

Food Journaling

Check out these AMAZING facts about keeping a food log:

- The National Weight Control Registry—an ongoing research project tracking more than 3,000 people who've lost an average of 66 pounds and kept it off for five years—found that **keeping a food journal is the one strategy used by the majority of successful dieters.**
- In a study of 1,685 dieters conducted by a health insurance company, **the best predictor of weight loss throughout the first year was the number of food records kept per week.**
- A study published in the *American Journal of Preventive Medicine* found that **dieters who tracked their food intake in a "food diary" lost twice as much weight as those who didn't track their food.**

Source: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=394

Ready to get started? Here are some helpful online resources.

www.sparkpeople.com



Create a login account if you're a new user. Once you log in, click on "Nutrition Tracker" under "My Tools" on the left side of the page. Click on "Add a food" and follow prompts to enter everything you eat for a day. Everything will be totaled automatically and you can print a daily report.



www.caloriecount.com

Create a login account if you're a new user. You will answer a series of questions that will allow the site to generate recommendations for you. Once you have an account, you can click on the "Food Log" tab to keep track of what you're eating. Everything will be totaled automatically and you can print a daily report.



<http://nutritiondata.self.com>

This site gives you many options. Here are a few:

1. At the top right of the page there's a search block. Type in any food and it will give you the nutrition information (calories, protein, carbs, etc.) in a nutrition label format. Very cool to be able to do this with things that don't normally come with labels—like watermelons, for example. This feature is accessible even if you don't have an account on the site.
2. Mid-way down the page under "Nutrition Management Tools", click on "Foods by Nutrient". If you're trying to increase or decrease your intake of a certain nutrient (e.g., you need more calcium), use this link to find the foods you should be eating or avoiding. This feature is also accessible even if you don't have an account on the site.
3. The "Track" feature under "Nutrition Management Tools" lets you track all of your foods. You need to sign up for an account to use this feature.

HAPPY TRACKING 😊