

# Food Diary



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**Date:** Monday 6 April 20xx

Time of day	Amount	Food / Drink	Hunger before	Hunger after	Symptoms	Exercise
6am						1hr EVO boxing
7.45am	2	WeetBix	1	3	Constipation	
	1/2 cup	Skim milk				
8.40am	Large	Flat white	3	3		
10am	1 slice	Banana bread	2	3	bloated	
1pm	1	Chicken burger with cheese, lettuce and mayonnaise	1	4		
	600ml bottle	Pepsi				
	2 cups	Potato fries				
	Large	Flat white				
	60g	Cherry Ripe				
2pm					Drowsy	

Hunger scale	
5	Uncomfortably full, bursting with fullness
4	Stomach feels quite full
3	Satisfied, not hungry but not full
2	Peckish, could eat but not really hungry yet
1	Hungry
0	Empty / starving / feeling faint or weak