

**Cameron Clinic of Oriental Medicine**  
**Instructions for Food Log**

At the top of the page write in the day of the week. Under the column labeled time indicate the time the food is consumed. In the column labeled Food/Beverage Amount, give a detailed list of everything you ate and drank. Include coffee, alcoholic beverages, soda, candy bars, etc. and include the serving size. Be specific. For example, instead of “one cup of milk” specify if the milk was skim, whole, 1 or 2 percent, cow, coconut, almond, etc. When applicable explain how the food was prepared. For example, instead of 4 oz. chicken breast describe whether it was fried, baked or grilled, what kind of oil was used, if it was breaded and so forth. Fill in appropriate information under column headed Location and Mood, stating where you were and how you felt. Under the column labeled Symptoms/Blood Sugar document any symptoms that may arise. For instance, if you experience a drop in energy, mood change or have physical symptoms make a note of them. If you are monitoring blood/glucose levels notate that. Note how many 8 oz. glasses of water you drink each day at the bottom of the page. Keeping track of water consumed makes you more aware of your intake. It’s also helpful to keep track of every sip, lick and nibble, including gum.

- Using the color key below evaluate your food choices by circling the different foods you list in the Food Log. This is a good way to see if any particular foods dominate your diet.
- Then ask yourself if you had to eliminate a category which one would be the most difficult? Sometimes the ones that are the hardest to give up are the ones causing the most problems.

**Red:** Sugar, caffeine, alcohol, junk foods, fried foods, high-fat foods, pastries, donuts, chips, microwave popcorn, highly processed foods, soft drinks, diet soft drinks, diet food

**Blue:** Dairy products, milk, cheese, yogurt, ice cream, frozen yogurt, ice milk

**Green:** Fruits and vegetables

**Yellow:** Protein foods: fish, poultry, beef, pork, lamb, veal, legumes, soy products

**Purple:** Nuts and seeds, oils, butter, margarine

**Black:** Grains: wheat, bread, cereal, corn, rice, millet, buckwheat, bulgur, quinoa, amaranth, barley, oats, rye







