












Food and mood diary.

A diary can help you identify how your dietary choices may be influencing your emotions and energy levels.

Use the following template to help monitor your diet and its resulting impact. Over time, you might notice patterns and associations that can help you make more informed choices about food and exercise based on your mental wellbeing.

When you are asked to provide a rating, we suggest using a scale of 1-10 where 1 is very low and 10 is very high. It may be helpful to wait 20-30 minutes after eating before you rate yourself.

Date	
<p>Breakfast: List the foods and beverages you consumed for breakfast.</p> <p>Mood rating after breakfast:</p>	  1 2 3 4 5 6 7 8 9 10 
<p>Mid-morning snack: List the foods and beverages you consumed for your mid-morning snack.</p> <p>Mood rating after the snack:</p>	 1 2 3 4 5 6 7 8 9 10 
<p>Lunch: List the foods and beverages you consumed for your lunch.</p> <p>Mood rating after lunch:</p>	 1 2 3 4 5 6 7 8 9 10 
<p>Afternoon snack: List the foods and beverages you consumed for your afternoon snack.</p> <p>Mood rating after the snack:</p>	 1 2 3 4 5 6 7 8 9 10 

Food and mood diary (cont.)



<p>Dinner: List the foods and beverages you consumed for dinner.</p> <p>Mood rating after dinner:</p>	
<p>Evening snack: List the foods and beverages you consumed for your evening snack.</p> <p>Mood rating after the snack:</p>	

<p>Hydration: Note your water intake throughout the day.</p>	<p>Physical activity: Record any exercise / physical activity you engaged in.</p>
<p>Stressors: List any stressors or emotional triggers you encountered during the day.</p>	<p>Positive moments: Reflect on any positive or enjoyable moments you experienced during the day.</p>

Overall reflection: Take a moment to reflect on your overall mood, energy levels, and the relationship between your food choices and your emotional state for the day.



Please note: If you are considering making any significant lifestyle changes in your diet or exercise, particularly to help manage your mood or mental health, please speak with a healthcare professional for specialist advice. This could include your GP or a dietician.

