



Healthier
eating made
easy

The big *food diary*

The big food diary

It's worth taking a look at what we eat every day. Doing so can lead to many eye-opening moments, which in turn helps us to eat more consciously and healthily in the long term.

1

Write down what you eat and drink and when, and most importantly: be honest and conscientious. Don't forget the little things. A period of 7 to 14 days is recommended.

2

Also note whether it was a working day or whether you had time off or were on vacation, as eating habits usually differ in these cases.

3

If possible, also note the time so that you can identify snacking or eating on the side, or to make it easier to recognize intolerances.

4

To find out which foods are good or less good for you, you can add information about how you feel every day.

5

After just a few days, you can review your notes and start to identify patterns:

- Do I snack too much?
- Do I unconsciously eat large amounts while watching TV?
- Does my food fill me up sufficiently, or do I tend to have cravings?
- How much fresh produce (fruit, vegetables, herbs) enriches my daily diet?
- Do certain foods cause discomfort and upset?

6

Take stock: What would you like to change? It is better to take small steps than large ones (e.g., "I will only snack once a day" or "I will eat a full lunch instead of just getting a snack from the bakery"). Write down your goals. It is best to set only one or two goals at a time.



Monday

Date:

☐

Working day

☐

Free/Weekend

☐

Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



Tuesday

Date:



Working day



Free/Weekend



Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



Wednesday

Date:

☐

Working day

☐

Free/Weekend

☐

Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



Thursday

Date:


☐

Working day

☐

Free/Weekend

☐

Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



Friday Date:



☐ Working day
 ☐ Free/Weekend
 ☐ Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



Saturday

Date:


☐

Working day

☐

Free/Weekend

☐

Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



Sunday

Date:


☐

Working day

☐

Free/Weekend

☐

Holiday

Breakfast

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Lunch

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

In between

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Dinner

What and how much?	When and where?	Eating due to stress, habit, etc.	Cravings or discomfort afterwards

Just check it off

Calorie-free drinks:



Servings of vegetables and fruit:



My well-being today:



keep your *goals* in mind

For next week, I plan to...

A series of horizontal dotted lines for writing.



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