parentcircle

MY FOOD DIARY

Food (Fruits, vegetables, cereals, meat, fish, egg, nuts, snacks, beverages etc)	Quantity (Cup, grams, ml, teaspoons, tablespoons, numbers)	Duration (Record start and end time of meal/snack)	Place (For example, dining room, kitchen, living room, bedroom, desk, car, work, restaurant)	With Whom (Alone, family, friends, colleagues)	Activity while eating (For example, talking, cooking, reading, watching TV)	Mood (Happy, sad, angry, tired, bored, neutral)

Things to remember:

1. Write everything that you eat/drink in a day.
2. Don't rely on your memory. Record everything as you go.
3. Mention the food exactly in the form you eat it.
4. Be specific with the quantity of food.