

# Northwest Permanente Wellness Passport Guidelines

July – September 2019

## Nutritional: Food Diary

### Food Diary

Sometimes overeating isn't so much a matter of control as it is lack of awareness. People can lose sight of how much they're eating and gain weight almost by accident. By understanding the when, what and how you eat can be important in changing entrenched habits and starting on a healthier dietary path. Even if your main goal isn't to lose weight, tracking nutrition will help you identify weak spots, patterns and habits that you may be able to improve upon. A food diary can be handwritten or tracked with apps such as MyFitnessPal, Loselt!, FatSecret or even Google Docs. The following are components of a good food diary:

- Note everything you ingest (including beverages) – no matter how small the quantity
- Approximate quantity – For example, weight (2oz), volume (1/2 cup), or number (3 cookies)
- When you ate (specific time), where you ate (office, home, car, etc), why you ate (hunger, craving, meal time, etc), and your mood are all helpful pieces of information
- Enter all food into your diary immediately (don't rely on memory)

To receive credit for this category, keep a detailed food diary for seven days. After seven days, write a short synopsis of the activity including any insights you had.

Please submit all documentation to NWP Wellness, KPB 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)