



5 Day Food & Mood Journal

FOOD DIARY

Food has the power to either fuel us or deplete us. Too often we are not aware of the physical and emotional effect food has on our body and mind.

I want you to be empowered, which is why when you keep this food diary I want you to **note how your body is being affected on a physical and emotional level.**

Many of my clients experience physical imbalances from eating food such as headaches, poor sleep, bloating, skin rashes, dry eyes, insomnia, poor breathing, a bad taste in their mouth, weight gain and more. Many of my clients also experience emotional imbalances such as feeling anxious, heart palpitations, feeling sad, agitated, irritable and more.

If a certain food causes a reaction for you, or brings on imbalances whether physical or emotional, remove the food from your diet for a week and then reintroduce it to see if the same reaction occurs. If the reaction returns, then remove the food for a 3-month period, per the work of Liz Lipski.

Keep in mind, **this program is not about depriving yourself** of what your body needs. Your body will tell you what is right for you, so the key is to listen to it and be aware of the signs and symptoms of physical and emotional imbalance.

Use this diary, or buy a journal, to track and write down how you are feeling throughout this process of small, subtle changes and note if imbalances occur if you are eating out or at home.

Let's begin with an evaluation of how your doing on the next page.

Food and mood: What we know

*A diet **low in fruit and vegetables** may contribute towards a range of mental health problems. This is because a balance of vitamins and nutrients are needed to keep the brain healthy.*

Eat a variety of fruit and vegetables (at least 5 portions a day) will provide a healthy balance of many of the nutrients needed.

How many portions do I eat each day? 1 2 3 4 5

***Not drinking enough water** can make you feel tired, low in energy and unable to concentrate. This is because the body is around 3 quarters water and 2 litres (8 glasses) is needed every day to replace lost fluids (more on a hot day or after exercising). Drinking non caffeinated drinks throughout the day will keep the body hydrated.*

How many glasses of water do I drink each day? 1 2 3 4 5 6 7 8

*A diet **low in Omega 3 (and sometimes 6) fatty acids** may contribute towards a range of mental health problems. This is because the food we eat, and how much we eat has an impact on how efficiently our mind and body works.*

Eating lots of 'essential' or 'polyunsaturated' fats such as Omega 3, is thought to have a positive effect on how well our brain cells function and communicate, with each other and the rest of the body.

Essential fats such as Omega 3 are not produced naturally by the body and so can only be obtained through the food we eat or supplements. Eating lots of foods such as oily fish, walnuts, linseed oil and spinach at least 3 times a week can provide a healthy source of Omega 3 fatty acids.

Do I eat Omega 3's at least 3 times a week? Y N

Place a tick next to those symptoms you experience regularly:

How you feel

- Anxious, nervous, frightened*
- Depressed, low in mood, 'down'.*
- Mood swings*
- Restless*
- Easily stressed/stressed*
- Tearful*
- Aggressive*
- Unreal, strange, woozy, detached*
- Panicky*
- Low in energy/tired*

What happens to your body

- Fast heart beat*
- Increased blood pressure*
- Cravings*
- Chest feels tight and painful*
- Aches and pains*
- Bloating*
- Constipation*
- Dehydration*
- Nauseas*
- Dizzy, shaking, fainting*
- Headaches*

How you think

- Can't think straight*
- Can't concentrate*
- Hearing your own thoughts*
- Imagining the worst and dwelling on it*
- Negative thoughts*
- Mind preoccupied by food*

What you do

- Lose interest in things*
- Get snappy and irritable*
- Difficulty remembering things*
- Become/get aggressive*
- Get angry at people*
- Restless*
- Become hyperactive or under active*

There are a number of things that you could do to help with some of these symptoms.

These include:

- Visiting your GP for advice.*
- Referring to the contact list provided at the back of this booklet.*
- Visiting your local 'Health Information Point' located in public libraries.*
- Making changes to your diet.*

There is evidence to suggest that making changes to your diet can help with these symptoms. This guide outlines some of the changes that you might wish to make. The important thing is that any changes that you make to your diet can be done gradually even making small changes can add up to big benefits.

FOOD DIARY

TIME OF EATING

FOOD AMOUNT

HUNGER LEVEL

EATING HOME/OUT

NOTES

EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

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Physically/
Emotionally

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EVENING