

Tips that Count

Wellness information for your journey to a healthier you!

Lose Weight Using a Food Diary

While this takes a bit of effort, it's easier when using one of the many online tools or apps*. You'll want to analyze each 24-hour period's foods for total calories, protein, vitamins, and minerals, and then compare your results with the National Research Council's Recommended Dietary Allowances (RDAs).

Then review your food diary to help you understand these aspects of your eating habits:

- how much you really eat in a day
- what times and situations cause you to eat for reasons other than hunger
- when you skip meals, eat between meals, overeat, and under-eat
- when you eat non-nutritious and high-fat foods
- when you eat in response to stress or mood swings
- when you eat the same foods all the time

*Visit the USDA's "SuperTracker" website for online tools to help you manage your weight, track your foods and more at: <https://www.supertracker.usda.gov/default.aspx>.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.