

# Tips for keeping a food diary

If you're trying to lose weight or simply want to eat healthier, keeping a food diary can help. Often times, we eat little bites here and there that don't seem like much, but calories from them can add up quickly. A food diary will help you see everything you eat and drink so you can be more aware of extra calories or unhealthy choices. It can also help you see if you are eating because of stress or emotions. Then, you can find ways to stop these habits.

A food diary doesn't have to be complicated. Food diary apps are available, but they're not necessary. The American Academy of Family Physicians and the CDC say you should write down these things:

- What you ate and drank
- The time you ate meals and snacks
- Where you ate and any other activity you were doing (watching TV, checking emails, etc.)
- Who you were with
- How you were feeling (before, during, and after eating)

Don't rely on your memory at the end of the day. It's too difficult to remember every bite or sip. Instead, have the diary with you and write things down as soon as you can. Being honest and taking note of everything you eat and drink can help you see your eating patterns and pinpoint ways you can make healthy changes.

