



Weight Management With A Food Log

One of the best ways to ensure successful weight loss, muscle gain, and weight management is to keep a regular and accurate food log. A positive eating habit must be established, developing a healthier lifestyle.

Before adjustments can be made to your eating habits, a food log of no less than 7 consecutive days should be kept to us analyze what you usually eat. Write down everything that you eat and drink and approximately when you eat it. Try to be as accurate as possible. Nutrition panels on bags and packages can provide useful information to improve accuracy. Also, NutritionData.com may also be able to aid you with generic ingredients or standard restaurant-prepared meals. Keep this log with you through the day and be sure it is complete at the end of each day.

Websites, such as FitDay.com, offer free online daily logs specifically for calorie tracking. While this is not absolutely necessary, I recommend using whatever tools will help you keep an accurate account of your current eating habits.

What to record in your log:

- name of food or drink (brand names can be helpful, too)
- quantity consumed in cups, grams, tablespoons, etc.
- when did you consume this food or drink: morning, midday, evening, bedtime, after activity?

If you have questions, don't hesitate to contact me. When in doubt, too much information is better than not enough for food logs.

It is beyond my scope of practice and qualifications to counsel on medical conditions such as diabetes, hypertension or high cholesterol, disordered eating. I am happy to provide you with resources to help you open a dialog with your physician.