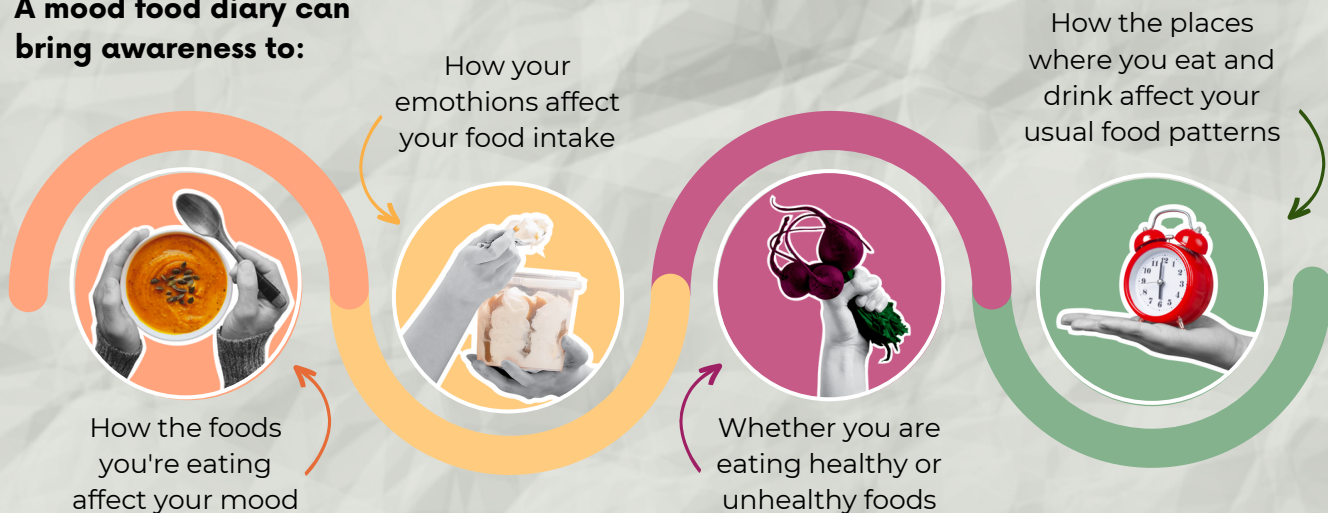


What is a Food and Mood Diary?

A Food and Mood diary can bring about awareness of your eating and drinking patterns by creating a record of your mood and other details such as time, types of foods, and how these vary (or don't) over time, allowing you to review your eating and drinking patterns to see where changes may help you achieve your health goals.

Why use a Food and Mood Diary?

A mood food diary can bring awareness to:



Guidelines for keeping a Food Diary

- 1) Record the day and date at the beginning of each new day.
- 2) Write down everything you eat and drink, no matter how small it seems.
- 3) Be as specific as possible. Record your food exactly how you eat it. For example if you have chicken, record if it was fried, stir-fried, deep fried or baked.
- 4) Estimate the amounts you eat. Sometimes, it may be easier to estimate the portion of food eaten in centimeters. For example, if you have a piece of cake (e.g. 5cm x 5cm x 3cm).

Record the following information every time you eat or drink:

- 1) Time: keep track of the time of day you eat by recording the start and end time of each meal or snack
- 2) Food/s eaten: write down each type of food/drink. Be as specific as you can. Don't forget to write down extras, such as toppings, sauces, or condiments e.g. butter, tomato sauce, or sugar.
- 3) Amount eaten: List the amount of the food/drink item. This might be measured in volume (e.g. 1/2 cup cornflakes), weight (e.g. 100 grams of steak), size (e.g. medium apple) or the number of items (e.g. 12 chips).
- 4) Fullness: think about and record how full you feel on a scale from 1 to 10 with 1 being really hungry and 10 being uncomfortably full.
- 5) Mood: include how you feel before you start eating. For example, are you happy, sad, or bored?
- 6) Activity: list any activities you do while you eat e.g. you could be working, watching TV, or playing a game.

1) Time	2) Food Eaten	3) Amount Eaten	4) Fullness	5) Mood	6) Activity
Record start and end time of meal or snack	Write down each type of food/drink Be specific. Write extras, such as toppings, sauces, condiments e.g. butter, tomato sauce, sugar	Record the amount of food/drink	Record how full you feel after eating on a scale from 1 to 10 with 1 being really hungry and 10 being uncomfortably full	e.g. neutral, excited, happy, tense, bored, sad, angry, rushed, tired, stressed	e.g. reading, watching TV, taking, cooking, driving,

Example:

Day / Date: Monday 5/2/23

8:00 - 8:15 am	Weetbix	3	6	Tired	Watching TV
	Full-cream milk	1 cup			
	Sugar	2 tsp.			
8:30 - 8:45 am	Takeaway coffee (cappuccino on full cream milk with 1 sugar)	1 Large	5	Rushed	Driving
11 - 11:15 am	Coles Banana bread	1 slice, 2cm thick	8	Happy	Working on computer
11:30 - 11:05 am	Water	1 large glass	6		
12:50 - 1:05 pm	2 slices Ham and pineapple pizza	2 slices	5	Bored	Working on computer
2:15 - 2:20 pm	Water	1 large glass	6		
5:45 - 6:20 pm	McDonald's Fries	1 medium	7	Hungry	Driving
7:05 - 7:50 pm	Chardonnay	250ml	5	Hungry/Tired	Talking
	Rump steak, BBQ, no oil	200g	9		
	Potato bake made with cream, and tasty cheese	1 large scoop ~1 handful			
	Mixed Garden salad (lettuce, tomato, cucumber, capsicum)	1 cup			
	Ranch Dressing	2 Tbsp		Full	
8:20 - 8:25 pm	Water	1 small glass (~250ml)	8	Neutral	Standing
9:30 - 9:55 pm	Cadbury caramello chocolate	8 squares	7		Watching TV

