



## The 80/10/10 Diet Journal: Track Your Progress See What Works: A Must For Anyone On The 80/10/10 Diet

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In the 80/10/10 diet, 80% of food consumed should consist of good carbohydrates, 10% should be protein and 10% should be healthy fat. The best way to succeed with this kind of diet is to keep a diet journal. The reality is that most people eat because of emotions, not hunger. This explains the overeating phenomenon. A journal helps keep track of food consumed, but should also be used to record the emotions associated with a dieter's cravings.

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