



Andrea Moore, MD

Food Journal Instructions

1. **Decide how you are going to journal.**

Do you want to write it down in a notebook or use the notes app on your phone? Do you want to just record it on Slack channel? You can also take a picture and document it with images. I don't care how you journal but you have to do it.

2. **Record everything you eat or drink.**

This includes gum, mints, bites, tastes and beverages. You do not have to record water, black coffee or unsweetened tea.

3. **Record as you go along.**

Do not wait until the end of the day because you will end up with food amnesia. Trust me. The three skittles you had at 10 am will not be in your memory bank.

4. **Document the time you eat with each food and/or meal.**

5. **Note whether or not you are hungry when you eat.**

In the beginning you might not be able to tell when you are hungry and when you are full. As you become more fat adapted this skill will improve.

6. **Use the hunger scale to document your hunger.**

You want to start eating no later than -4 and stop eating before +4.

7. **When you are not hungry and you still eat, this food still counts.**

I call these amnesia calories. Make a note of this by just putting a capital A.

8. **The amnesia calories even count for non-caloric food like raw broccoli.**

9. **Focus on food documentation first.**

Quantities may become important in the future as you near your goal. Right now, I just want documentation.

10. **If you pre plan the night before, your actual documentation will be a breeze.**

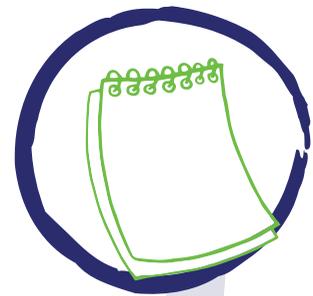
This is helpful to stay on track during the day.

11. **Journal even if you eat off plan.**

I don't expect perfection and if you journal only when you are perfect you will have a clean slate.

12. **Know that no one likes to journal.**

However, we have clear evidence that individuals who journal lose more weight and are more successful at maintenance.





Andrea Moore, MD

-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8
----	----	----	----	----	----	----	----	---	---	---	---	---	---	---	---	---

- 8 = Feeling like you are on an episode of survivor and you are considering eating food you would not normally eat.
- 7 = Starting to feel tired and weak from not eating
- 6 = Have to eat NOW!
- 5 = You are starting to get irritable
- 4 = It is time to eat
- 3 = Stomach is growling
- 2 = Hunger noted but you can get distracted and wait
- 1 = First hint that you might be getting hungry
- 0 = Not hungry
- +1 = Know that you are eating and hunger is going away
- +2 = Satisfied but you could eat more
- +3 = Satisfied and you could stop eating
- +4 = Full, you could get up and jog around the block
- +5 = Overly full but you could walk around the block
- +6 = You are uncomfortable
- +7 = Stuffed from a holiday meal and you can't eat anymore
- +8 = One more bite and you will feel like throwing up