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## Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “**Eat Well**” with this tip: **Keep a food log.**

In a world full of fad diets and quick fixes, one of the most effective tools for improving your eating habits is surprisingly simple: keeping a food log. Whether your goal is weight management, identifying food sensitivities, or simply becoming more mindful of your nutrition, a food log offers clarity, accountability, and insight.

If you're aiming to lose weight—as many fad diets promise—try this instead: keep a food log for at least 3 to 5 days. Write down everything you eat or drink. That includes a handful of chips, a spoonful of peanut butter, and the extra splash of cream in your coffee. Cheating on your log only cheats yourself.

Once you have a few days’ worth of data, take a moment to review it. What patterns do you notice? Are you snacking more during a certain time of day? Drinking more soft drinks than you realized? Skipping meals and overeating later?

Often, we have no idea what our diet truly looks like until we see it in black-and-white ink—or pixels—right in front of us. A food log helps you identify problem areas and replace them with healthier, more positive choices.