

# Session 8 – Eating Behaviours and Habits

## Emotional Eating

### Food and Mood Diary:



Fill out this table  
(on this page and overleaf)  
to help you understand your  
relationship with food and to see if your  
mood affects what you eat.



**Mood Scale:** 1-4 low mood; 5-7 better mood; 8-10 great mood

### Breakfast

Where	Who with	Mood (1-10)
Type of food		
Feelings straight after eating		
Feelings 2 hours after eating		
Comments		

### Lunch

Where	Who with	Mood (1-10)
Type of food		
Feelings straight after eating		
Feelings 2 hours after eating		
Comments		

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## Dinner



Where	Who with	Mood (1-10)
Type of food		
Feelings straight after eating		
Feelings 2 hours after eating		
Comments		

## Snacks

Where	Who with	Mood (1-10)
Type of food		
Feelings straight after eating		
Feelings 2 hours after eating		
Comments		

## Drinks

Where	Who with	Mood (1-10)
Type of drink		
Feelings straight after drinking		
Feelings 2 hours after drinking		
Comments		

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## Foods to eat for a healthy brain

There are many foods within a balanced diet that can help keep our brains healthy.

Here are some of them to try and include in your diet:

- Dark berries
- Plant-based foods
- Oily fish
- Poultry
- Healthy unsaturated fats – olive oil / nuts
- Vegetables
- Beans
- Lentils
- Wholegrains



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## ABC Form

Your nutritionist will explain how to use this helpful tool to understand your behaviours.

Write your answers in the boxes provided.



### At First:

Before you did the behaviour

- What were you doing?
- What were you thinking?
- What were you feeling?
- Who were you with?

### Behaviour

- What did you do?

### Consequences

- What happened after this?
- How did you feel?

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## Unhelpful things and issues



We all know that some things in our life can cause issues and be unhelpful to our weight loss. Have a think what these might be for you and write them in the boxes below:

Places and things

People

Thoughts and feelings

## Helpful things



Some things in our life can help us which we call 'facilitators'. These are helpful for our weight loss. Have a think what these might be and write them in the boxes below:

Places and things

People

Thoughts and feelings

## Mindful eating tips

- Write a weekly meal plan
- Eat slowly, taking breaks whilst eating your meal
- Sit down at a table rather than eating on the go (don't worry if you aren't home why not find a seat to enjoy your food rather than walking and eating)
- Write sticky notes on the fridge to remind you to eat well
- Think about where you are, smells, taste, texture and you will enjoy your food more
- If you don't find this easy first time, don't worry, keep trying



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## Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes   ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				