



## FOOD JOURNAL

When you log what you're eating you will naturally eat less or better, but even if you don't change your nutritional habits, you will become mindful of what you eat day-to-day. Consider photographing your meals, using a food journal app or the following food intake form. Keep it simple and write down everything that crosses your lips including a handful of nuts, 1 piece of candy, a bite of someone's food, water, or other drinks.

Eating all 6 Tastes at each meal, or each day can make a difference in your overall health. The 6 Tastes are sweet, sour, salty, bitter, pungent and astringent. Adding cardamom, garlic, ginger, rosemary or turmeric covers several tastes with one spice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST				
6 TASTES ?				
LUNCH				
6 TASTES ?				
DINNER				
6 TASTES ?				
DESSERT				
6 TASTES ?				
SNACKS				
MOOD				
EXERCISE				
BOWEL MOVEMENT				
SLEEP				
MEDITATION				
BLOOD PRESSURE				

	FRIDAY	SATURDAY	SUNDAY	NOTES:
BREAKFAST				
6 TASTES ?				
LUNCH				
6 TASTES ?				
DINNER				
6 TASTES ?				
DESSERT				
6 TASTES ?				
SNACKS				
MOOD				
EXERCISE				
BOWEL MOVEMENT				
SLEEP				
MEDITATION				
BLOOD PRESSURE				