

Food Journal

Keeping a food journal is an effective way to help your dietitian understand your eating habits and identify any target problem areas you may have. Please keep a food diary for at least 3 days prior to your initial visit.

	Food/Beverage Item	Hunger Scale Rating	
		Before	After
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Hunger Scale 1-10

1. Beyond hungry: You may have a headache. You can't concentrate and feel dizzy.
2. Famished: You're irritable and cranky and very hungry, with little energy.
3. The urge to eat is strong. You are feeling an emptiness in your stomach.
4. You start to think about food. You are a little hungry.
5. Your body has enough fuel to keep it going and is starting to feel satisfied.
6. You're fully at the point of satisfaction.
7. You're past the point of satisfaction, yet you can still "find room" for a little more.
8. You are actually starting to hurt.
9. You feel really uncomfortable, heavy, tired, and bloated.
10. Thanksgiving full: you are physically miserable and don't want to look at food again.

