

Mayo Clinic Minute

Using pen and paper to shed pounds

VIDEO	AUDIO
	If you're going to eat it, you should enter it in a food diary.
	This is your biggest tool.
	So it can be as simple as just writing down when you eat and what you eat. But, really, a more complete food diary would also include the serving size, the amount of calories ...
	And Mayo Clinic psychologist Dr. Karen Grothe says you'll probably be surprised by your calorie tally.
	We tend to under estimate what we eat by 50 percent if we're not actually measuring and writing it down.
	A food diary can find that extra 50 percent and reveal patterns that create extra pounds.
Title: KAREN GROTHE, Ph.D. ASST. PROFESSOR OF PSYCHOLOGY Mayo Clinic	Maybe I'm not getting a lot of calories earlier in the day, and they're really loaded to the end of the day. Maybe I'm getting a lot of calories in the evening or after dinner time.
	You can start a simple food log with just pen and paper, or go higher tech with a new app. Either way, Dr. Grothe says try to make your diary entries as close to your meals as possible.
	... a minimum of three days a week if you're trying to lose weight ...
	... and every so often after you've reached your goal to stay accountable for what's really on the menu in your life.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.