How Food Feels

Noticing how foods feel in my body, with curiosity instead of judgement

This is not a food diary for counting or rules. Tick what fits, or skip it. Stop if tracking food brings up distress.

Food or drink

Body after
☐ comfy ☐ energised ☐ heavy
☐ sore ☐ no change

Mood after
☐ calm ☐ happy ☐ flat
☐ uneasy ☐ no change

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Feels good in my body

Comforting, steadying, easy

Brings discomfort or pain

Worth mentioning to a doctor

Naming one need

When eating feels hard.

When I...

I think...

I feel...

I want / need...

I will...

"When I" = what you notice through your senses: what you see, hear or feel in your body.

National Alliance for Eating Disorders helpline: (866) 662-1235