**FOOD RECORD**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Attached is a food record to assist me in understanding your eating patterns. Include meals, snacks and beverages. Please do not try to be “good” just because you know I’ll be reading your log. I can provide the most help/benefit if you give me the most accurate details! Examples of mood/feelings: tired, energetic, lethargic, hungry, satisfied, depressed, brain-fog, crabby, sad, etc.

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| --- | --- | --- | --- |
| Date/Time | Food Eaten/Prep | Mood/Feelings after eating | Mood/Feelings  2 hours after |
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