



Food Journal

By Sandra Graves

Rory Media, United States, 2014. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Write down your goals, track your nutrition, and watch your body transform. Losing weight, maintaining your weight, and keeping fit are all things that take perseverance and hard work. Wouldn't it be nice if there was a way to make it easier and hold you accountable? There is a way! One simple tool that can be used to help in all of these areas is keeping a journal of what you eat throughout the day, as well as any activity. There are no expensive fees involved, no high-tech machines to climb on, and no special diet food you need to buy; a food journal will do the trick. Let's take a look at what researchers have to say: In 2008, Kaiser Permanente's The Center for Health Research (KPCHR) conducted a study of 1,700 people. The participants kept a food diary and were asked to follow a diet high in fruits and vegetables and low in fat; exercise moderately for 30 minutes per day; and attend a weekly group session. A researcher from KPCHR, Jack Hollis,...



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