



# Food Journal Workshop

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**The Food Journal Workshop meets once per week for a ten-week period. The program will run between one and two times per year. Classes will discuss the real whys and how to do a useful food journal and the first part of each class will be journal related. The second part of each class will cover a different nutritional topic. Some of the topics covered are listed in the accompanying syllabus.**

**Please contact Paul Discipio with questions and to register for the next session:**

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### **Food Journal Workshop Syllabus**

**Class 1:** Topics include: The main purpose for a food journal, Your favorite foods, meals, and deserts. Why and how do we come to like what we like to eat and why is it so hard to stop eating certain foods?

Homework: Continue with favorites list, and begin journaling your food

**Class 2:** Identify your thoughts and feelings with the foods you eat. Learn to work with the emotions behind what you eat so that new food eating habits can be developed.

Homework: Compare your childhood favorites list to your current favorites list, continue journaling, and begin to make notes with your foods regarding thoughts, feelings, emotions, and memories.

**Class 3:** Review food journals, The primitive food supply vs the industrialized nation's food supply and foods vs non-foods. Besides the high caloric load, lack of nutrition, and pesticide issues, the real reason industrial foods are bad is because they ruin your taste bud-brain connection! When your taste buds are altered you are compelled to eat the wrong foods.

Homework: continue journaling your food with notes.

**Class 5:** Review food journals, Carbohydrates Part 1, general information.

Homework: continue journaling your food with notes. Look for places to substitute healthier carbs for less healthy choices, and make note of this in your journal.

**Class 6:** Review food journals, Carbohydrates Part 2, information on phytochemicals (phyto-nutrients and phyto-toxins/anti-nutrients).

Homework: continue journaling your food with notes. Look for places to add foods to get enough of a nutrient that may be blocked by anti-nutrients in other foods you eat. Look for a different way(s) to prepare foods that you eat that contain anti-nutrients such as to minimize their affect.

**Class 7:** Review food journals, The Good, the Bad and the Ugly of Fats.

Homework: continue journaling your food with notes. Look for places to substitute healthier fats for less healthy choices, and make note of this in your journal.

**Class 8:** Review food journals, and it's all about Protein.

Homework: continue journaling your food with notes. Look for places to substitute healthier protein sources for less healthy choices, and make note of this in your journal.

**Class 9:** Review food journals, finding your best first step, and lining up steps 2 & 3. Should you start with the portion size of one meal or look to improve food quality with healthier choices? Your choice should go easy on your unconscious mind, not be a shock.

Homework: continue journaling your food with notes.

**Class 10:** Review food journals, and assess your first change.

Homework: continue journaling your food with notes.