

WORKSHEET: My “I Don’t Eat” Food Awareness Tracker

Use this sheet daily or weekly to note how different foods affect you. Over time, you’ll see clear patterns that guide your choices.

<u>Food / Drink</u>	<u>When I Ate It</u>	<u>Immediate Reaction (1-2 hrs)</u>	<u>Next Day Effect</u>	<u>My Insight or Realization</u>
Chips	8:00 pm	Slept poorly, had vivid dreams	Felt tired and bloated	I don’t eat chips at night — they mess with my sleep
Commercial Chinese Food	6:30 pm	Felt very thirsty	Gained 3 lbs overnight	I don’t eat MSG- heavy takeout — it causes water retention
Alcohol (2 drinks)	Saturday	Felt relaxed at first	Gout flare-up Sunday	I limit myself to 1 drink — my body doesn’t handle more
Bread	Lunch	Felt fine initially	Craved sugar later	Bread triggers cravings — I avoid it when I need stability
Dairy (cheese)	Dinner	Mild stomach cramps	Puffy face in morning	I minimize dairy — it causes inflammation

➡ Reflection Prompts (end of week):

- Which foods make me feel energized and light?
- Which foods make me feel sluggish or irritable?
- Are there foods that affect my sleep, mood, skin, or cravings?
- What do I want to add to my “I Don’t Eat” list?
- What foods truly help me feel balanced?

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