



The Benefits of Keeping a Food Journal

There are many reasons why someone would consider starting a food journal. It could be to help with losing weight and keeping track of calories, or to try to identify any food sensitivities. Regardless of the reasons, there are many benefits you could take advantage of when you start your own food journal.

What goes in a food journal?

So, the first question you may be asking is “what exactly should I write in my food journal?”. There are six key factors that you should include in your food journal. These include:

- Food- be specific and write down everything you eat in a day.
- Portion size- again, be specific.
- Time- record the time of the day you ate a specific food.
- Place- where you were when you ate the food.
- Hunger level- how hungry you were before you started eating.
- Feelings- what mood you were in both before and after eating.

Keeping track of all of these things can help you understand your eating habits and make smart choices based on the results.

Identifying your eating habits

One of the key benefits of keeping a food journal is identifying and understanding your eating habits. It can help you understand how your well-being is affected by how and what you eat. Food journaling can give you insights into things like food sensitivities and whether your emotions are tied to your eating habits. It can also point out how social dining affects what and how much you are eating, giving you the chance to make more conscience decisions.

Eliminate unhealthy habits

Sometimes we can go through a routine on auto-pilot, including when we eat. By keeping track of your food habits, you can eliminate things like mindless eating. Doing things like watching tv or socializing while eating can distract us from what and how much we are actually eating. With a food journal, you can see exactly how much you are eating and how it might affect your health. Food journaling can also help you recognize whether you are actually getting the necessary nutrients your body needs. You may think you are eating the right amount of fruits and veggies and drinking enough water, when in reality you may need to change some of your eating habits.

Accountability

Last but certainly not least, food journaling is a great way to hold yourself accountable when trying to lose weight or improve your overall health. [According to Beebe Healthcare](#), “the Kaiser Center for Health Research conducted a study of 1,700 people in 2008, reporting that dieters who kept a food journal for six months lost twice as much weight as those who didn’t.” By keeping track of your eating habits, you can hold yourself accountable through visualization of your habits thus encouraging you to choose healthier options.

Whether you are trying to lose weight or just understand how your eating habits affect you, keeping a food journal is something that can benefit everyone. Start your health journey today and feel the difference that healthy decisions can make for you.