

Why You Should Keep A Food Diary

Keeping a food diary you may think is one of those tedious annoying things your trainer, doctor, dietician tells you to do. You either have to carry around a journal, every where you go for a week or you have to try and remember what you have eaten throughout the day AND remember to write in the journal. So why do we suggest you do it???

Keeping a food diary is a fantastic way to see your food trends. Are you getting the right food groups and portions of food groups? Are you indulging on a few too many treats over the course of a few days or week? Some people take 3 day food diaries, I personally like to look at an entire week - 7 days. Reason being, your 3 day food diary probably looks great if you take it Monday - Wednesday. You had the weekend to prepare, you were organised for the week ahead, there was a routine to stick to. Take it Friday - Sunday and I can guarantee it is different. Less routine, more social events, tired from the working week, things do not look so great. 7 day food diaries are the way to go.

So if you track your food for 7 days, what is it going to show you?

Trends in your eating patterns is ultimately what it will show you. You skip lunch on a regular basis. You drink a few too many coffees in one day. You probably know those ones already. But what about that sneaky chocolate you had one afternoon, and that muffin you had for morning tea another day, plus the wine you had Friday night and the ice cream you had on Sunday. Sure you only had a little treat here and a little treat there, but add it all up over the week and it adds up. Maybe you constantly fall short on your veggie intake each day. It will show you all of the above plus more. Are you eating the right foods for recovery after exercising. Are you having too many packaged foods. There is so much one little food diary can tell us. So why would you not?

Now it is not something you have to do forever. Just at random intervals, maybe once a month, and try to make improvements on each one until you find a good balance. I'm also not saying you have to count every calorie you consume. That is calorie counting, not food tracking. Calorie counting is a whole new topic all together which I will cover another day. But for now, tracking your food, making adjustments and staying accountable will be a great way to kick start those health and fitness goals.

