

## GET STARTED

- ☐ Download the Purposeful Food Journal template:
- ☐ Make a copy of the Google Sheets food journal template:
- ☐ Join the private Facebook group:

## HIGHLIGHTS OF THE PURPOSEFUL FOOD JOURNAL METHOD

- The Purposeful Food Journal is a tool you'll use to track your food, as well as any persistent signs, symptoms, or struggles you feel in your body throughout the day. You'll also be tracking your daily elimination patterns.
- It's going to help you create awareness around what you're eating and how food is impacting your body, for better or worse.
- It puts you in the driver's seat of your health.
- A strategic way to capture key areas of health in a way that will help you make connections that will help you feel better and move toward your health goals.
- It's about honoring your individuality

## MINDSET TIPS

By engaging in this process, you're going to be showing up for yourself in a new way. I want to highlight some of the mindsets and values that my most successful clients tend to have.

- Have a mindset of **curiosity and growth** — you're here to learn new insights about your body.
- There are **no judgments**, only learnings — everything you gather and uncover is education about your body.
- Be **committed** and **engaged** in the process — Don't give up! When things get challenging or you don't feel like things are clicking, when you want to give up, tap into your mindset of curiosity and growth and stay committed to the process.

## SELF-KNOWLEDGE IS POWER

We live in a world of on-demand, instant access to information.

This tool is going to help you sort through the noise and conflicting advice to get more clear on what helps YOU feel good – and what might be creating unwanted symptoms in your body.

I've seen a lot of health transformations over the years, my own included. As I've thought about what has made these transformations possible, I've narrowed it down to three things:

- A new, deeper understanding of the factors that contribute to health improvement
- A deeper understanding of self
- An unwavering commitment to act on this new knowledge base

The knowledge that you will gain in this course can empower you to create your own health transformation if you make the commitment to apply what you learn.

## YOU HOLD THE KEY

- You hold more influence over your health than anyone else.
- You make hundreds of decisions about food each week, which is actually very empowering.
- How you use that power is up to you.

## KEY TERMS TO KNOW

### BIOINDIVIDUALITY

- Bioindividuality is a guiding concept in functional nutrition, and it points to two truths:
  - All bodies are different
  - One size doesn't fit all.

*The number one rule for building healthier habits that last a lifetime is **to honor the individual** — and the functional food journal lays out a path that shows you how to do this.*

The goal of using the FxFJ is to help you figure out what works best for YOUR body → and then to take action!

## PERSONAL EVIDENCE

- Personal evidence is what you've noticed or learned about your body. It means you look at what works for you and what doesn't. Instead of acting upon what has been shown to work for a group of people, you act upon what your body is showing you.
- It's important to do what works best for your body based on what it's showing you – based on your personal evidence.
- Personal evidence brings the concept of bioindividuality out of the realm of theory and puts it into practice.

## COMMIT TO TRACKING FOR 30 DAYS

- This is an opportunity for you to intentionally slow down and pay attention to which foods are serving you, and which may be preventing you from feeling your best.
- Trust that, even if you aren't being blinded by connections right off the bat, connections are being made at a deep level that will serve you down the road.
- Commit to engaging with this method for 30 days.

## 3 KEY AREAS TO TRACK

**FOOD**

**ELIMINATION**

**MOOD**

## FOOD

- It feeds your body on a cellular level and impacts every aspect of your body and health – from mood to hormones, energy levels and sleep.
- What you put on your plate day in and day out holds amazing power to help (or even hinder) your goals – for health and beyond!
- What works for one person doesn't mean it will work for you
- One size doesn't fit all.
- Tracking your food using this framework is going to help you gather your own personal evidence, so you can build your muscle of self-trust – and develop a deeper understanding of which foods work for you – and which don't.

## ELIMINATION PATTERNS

- Your elimination patterns offer so much information of what's going on inside of you, and having an idea of what you're producing is important.
- We typically focus on what we're putting into our body, most people don't observe what's coming out.
- Your bowel movements are a great indicator of your gut health, which is a huge topic in the health and scientific community at the moment.
- Gut health relates to the functioning of the entire digestive tract – from the point food enters your body through the mouth, all the way down to the point of exit (i.e. elimination).
- Gut health ensures you're actually extracting all of the nutrients from the food you're eating.
- Not to mention, 70% of the immune system lives in the digestive tract.
- The final stop of the digestive process – the process by which your body breaks down and absorbs the food you eat – is the elimination of waste.
- Your gut health is vital to your overall health and taking a look at your elimination is one way we can take assessment of our gut health.

## MOOD

In this section you're going to capture how you're feeling throughout your day – mentally and physically. So much of health and wellness is fixated on the external – how you look on the outside; but we're shifting the lens from the external – how you look, aesthetics – to how you feel within yourself on a day to day basis.

# HOW TO TRACK

## FOOD

- This is where you're going to track the food you eat in a day.
- You're going to track what you ate and when you ate it.
- You can track this information in one of the following ways:
  - Keep a printed copy of your food journal with you and capture what you eat when it happens.
  - Keep a note in your phone of what you eat throughout the day and enter the information at the end of the day. Take a picture if that will help you remember.
  - Track your food using the Google Sheets Template we've created for you that you can access on your phone.

Pick the option that you're most likely to stick with and get tracking! Remember – **what you ate and what time you ate it.**

## ELIMINATION

- In this section, you're going to track your bowel movements.
- Write down when you're eliminating.
- How often it's happening in your day.
- Use your Bristol Stool Chart for help describing your elimination.
- Jot down anything else of note: this could be related to color, texture, shape, undigested food in the stool.

Don't feel weird about this -- you don't have to share this information with anyone, but DO feel free to bring your questions to the Facebook group. Or, if you prefer more a more personalized setting, you can send your questions to [support@nourishedfood.co](mailto:support@nourishedfood.co)

## MOOD

- Mood encompasses more than your emotional state
- It includes any signs or symptoms that come up in your day.
- If you experience a symptom such as digestive issues, headaches, fatigue or skin issues, track it in the mood column – when does it happen in your day.
- Tune into how you're feeling throughout your whole body throughout the day.
- Stay aware and curious about persistent signs or symptoms sneaking into your days.
- Use your workbook to hone in on your top pain points → pay attention to these symptoms as you're tracking and assessing.

## HOW TO ASSESS

### FOOD

- Go through your week's worth of entries and circle the meals in green that include fat, fiber, and protein.
- Go through each day and check the boxes of EACH COLOR you ate that day.
- You can also go through each day and make a dot at the bottom of the food column of each color you ate that day.
- This helps you identify where there might be some gaps in your macronutrient intake AND where you might be favoring one over the others.
- This helps you capture which color of foods you might be missing in your daily diet.
- This helps you capture which color of foods you might be missing in your daily diet.
- Capturing colors in this way helps you assess needs for more micronutrients and phytonutrients.

## ELIMINATION

- Are there any significant changes that happened in relation to what you ate?
- If you had a fiber-packed smoothie or salad, do you have better elimination compared to mornings when you have other foods?
- Do you lean toward constipation or diarrhea?
- Do you eliminate every day?
- Here's a list of what to look for when you start tracking your elimination patterns:
  - Stools should be relatively soft and easy to pass.
  - Bowel movements should occur from one to three times a day.
  - Gas, bloating and skin eruptions are indicators that the colon needs some support.
  - Poop should be brown or golden brown (and sometimes green or red if you've eaten certain foods).
  - Eliminations should be sausage-shaped, with a smooth nut butter-like consistency ~ there should not be visible food particles, especially if you've chewed your food well.

## MOOD

- In your workbook, categorize your symptoms into the UNWANTED + WELCOMED columns to get crystal clear on how you want to be feeling in your body.
- Identify a symptom you want to have less of and look to your journal to answer the following questions:
  - What is in the food column on the day you felt an unwanted symptom?
  - What is in the poop column on the day you felt an unwanted symptom?

*For example: If you have a day of digestive distress and brain fog, can you identify any contributing factors? Does anything stand out as unique?*

- Identify a symptom you want to have more of and look to your journal to answer the same questions:
  - What is in the food column on the day you felt a welcomed symptom?
  - What is in the poop column on the day you felt a welcomed symptom?

*For example: If you notice you have sustained physical and mental energy one day, reflect on your entries and activities from a few days prior. Does anything stand out as unique?*

# FOOD FOUNDATIONS

## MACRONUTRIENTS

A nutrient it's a nutritive substance that supports the nourishment, growth maintenance, and repair in your body.

Macronutrients are a class of chemical compounds that provide our bodies with energy and essential nutrients. They're needed in relatively large quantities on a daily basis through the diet.

The main types of macronutrients we consume for energy are proteins, carbohydrates, and fats.

## PROTEINS

Protein is an essential component of muscles, skin, hair, and bones, and is found in nearly every other tissue in the body.

It's essential for bone health, muscle development and function, tissue repair and growth, and basic cell activity, to name a few.

Proteins are made up of building blocks called amino acids, and these molecules are the backbone of many functions in the body.

Our DNA, neurotransmitters, hormones, and most of our muscles are mostly made from amino acids.

Our bodies don't store protein and they don't make all of the amino acids needed for the body to function properly.

Consuming adequate amounts of protein from our food on a daily basis is essential for your body to thrive.

## A WELL-ROUNDED APPROACH TO PROTEIN

Regardless of your dietary preferences (animal protein versus plant protein), it's important to consume protein from a variety of sources. Remember that plant proteins don't contain all of the essential amino acids needed by your body, so if you are a vegan/vegetarian, pay attention to variety.

## CARBOHYDRATES

Carbohydrates play an essential role in a healthy diet.

They provide a quick source of energy for your body immediately upon consumption. The carbohydrates your body doesn't need are stored in either muscle cells or fat cells for later use.

Carbohydrates are found in many different foods, but the source and quality is important to consider when choosing which to include in your diet.

The best sources of carbohydrate-rich foods provide the body with energy, as well as vitamins, minerals, phytonutrients, and fiber.



## **CARBOHYDRATES (continued)**

Refined carbohydrates, like those found in many commercial products such as white bread, cereals, cakes, pastries, chips, ice cream, and other convenience foods are stripped of many of their nutrients, plus have added sweeteners.

Too many of these foods in the diet can lead to chronic inflammation, which opens the door to several health conditions.

## **FIBER**

Eating a fiber-rich diet supports better digestive health and reduces the risk of several chronic diseases.

It slows the absorption of glucose, which supports better blood sugar levels, lowers cholesterol, and helps reduce inflammation.

Dietary fiber is our gut bacteria's favorite food

Fiber is a type of carbohydrate and is found in all plant-based foods.

Humans can't digest it – it's sole purpose is to feed your gut bacteria

## **FATS**

Fats are absolutely necessary for health.

Without fats, the body can't absorb fat-soluble vitamins A, D, E, and K.

Fats are key to building cell walls, immunity, and assimilation of minerals like calcium.

Fat provides necessary support for the brain.

Digestion is impossible without fats.

## **QUALITY FATS ARE KEY**

### **There are three types of fats**

- Saturated

- Monounsaturated

- Polyunsaturated

A lot of our fat comes from manufactured food products which are high in refined vegetable oils (corn, safflower, sunflower, and soybean oil), which lead to inflammation, obesity, diabetes, heart disease, cancer, and even depression.

## MICRONUTRIENTS

Micronutrients are vitamins and minerals that the body needs in small amounts.

Micro but Mighty → they may only be needed in small amounts, but they greatly impact the health of our bodies.

They help the body produce enzymes, hormones, and other substances needed for growth and development.

Deficiencies in micronutrients can be obvious – as is the case with iron or vitamin B12 deficiencies.

They can also cause more subtle effects on health – like decreased energy, mental clarity, or overall functioning and capacity.

Many of these deficiencies are preventable through eating a healthy diet that includes a diverse range of foods, plus supplementation if the diet is in a good place.

## PHYTONUTRIENTS

Phytonutrients is a broad name for a wide range of natural compounds found in plants

They are powerful defenders of health

Fruits, vegetables, whole grains, legumes, herbs, spices, nuts, seeds, and teas are all rich sources of phytonutrients.

A few common names for phytonutrients that you have perhaps encountered are: antioxidants, phytochemicals, polyphenols.

## FORMULA FOR SUCCESS

My formula can be summed up with three words: **Fat, Fiber, and Protein**

Fiber refers to carbohydrate-rich, whole foods.

We require a little bit of all the nutrients available in whole foods to supply the body with the building blocks for health.

It also supports healthy blood sugar levels, stress levels, and mental focus.

## REMINDERS

Trust the process!

Even if you aren't making connections right away, you are strengthening your ability to listen to your body and decipher what it needs.

This is a skill that will grow and serve you for the rest of your life if you commit to it.

As you commit to a mindset of curiosity and growth, you will make connections that will serve you down the road.