Irish Nutrition and Dietetic Institute
Fact Sheet

Guidelines for keeping a food diary

1. Fill in the diary as you eat – try not to wait until the evening or the next day before you fill it in.
2. Write down everything you eat or drink, no matter how big or small.
3. Think about why you are eating. Many people eat when stressed, bored or upset. Some people eat from habit. If you are eating for any reason other than hunger think about why this is and write it down – it can help you to see what might be triggering your eating.

Food Diary

Day _____ Date_____

Time	Food and amount	Were you hungry?	If you were not hungry, why did you eat it?

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