETIC	
BREAKFAST	MOOD: 	FEELING DIRECTLY AFTER										BOWEL MOVEMENTS
	HUNGER SCALE: 1 2 3 4 5 6 7 not hungry starving!	FEELING 2-3 HRS AFTER										
LUNCH	MOOD: 	FEELING DIRECTLY AFTER										
	HUNGER SCALE: 1 2 3 4 5 6 7 not hungry starving!	FEELING 2-3 HRS AFTER										
DINNER	MOOD: 	FEELING DIRECTLY AFTER										
	HUNGER SCALE: 1 2 3 4 5 6 7 not hungry starving!	FEELING 2-3 HRS AFTER										
SNACK <small>(OPTIONAL)</small>	MOOD: 	FEELING DIRECTLY AFTER										
	HUNGER SCALE: 1 2 3 4 5 6 7 not hungry starving!	FEELING 2-3 HRS AFTER										

VEGGIE SERVINGS



FRUIT SERVINGS



WATER INTAKE



SUPPLEMENTS

YES  
 NO

DIANE  
MCLAREN

WWW.DIANEMCLAREN.COM