



Natalia Boffi
Integrative Nutrition Health Coach®
www.healthystartshere.online

THE FOOD JOURNAL

Keeping a food journal can help you become more aware of your daily eating habits and lifestyle. If you notice signs or symptoms after certain foods, a journal is a useful reference to track possible food allergens or sensitivities. In a notebook — or in these pages — write how you feel physically and emotionally before, during, and after meals and drinks.

If you forget to record a meal, do not stress. You can always pick up where you left off. Once you start seeing clear connections between physical symptoms, emotions, and food, you may no longer need to write everything down. Use this tool at your own pace.

I recommend doing this for 3 days. Note what you eat at breakfast, lunch, dinner, and snacks, and also the physical and emotional symptoms you notice before, during, and after. These 3 days will let you see how you feel using the tool.

DAY 1	FOODS	PHYSICAL SYMPTOMS*	EMOTIONS*
BREAKFAST			
LUNCH			
DINNER			
SNACKS			

DAY 2	FOODS	PHYSICAL SYMPTOMS*	EMOTIONS*
BREAKFAST			
LUNCH			
DINNER			
SNACKS			

DAY 3	FOODS	PHYSICAL SYMPTOMS*	EMOTIONS*
BREAKFAST			
LUNCH			
DINNER			
SNACKS			

Physical symptoms: e.g. headaches, stomach pain, exhaustion, insomnia, trembling, high energy, focus, physical strength, bright eyes, alertness.

Emotions: e.g. anxiety, depression, restlessness, irritability, agitation, high energy, good mood, happiness, interest, calm.