



Nutrition & Emotional Eating Journal

A self-care journal to begin to understand and manage emotional eating.



By Belinda Martinella
Clinical Nutritionist (*BHSc-NutDMed*)
The Travelling Nutritionist Australia
www.thetravellingnutritionistaustralia.com
0490 327 135

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A self-care, guided journal to manage emotional eating.

Do you find yourself reaching for food even if you're not hungry? Have you ever inhaled an (*'insert your favourite food here'*) and not realised it until the guilt and shame hits immediately after? Or are you curious to see what you're eating, when and how it makes you feel?

Welcome to your 7-day eating journal to help identify and begin to understand emotional eating. Before we begin, I want to briefly discuss the four different categories of eating (we'll keep it short and sweet for now).

1) Eating for Nourishment

Let me state the obvious: we need to eat and our bodies need to be nourished. Nourishment comes from wholefoods: foods in their most natural state (think fresh vegetables, fruit, nuts, seeds, beans, legumes, eggs, meats and seafood). Nutrient-dense whole foods are the key to nourishment.

2) Eating for fun

Eating is fun! We eat because it's delicious, pleasurable, social and it gives us the energy we need to function on a daily basis. There's nothing wrong with enjoying your favourite desserts and there is no such thing as 'good' or 'bad' food – it's just food! Eating is a big part of our day (and our lives!) so it has to be fun and we should enjoy every delicious second of it.

3) Mindless eating

This is when we eat without actively thinking about it. Mindless eating can occur anytime the brain is distracted and the person is not aware of what or how much food he/she is consuming. It could be a snack in front of the TV, a large popcorn at the movies, a packet of chips in the car on the way home, or simply a snack because you're bored or feeling lonely. There are 5 factors that contribute to mindless eating:

- a) *Disinhibition* – this is simply eating when you're not hungry.
- b) *Distracted eating* – when the mind is side-tracked by tv, conversations, social media, your phone etc.
- c) *Lack of awareness* – sometimes it's tricky to know how much food you're consuming, especially if you're eating straight from the bag/packet/bowl etc.
- d) *Emotional eating* – emotions play a large role when it comes to mindless eating. Some may turn to food as a sense of comfort or simply when bored.
- e) *External* – those cheeky influences that may not consciously register such as food advertisements, tv commercials or even certain smells!

Most of us spend a lot of time here in mindless eating. We all have such busy, demanding lives and boy do we love eating on the run (if we have time to eat that is!) We are also constantly distracted by TV and social media and may also be in a habit of finishing everything on our plates even if we're full. More tips on becoming mindful rather than mindless soon!

4) Binge Eating

Unlike mindless eating, binge eating is intentional. You know that you're doing it and you either don't care (at the time) or you feel unable to stop even though you want to. Binge eating can be loosely categorised into 2 columns:

Column A is deprivation. You may be very rigid with your eating and deprive yourself of foods that you enjoy until you give in, feel guilty and decide you've blown it so you might as well go for it!

Column B is emotional hunger. Our body has a very clever way of using food as comfort. During times of high emotion (think stress, anxiety, loneliness etc.), we may feel as though something is missing, like there is a hole inside of us that needs filling. What better way to fill an emotional hole, than with comforting foods? There is generally an emotional trigger and it can take time to identify and deal with the issue(s), but if you track your emotional eating, you may find a pattern begin to emerge. If you can identify any triggers, you can come up with ways to handle them when they occur.

Please note: an eating disorder is a serious mental health condition and has significant physical and emotional impacts on the person affected. It's important to know that you are not alone and to seek help and support as soon as possible. Butterfly Foundation 1800 33 4673 (Aus).

Emotional Eating Food Journal

For the next 7-days you're going to record the following:

- The foods you eat,
- What time you eat them,
- Any symptoms you experience (e.g., bloating, flatulence, fatigue etc)
- Which category your food-intake falls into:
 - (N) Nourishment
 - (F) Fun
 - (M) Mindless
 - (B) Binge

Tracking your food, symptoms and categories is one of the first steps to understanding the link between your body and your emotions.

Remember to take it one day at a time and be honest – you're only fooling yourself!



Day 1



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

Day 2



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

Day 3



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

Day 4



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

Day 5



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

Day 6



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

Day 7



Meal	Time	Food	Symptoms	Category	Notes
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water					
Other fluids					

Symptom's column: e.g., indigestion, heartburn, burping, bloated, cramping, abdominal pain, flatulence, diarrhoea, vomiting, headaches, fatigue etc.

Category column: Nourishment (N), Fun (F), Mindless (M), Binge (B)

You Did It!

Congratulations on completing your 7-day nutrition and emotional eating journal. It's time to ask (& answer) the big questions:

- What did you discover about your food-week?
- Did your food choices change because you knew you were going to be writing them all down? Or did you stay true to your 'normal'?
- Did a pattern emerge with any of the symptoms you experienced and the foods you ate?
- Were you surprised with any of the categories that popped up? Was there a pattern?

During a 7-day food journal you have the opportunity to learn a lot about yourself, your eating habits and the impact emotions have on your daily life. Being able to reflect, acknowledge and understand these things will take you one step closer to working *with* your mind and your body (not against them!)

Where to now?

If you're looking for support during your health journey, then look no further than The Travelling Nutritionist Australia: Belinda Martinella (that's me!)

My food and health philosophy is simple: eat for health and eat for happiness. If you're interested in personalised and practical recommendations that are easy to follow and provide life-long benefits, then I'm your gal.

Simple email you 7-day food journal to me for review and book an appointment today to start (or continue) your nutritional health journey.

Website: www.thetravellingnutritionistaustralia.com

Email: belinda@thetravellingnutritionistaustralia.com

Phone: 0490 327 135

Podcast

I host a podcast called Need to Know Nutrition. If you're passionate about your health, have a craving for reliable nutritional information or just want to hear some really awesome food facts, then this is the pod-cast for you. Each week I share a fun (factual), interesting (peer-reviewed) nutritional smorgasbord. I also interview some incredible guests!

Available directly from my website or from your favourite podcast platform (and it's free!)

<https://thetravellingnutritionistaustralia.com/podcast/>

eBook

I've also written an eBook.

If you're fed up with dieting and not actually losing weight, or you feel like you've tried absolutely every diet under the sun and *still* can't seem to drop the kg's, then this is the eBook for you. To all of the ladies and gents who want to know the truth, welcome.

*F.A.D – F*ck All Diets* is not just another FAD diet, no way! This eBook is filled with all of the things that I need you know when it comes to weight loss, weight management and dieting. It's time to learn the facts and truly understand why dieting doesn't work (and why it NEVER will!)

Available from my website (this one is free too!): <https://thetravellingnutritionistaustralia.com/ebook/>

Remember, it's not the things you do occasionally that matter- it's the things that you do every day that really count! It's time to put your nutritional health first.

