



# Food Journal

Name: \_\_\_\_\_ Date: \_\_\_\_\_

	Write down everything you eat and drink for three days, including all snacks, beverages, and water and the time you ate it. At least one of the days should be a weekend day. Please include approximate amounts and ingredients. If you notice any mood or digestive changes associated with a meal/snack, record it in the right-hand column.			
	<b>Time</b>	<b>Food</b>	<b>Beverages</b>	<b>Mood or Digestive Changes</b>
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				