

# Your Food Diary

If you would like to get a better understanding of your eating patterns, in Week 1 of your Reverse Diabetes challenge, fill out this food diary after each meal or snack. Photocopy this to use from day to day or use the digital version at [thehealthy.com/reversediabetes/fooddiary](http://thehealthy.com/reversediabetes/fooddiary). You'll find two filled-in examples of this diary on the next page. At the end of the week, look over your diary for patterns and opportunities. Do you never eat a fruit or vegetable at breakfast or lunch? Do you snack late at night? Where are you overdoing the calories?



Scan to find the diary online.

DATE	TIME	WHAT I ATE/DRANK	NOTES
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Dinner</b>			
<b>Snacks</b>			