



The Importance Of Keeping A Food Diary

A food diary is a log of what one consumes within a day. Having to keep a food diary is one of the worst nightmares I experienced. It took so much responsibility and focus to come up with a food diary. Keeping a food diary surely raised up my awareness of how little or much I was eating. A food diary assisted me in understanding how much nutritional food I should take in, and the contents I needed to decrease in my intake to avoid complications later on in life. A food diary gives one accountable track of how much is put in the body. Food tracking creates awareness. It constantly keeps track of food that is being taken on a daily basis. "However, there were instances where I would forget to diarize what I would have eaten or even forget what I would have taken during the day. Eating is simply mindless." It was a difficult task on its on as it was something that I was not used to at all. One important thing I took note was to be able to travel with my food diary where ever I went. This encouraged me to take note of everything I took during the day, a responsibility it was.

In, as much as I would like to take so much the sugar cane video taught me that it is of importance to have a reduced intake of sugar so as not have complications as one grows older. I have a sweet tooth and now I understand how I developed addiction on things that have sugar. The sugar cane video showed the in-depth of how one becomes addicted to a particular thing. "The more you take it the more you want it". "Hence" one will end up neglecting the other food products that have high nutritional and that benefit the body." Lack of exercise will also tend to promote gaining extra calories that are of no importance leading to obesity. Keeping a food diary truly show much I should try to eat so that I gain weight. I realized the reason I was a bit underweight in 10th

Food Journal Essay

Thomas Griffiths



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