

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

# How food feels journal

Instructions: Capture any physical sensations that you notice throughout the day, especially after eating.

Meal time

What did you eat?

Any physical sensations? If so, what?

Example:

8 AM

Whole wheat bagel and cream cheese  
Glass of milk

Noticed stuffy nose and headache about half hour later. Stomach a bit rumbling.

12 PM

Bowl of vegetable soup  
Medium sized bowl of bean salad with tuna

Ate until just satisfied. Feeling good, not over-stuffed.

3 PM

Large coffee  
Muffin

Low energy; hoping coffee would pick me up. Now I have a headache.



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

# How food feels journal

Instructions: Capture any physical symptoms that you notice throughout the day, especially after eating.

**Meal time**

**What did you eat?**

**Any physical sensations? If so, what?**




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

**Meal time**

**What did you eat?**

**Any physical sensations? If so, what?**


