



Learning About Your Eating Habits

Name _____ Date _____ Subject _____

To learn more about your eating habits, you need to keep a food diary for at least 2 days – a weekday and a weekend day (see Tables 9-3 and 9-4). Following are the instructions you will need to complete these food diary forms.

Time of Eating

For every meal or snack, record the time when you begin eating or drinking and when you finish.

Meal or Snack

Indicate whether it is a meal or a snack. Be sure to remember that everything you drink between meals is considered a snack. If it is a meal, indicate whether it is breakfast, lunch, or dinner.

Place of Eating

Record where you are when you eat that meal or snack or have that drink. If you are at home, record the room of the house you are in; otherwise, record whether you are in a restaurant, car, office, bar, etc.

Food and Amount

Indicate what you eat and the approximate amount. If you eat at home and you have a small scale, you will find it beneficial to measure the amount of the food that you eat so that you become more aware of portion sizes. If you do not know the exact amount, you will need to estimate this amount. If you estimate the amount of food, keep in mind that most people usually underestimate this amount.

Posture

Indicate your physical position while you are eating or drinking – lying down, sitting, standing, walking.

Associated Activity

Record what else you are doing while you are eating or drinking. For example, preparing dinner, watching television, reading, driving a car, talking on the telephone, etc.

Social Situation

Indicate whether you are alone, with someone, or with a group of people each time you eat.

Mood

Record how you feel before you start to eat. Were you content? happy? sad? depressed? angry? bored? tired? rushed? lonely? tense? etc.

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Hunger Level

Record how hungry you are before you start to eat. Rate your hunger level on a 10-point scale ranging from a score of 1, which would indicate that you were not hungry, to a score of 10, which would indicate that you were very hungry.

Evaluating Your Daily Food Recall Diary

By carefully evaluating your 3-day food diary, you will become aware of what you eat and how much you eat. You may find out that you are one of those people who do not realize how much they eat until they write everything down. You will also be able to see patterns as to when and why you eat.

Your food recall forms may also show that you eat too quickly without paying attention to your food or taking the time to enjoy it. If you eat frequently while standing up or while you are engaging in other activities, this is a good indication that you need to slow down and take the time to enjoy your food.

Analysis of the Three Food Recall Forms

By answering the following questions you may be able to identify some of these patterns:

- How many days did you skip at least 1 meal? ____
- How many times did you eat when you were not really hungry? ____
- How many times did you eat because you were bored? ____
- How many times did you eat because you were depressed? ____
- How many days did you snack on foods that you should not have eaten? ____
- How many days did you drink more than 1 alcoholic beverage? ____
- How many days did you eat at least one dessert? ____
- How many times did other people trigger unwanted eating behavior? ____
- How many times did you eat a meal and when you were finished, you wished that you had not eaten so much?

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Table 9-3 Daily Food Recall Diary #1

Complete this form for at least 1 weekday and weekend day. Try to select typical days.

Time start-end	Meal or snack	Place	Food	Amount	Posture	Associated activity	Social situation	Mood	Hunger level

Name:

Date:

Table 9-4 Daily Food Recall Diary #2

Complete this form for at least 1 weekday and weekend day. Try to select typical days.

Time start-end	Meal or snack	Place	Food	Amount	Posture	Associated activity	Social situation	Mood	Hunger level

Name:

Date:

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