

food and mood journal



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Welcome

I am so glad that you are here!

A food diary is my #1 tool for gut health. It helps to bring awareness to what we are eating and how it is affecting our bodies.

Everyone's gut is unique and a food diary will help you customize your gut friendly diet and lifestyle. A food diary is especially important if you feel like certain foods bug your digestion. It can also show how your mood can affect what your gut can tolerate.



what most people think gut health is



what gut health really is



What is gut health?

Good gut health is about finding alignment with foods that make your digestion happy, honoring your gut instinct, and feeding your microbiome. When all three of these areas are aligned you are able to unlock lasting change in for your health and well-being.

Your gut is unique.

No one has your digestion, or your microbiome, or your gut instinct. This means your gut-friendly foods and lifestyle is unique too. A food and mood journal will help you discover what works for you!

3 Steps

for your food & mood journal

1

Judgement Free

There are no good or bad foods. When you journal keep it a judgement free zone. View this as an experiment and be curious about the findings.

2

Dedicate 7 Days

Dedicate at least one week to do your journal. The more data you have, the better you are able to make connections with how food and mood affect your gut.

3

Look For Patterns

You will start to notice certain foods that seem to bother you, and how your moods and routines influence what you can tolerate.



What to Record

for your food & mood journal

1

FOOD

Make sure to record how you prepare your food, any side dishes, seasonings, and drinks because these can make a difference to how your body handles it. Note how much you ate and know you don't have to have be exact.

2

MOOD

How you feel (i.e. stressed, happy, etc.) can all play a role with how our gut feels. For example, when you're stressed or sleepy poorly, you may be more prone to indigestion..

3

POOP

How often we poop and the types of poops we have are an important marker of our digestive system. Check out my blog post, "[What is a healthy poop?](#)" to learn more about what different poops mean.

4

DIGESTION

Record any digestive symptoms like bloating, urgency, constipation, etc. You can also rate the severity of your symptoms on a scale of 1 to 5.

5

LIFESTYLE

The gut-brain connection is strong therefore it's important to take note of non-food factors like routines, habits, exercise, and mindset to really understand what you can tolerate and when.

TIPS ABOUT

Food Sensitivities

If you suspect that certain foods might be bugging your digestion It could be a food intolerance or sensitivity. Keep these facts In mind when looking at your food diary data.



AMOUNT MATTERS

Sometimes specific foods can be okay but within a certain amount. Each person has a different amount that is ok for their body.



FREQUENCY

How often you eat the same foods can also be part of the problem. Having variety in your diet is important.



EVERYONE IS DIFFERENT

Everyone's gut-friendly (and not so friendly) foods are unique to each person.



DELAYED REACTIONS

Sometimes digestive symptoms are not immediate and may happen hours later.

Pro Tip: The two biggest factors are **amount** and **frequency**. When you are mindful of those two things you can find a balance that works for you. Food sensitivities don't mean you automatically have to eliminate the food forever.

The image features a vertical split background. The left side shows a close-up of a notebook with a pink cover and a white marble-patterned page, with two pencils (one red, one purple) resting on it. The right side is a solid light beige color with several thin, white, wavy lines. Large, dark brown quotation marks are positioned at the top of the text area.

“

Reminder:
Your gut is
unique.

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DAILY

Food/Mood Journal

Use this sheet for your food/mood journal. Especially make sure to note any foods or moods out of the ordinary.

BREAKFAST:

TIME:

LUNCH:

TIME:

DINNER:

TIME:

SNACKS:

TIME:

**THINGS I NOTICE ABOUT
MY DIGESTION AND  :**

MOOD:

THINGS EATEN OUT OF THE ORDINARY:

WATER:



Habit Tracker

Are your day-to-day habits making your gut feel better or worse?
You can mark each spot with a check to keep track.

WEEK OF: _____

S M T W T F S

MORNING ROUTINE

| | | | | | | |
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EVENING ROUTINE

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EXERCISE

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VITAMINS

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MEDITATION

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NOTES

DAILY

Mindset Practice

Because your brain and gut are so connected, part of the work to strengthen your gut health is to take extra good care of your mindset. This page can help.

MORNING

TODAY'S MANTRA:

.....
.....

LOOKING FORWARD TO:

.....
.....

TO MAKE TODAY GREAT, I WILL:

.....
.....

EVENING

I'M GRATEFUL FOR:

.....
.....

PEOPLE I APPRECIATE:

.....
.....

3 GOOD THINGS TODAY:

.....
.....

OTHER THOUGHTS

MOMENT TO REMEMBER



Thank You!



Let's stay in touch

Work with me to develop your intuitive, gut-friendly lifestyle.

www.amandasauceda.com

Connect with me on Instagram:

[@guthealth.nutritionist](https://www.instagram.com/guthealth.nutritionist)

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