SHAPE

Food Journal

Cut out and stick in your diary to keep track of every meal, snack, and beverage.

Day	Time	Where you were (e.g., in front of the tv, at the kitchen table, at your desk)	What you ate (include portion sizes) and the calories.	Hunger level when you ate (1 = not hungry at all; 5 = ravenous)	How you felt (e.g., tired, stressed out, happy, sad, angry)
Example:	7:00 a.m.	Standing in the kitchen	A bowl (1 cup) of Cheerios	3	happy

Tips

1 Aim to eat before you're ravenous (you should be at a hunger level of about 3) and stop before you're stuffed. Eat slowly since it takes 20 minutes for your brain to register that you're full.

2 Identify high risk situations. Look at your food journal to determine the circumstances that are likely to trigger a binge. Once you've identified these binge situations come up with a game plan for each one. For example, if eating at relatives' always involves plentiful desserts, plan to make or buy a low-fat dessert, and bring it with you for everyone to share. If you can't go to the movies without snacking, sneak in your own bag of air-popped popcorn or some low-kJ sweets.

3 Eating frequent small meals during the day not only keeps your blood sugar stable and your energy high, but it can help you avoid excessive hunger. People who get into night eating generally follow a typical pattern where they don't eat much during the day, then binge at night.