

My Heart Health Food Diary



Why keep a diary?

Recording what, when and why can help you become more aware of your eating and drinking habits. This diary can help you:

- Identify eating triggers
- Realise patterns in your eating or activity that you may not have noticed before
- Discover which changes to your lifestyle are likely to be most useful
- See what you've achieved once you've made changes
- Monitor whether you have achieved your healthy lifestyle objectives.

How to complete your diary

- Complete your diary for at least three or ideally seven consecutive days including at least one weekend day
- Record as you go and the time that it happens, to improve accuracy
- Write down everything you eat and drink in household measures, for example, 3 tablespoons cereal, 2 slices of bread, 1 teaspoon of butter, 1 large mug of milky tea
- Describe how your food was prepared or cooked, for example, 3 egg-sized new potatoes boiled, 1 chicken breast grilled, 1 egg fried in vegetable oil, 3 florets broccoli steamed
- Use the 'Notes' section to record hunger and fullness levels, why you are eating, and your mood.

Outcomes

What do you want achieve?

For example, lose 1kg per month, increase energy levels.

1. _____
2. _____

Behaviour goals

What changes can you make/control?

For example, portion size, consume less sweets.

1. _____
2. _____

Key messages:

- It's never too late
- Make a start today
- Start by making small changes towards your goal
- Something is better than nothing.

You don't have fill in every section if it doesn't apply to your day.

Disclaimer: This resource is not a substitute for, nor is it intended to replace, the services of a health care professional.



My Heart Health Food Diary

Name: _____

Date: _____ Week: _____



	Breakfast	Lunch	Dinner	Snacks	How do I feel?
Examples of how to record your diary	7:00 AM <ul style="list-style-type: none"> • 2 weetbix w/ skimmed milk (125ml) • 1 small banana • 200ml pure orange juice 	12:30 PM <ul style="list-style-type: none"> • 400g tin lentil soup • 1 large wholemeal bread roll • 125g fruit yogurt • coffee with skimmed milk 	6:00 PM <ul style="list-style-type: none"> • 3 egg-sized boiled potatoes • 1 chicken breast grilled • 3 florets broccoli steamed • 1 teaspoon low fat spread 	11:00 AM <ul style="list-style-type: none"> • 1 medium apple 3:00 PM <ul style="list-style-type: none"> • 1 packet crisps (25g) • 3 coffees with skimmed milk • 750ml water bottle 	For example, hungry, full, stressed, bored, sad, content, happy, craving something sweet

	Breakfast	Lunch	Dinner	Snacks	How do I feel?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					