

FOOD LOG

Keeping a food diary is critical to understanding the affects food has on your body. A food diary not only creates a conscious awareness of food intake and eating patterns but is also a tool that is instrumental in helping you better communicate your concerns and progress with Kasia and your team during detoxification. In some cases, a food log can help us find reasons for mystery symptoms.

Top reasons to write down what you eat include the awareness of:

- What and how much you are eating
- When you are and are not eating
- How foods affect your moods and vice versa
- How successful you actually are following the Program
- How foods affect your body and which foods you eat trigger symptoms
- How many servings of fruits and vegetables you are actually eating
- What your bowel movements are: frequency and consistency

Details to record:

- Time: Be specific – the time you eat is as important as what you eat
- Amounts: Be specific- was it one teaspoonful of almond butter or one tablespoon? Was the bowl of soup one cup or three cups?
- Be thorough and Include beverages, vitamins/supplements, medications
- Feelings: Energy, stress level, emotions; pay attention, as you detoxify your body you will also experience the release of old negative emotions
- Bowel/Urine Habits: this will give you an awareness of how your body is processing your food and what needs to be done to optimize the process of absorption and elimination. Your goal should be one bowel movement in the morning and one in the evening. Each should be at least the diameter of a quarter and 8-12 inches long, with a consistency of a ripe banana, sinking preferable to floating.
- Make your food log work for you - your needs are unique.

Journal!!! The bottom is left blank, so that you can journal!

HERE IS A SAMPLE OF A FOOD LOG ENTRY:

Day 2 Joe Smith (Su) Jan 31

Time	Food Item	Hunger 0-10	How am I Feeling?+ Describe bowel movements
8am	16 oz decaf Coffee with a creamer 2 T half-half	1	Diarrhea, like water, cramping before BM
	1.5 cup Kashi cereal with milk organic 2%, ¼ cup		
	Scrambled eggs: 2 eggs+ 1 egg white + ¼ cup chopped onion, + drizzle olive oil for frying	5	
2pm	2 cups Salad- be specific what kind of salad and a coke 16 oz sugar free		Happy, headache starts about 2:30pm
	Coffee 8 oz decaff, black		wired
	Water 16 oz		Very thirsty
5pm	Crackers 10 animal cookies		Loved them, ate a lot
8pm	Shrimp cocktail 4 oz		Out with friends
	1 beer		I think every time I drink beer I have brain fog
	French fries large		

Physical Activity: walked the dog for 30 min

Stress Relieving Exercise (meditation, yoga, walking): nothing today

Total #Hours Slept: ___6.5___; from ___11:30pm___ to ___6 am___ not enough

Total Number of Bowel Movements: only 1 today, at am

Total water intake: forgot to add water to my log!!! I drank...50 oz total, mostly tap water

Was this a typical day? Explain: yes

Journal Entry for today:

Today was my 2nd day in the Program. Just reading materials and listening to the pod casts and videos. I am realizing that I do not sleep enough. Have to figure out that diarrhea. If it does not go away, I may have to post a question on the forum. I am apprehensive of this program. Perhaps I took on too much! What if I fail? I think I can share my worries on the forum too. I bet others are a little bit scared as well. I'm going to try those Epsom salts!

