

# Eating Diary Instructions

An Eating Diary is a powerful tool for raising your awareness about the food and drink you consume. So much so that 90% of successful slimmers record details about what they eat.

Recording your eating and drinking habits reveals exactly what passes your lips each day. It helps spot patterns of behaviour that cause you to eat too many or too much high-energy foods. Completing a daily record will influence your eating habits for the better, right from the start.

## Awareness is the key to changing eating habits

An Eating Diary helps you identify key factors that influence what you eat. You'll discover how people, places and particular moods seem to make you eat different foods.

Here's what you'll record:

**Time.** Write the time you eat or drink and whether you are having breakfast, lunch, dinner or a snack in between.

**Food & Drink.** Write down specific details about the type and amount of food or drink you consume.

**Who/where.** Who are you with when you eat or drink and where are you (Eg. kitchen, dining table, watching TV, in car).

**Mood/thoughts.** Describe the mood you are in when you eat (Eg. happy, sad, anxious, bored, etc) and any specific thoughts you have (Eg. craving chocolate).

**Hunger/fullness.** Use the hunger-fullness scale (ranging from 1=Ravenous to 9=Feeling sick) on the diary page to rate your hunger just before you eat or drink. Then rate your fullness when you stop eating, using the same scale.

Provide as much detail as you can as all information is useful!

# Recording Tips

The table below provides a rough guide to portion sizes, to help you more accurately record how much you eat.

Serving	Hand comparison	Object comparison
Teaspoon	Thumb-tip	One dice
Tablespoon	Thumb	Three dice
30 grams (1 ounce) cheese	Two small thumbs	Four dice
Cup	Fist	Tennis ball
½ cup vegetables, rice or pasta	Small fist	Computer mouse
30 gram serving of snack foods	Small handful	Small mobile phone
Medium-size fruit or vegetable	Medium fist	Tennis ball
80-100 gram serving of meat, chicken or fish	Palm	Deck of cards

Here is a list of questions to help you accurately record the amounts of food and drink you consume.

## **Bread**

How many slices, was it a roll or bun?

Were they small, medium or large?

What type of bread was it? (white, wholemeal, multigrain etc)

## **Pasta / rice**

How many tablespoons or cups?

What kind? (white, brown, wholemeal etc)

Any added ingredients? (oil, butter, cream, cheese etc)

## **Breakfast cereals**

How many cups?

What kind? (muesli, porridge, corn flakes, etc)

Any added ingredients? (milk, juice, sugar etc) How much?

## **Fruit**

How many pieces or cups?

Small, medium or large?

Was it fresh or canned? In syrup?

## **Vegetables**

How many cups, scoops, pieces?

What kind?

How were they prepared? (baked, boiled, fried etc)

## **Meat, chicken, fish**

How large a portion?

What type?

How was it prepared? (baked, steamed, grilled, fried etc)

Any added sauces?

## **Milk, yoghurt**

How many cups, cartons, tubs? What size?

What type? (regular, reduced fat, low fat etc)

## **Cheese**

How many slices, cubes?

What type? (cheddar, ricotta, brie, cream, cottage etc)

Fat level? (regular, reduced fat, low fat)

## **Oil, butter, margarine**

How many teaspoons or tablespoons?

What kind? (olive oils, polyunsaturated margarine, etc)

## **Snack foods**

What kind? (nuts, chips, chocolate, biscuits etc)

How much? (cups, bowls, a hand full etc)

## **Drinks**

What type? (Beer, milk, coffee/tea, cola, fruit juice etc)

How much? (mug, cup, schooner, can etc)

Added sugar or sweetener? How much?

## **Alcohol**

How many standard drinks?

What type? (beer, wine, spirits)

Was it mixed with anything? (Cola, tonic water, juice etc)