



LIFESTYLE WEIGHT MANAGEMENT

Food Diary

The key to permanent weight loss, weight management or developing healthier eating habits is lifestyle change, not dieting.

Unless new eating habits are created, the benefits will only be temporary.

Before we can make any changes in your current eating habits, we must assess your current diet. A food diary will help do this for us.

Directions:

Write down everything that you eat and drink and try to be as accurate as possible. Please include brand names, ingredients, portion sizes and the cooking method you used. You can look at food labels to help you do this. The more information you give me the more complete analysis I can do. Keep this diary with you and make sure it is current at the end of each day.

If you have any questions, please call me as my objective is to optimize your successful lifestyle change.

All nutritional analysis, individual nutritional profiles and sample meal plans are put together by using The Food Processor. This software program has received top ratings in the Journal of the American Dietetic Association and is internally recognized as the most accurate and most complete nutritional analysis system.