



# Food Journal Workshop

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The Food Journal Workshop meets once per week for a ten-week period starting January 16<sup>th</sup>, 2024. The program will run on Tuesdays from 10:15AM to 11:15AM. 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 partial syllabus below.

**Cost:** This 10-week program is free for YMCA members and has a cost of \$40 for community participants. The class is limited to 20 people.

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

[pdiscipio@mvyymca.org](mailto:pdiscipio@mvyymca.org)

Phone: (978)685-3541 X413

### Food Journal Workshop Sample Partial Syllabus

**Class 1:** The main purpose of the food journal is to help you understand what you like to eat and why, not to log calories or grade yourself on your food choices. We will look at our favorite foods, meals, and deserts. Why and how we come to like these favorites and why is it so hard to stop eating certain foods.

**Class 2 & 3:** Learn to work with the emotions behind what you eat so that new food eating habits can be developed. We begin brainstorming strategies for making simple changes that will become new healthier eating habits for you.

**Class 2 & 3:** Besides the high caloric load, lack of nutrition, and pesticide issues, another top 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.

**Class 4:** Carbohydrates Part 1, general information. How to understand the quality of the carbohydrate in the foods you eat and how to identify the quality of carbohydrate in a food from its food label.

**Class 5:** Carbohydrates Part 2, information on phytochemicals (phyto-nutrients and phyto-toxins)