# Mayo Clinic Minute

**Using pen and paper to shed pounds**

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<th>VIDEO</th>
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<td>If you’re going to eat it, you should enter it in a food diary.</td>
<td>This is your biggest tool.</td>
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<td>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 …</td>
<td>And Mayo Clinic psychologist Dr. Karen Grothe says you’ll probably be surprised by your calorie tally.</td>
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<td>We tend to under estimate what we eat by 50 percent if we’re not actually measuring and writing it down.</td>
<td>A food diary can find that extra 50 percent and reveal patterns that create extra pounds.</td>
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## 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.

… 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.