



Food Journal

Vivian Tenorio

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A study published in the American Journal of Preventive Medicine showed that people who kept a daily food journal, lost twice as much weight as those who did not.

By keeping a food journal, you will become more aware of your eating patterns and changes you need to make.

This Food Journal is a great tool and gift for anyone trying to get healthier. This beautiful Food Journal is formatted to show one day per page, record your daily intake of calories, sodium, fat, & carbs for breakfast, lunch, dinner and snacks for up to 6 months, a page for your measurements, and ruled pages for notes at the end of this handy journal.

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In this period globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. The particular book that recommended to your account is Food Journal this reserve consist a lot of the information from the condition of this world now. This book was represented so why is the world has grown up. The terminology styles that writer use to explain it is easy to understand. Typically the writer made some research when he makes this book. That is why this book appropriate all of you.

Carolyn Charles:

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