

*Stop counting carbs  
and calories!*



# Food journaling is mindfulness

Journaling is a way to identify and foster healthy relationship with food.

Setting aside time to record what you are eating and drinking may show you areas on which to focus on.

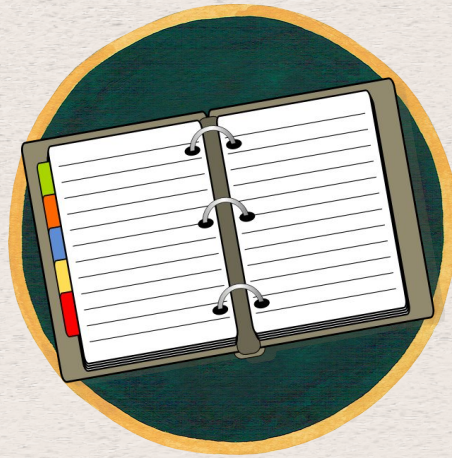
A journal can be handwritten or documented with a variety of apps or food trackers that are available.

Popular online trackers include

Myfitnesspal, Baritastic, Loseit!, & Fatsecret.

A journal will show what foods you are reaching for when you are happy, versus bored or anxious.





# *Your Journal*

Is a great tool to fully understand your eating habits, ,  
improve food choices, reach weight loss goals and find  
what foods you may be sensitive to.



# Good Food vs Bad Food?

Is there such thing?



“

*As you navigate learning  
about healthy eating  
behaviors, consider getting  
away from labeling food as  
good or bad.*



## Focus on:

- ◆ Your food selections
- ◆ Identify how you felt when you chose that food.
- ◆ Look for patterns in your journal.
- ◆ What are your food selections at home vs at outside of home?
- ◆ How did your mood affect what you ate.



# Weekly Planner!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Food diary template as this one for example, can also help you to track what you eat during the day.



# Basic food diary should include:

- ◆ Write down food that you eat during the day.
- ◆ Write portion size
- ◆ Time :note the time of the day you eat.
- ◆ Place, (where you eat?)this is another factor that helps identify your patterns.
- ◆ Hunger level (hunger scale 1-10)
- ◆ Feelings: check with yourself, how do you feel before, during and after you eat.





# Here are some tips for tracking what you eat or drink:

Keep it simple.

It should not be a chore to track. Stop if it is causing you stress.

Log foods as soon as you can when possible.

Who are you eating with?

Skip calorie counting, and instead track fluids, and protein intake.

If you miss a day, that's fine, just pick it up the next day!

Take note of where are you eating (in the car, over the kitchen counter, at the kitchen table, in front of the TV, on your phone?)

How long did it take you to eat a meal?

How hungry were you on a scale of 1-10?



# Try to stay Consistent and Honest

Tracking what you eat, only takes 15 minutes a day when you do it regularly.





Once you have documented a few days of meals, you can use this information to set goals. Do you want to make changes to food choices or behaviors?



# Use The Acronym S.M.A.R.T to get started

*Smart*

*Measurable*

*Active*

*Realistic*

*Time bound*

This makes it easier to achieve and maintain



# We encourage you to make 3 goals one for each: Nutrition, Behavior, Exercise.

For someone who skips meals :

I will eat 4 oz greek yogurt at breakfast daily at 7am before I leave for work

For someone who is overeating:

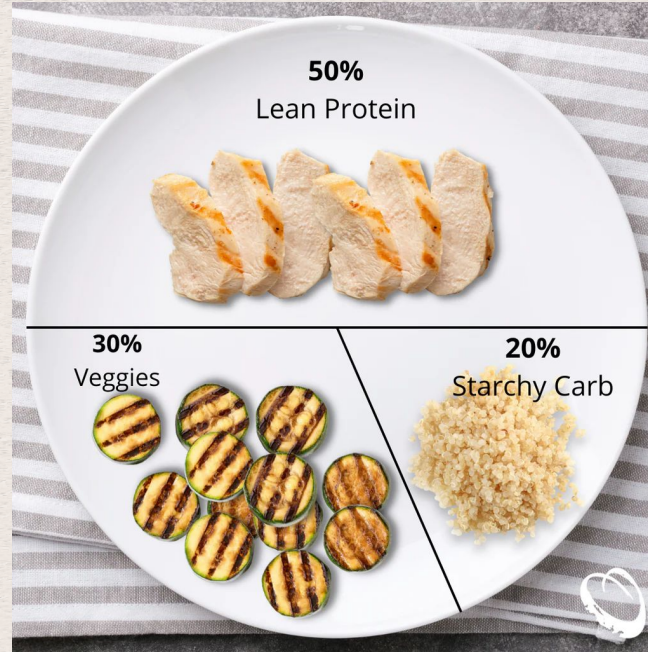
I will use a small plate at dinner daily.

For limited exercise:

I will walk 10 minutes during my lunch break on Monday, Wednesday and Thursday at noon.



Alternative for  
food tracking  
and journaling.



Use a small plate and  
fill half with protein  
then portion out your  
veggies (about  $\frac{1}{3}$  of the  
plate ) selection and  
whole grains (about  $\frac{1}{4}$   
of the plate ).



Alternative for  
food tracking  
and journaling.



Take your time eating  
listen to your body, Put  
the fork down when  
done with each bite  
.You will feel full more  
quickly as compared to  
prior to starting the  
weight loss medication.







*Thank you*

Questions? You can email  
[Illana.Matzkhromchenko@hmhn.org](mailto:Illana.Matzkhromchenko@hmhn.org)

