

Nutrition and Mental Health

Optimizing Your Brain: Food Log

Write down all of the foods and liquids you have consumed in the last 24-hours.

Breakfast _____

Snack _____

Lunch _____

Snack _____

Diner _____

Snack/Dessert _____

Water _____

Other liquids _____

Medications/Supplements _____

Use this list to identify the main food groups of protein, veggies/fiber, fat, and carbs:

Protein:

- Meat (Poultry, Beef, Pork...)
- High protein yogurt
- Cottage cheese
- Protein powder
- Fish
- Beans
- Quinoa
- Nuts
- Tofu

Veggies/Fiber:

- Carrots
- Tomatoes
- Bell peppers
- Cabbage
- Artichoke
- Lettuce
- Beets
- Squash
- Quinoa
- Beans

Fat:

- Butter
- Bacon
- Olive oil
- Avocado
- Nuts
- Coconut oil/milk

Carbohydrates:

- Bread
- Pasta
- Rice
- Potatoes
- Muffins
- Bagels
- Sweets

Other Liquids:

- Caffeine
- Tea
- Alcohol
- Sodas

Medications/Supplements:

- Prescription medications
- Herbal supplements
- Recreational drugs (e.g., marijuana)