

AFib Food Diary

If your health care professional has recommended managing your body mass index (BMI), consider embracing mindful eating by noting portion sizes and reflecting on your feelings when eating.

Also, consider keeping notes about any foods or beverages that you think may affect your overall health or be linked to your AFib. If you notice trends or have questions, talk to your health care professional.

Date: _____

Meal	Food/Beverage	Amount	Notes
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			