

WE ENCOURAGE YOU TO

get started on tracking your meals to better understand the types and amount of food you are consuming. This initial step is helpful towards making positive changes to your diet.

Here are some ways to make meal logging/ tracking less daunting and more effective:

- **Log your meals as soon as you eat them:** This will help ensure that you don't forget anything and will make it easier to accurately track your intake.
- **Measure out portions for a visual:** Use measuring cups, food scales, or other tools to measure your food portions. This will help you get a better sense of how much you're eating and make it easier to track your calorie and nutrient intake.
- **Log your water intake too:** Keeping track of your water intake can help you stay hydrated and prevent overeating, as thirst is often mistaken for hunger.

Time/Place	Thoughts/ Feelings	Foods/ Beverages	Amount
8 am, Home	Hungry, in a rush	Cereal, white bread toast with butter, Coffee	Two cups cereal, two pieces of toast, 12 oz of coffee