FOOD DIARY

Food diaries are a really good way of keeing track and feeling in control about our intake. In can be daunting to write down what we eat each day, but over time it becomes easier. The diaries aren't just used to track our intake of food in recovery, they can be used to record drinks, emotions and any comprensatory behaviours such as purging, driven exercise or taking laxatives. Regardless of what our problems with eating or drinking may be, understanding it better is vital for recovery. I recommend you spend one week using the template below to record what you eat and drink on a normal basis. After one week have a go at implementing some of the advice on the Example Eating Plan PDF.

Time	Food (Type and amount)	Drink (Type and amount)	Where was I?What was I doing?Who was I with?	How was I feeling before? How did I feel afterwards?	Any compensatory behaviours?