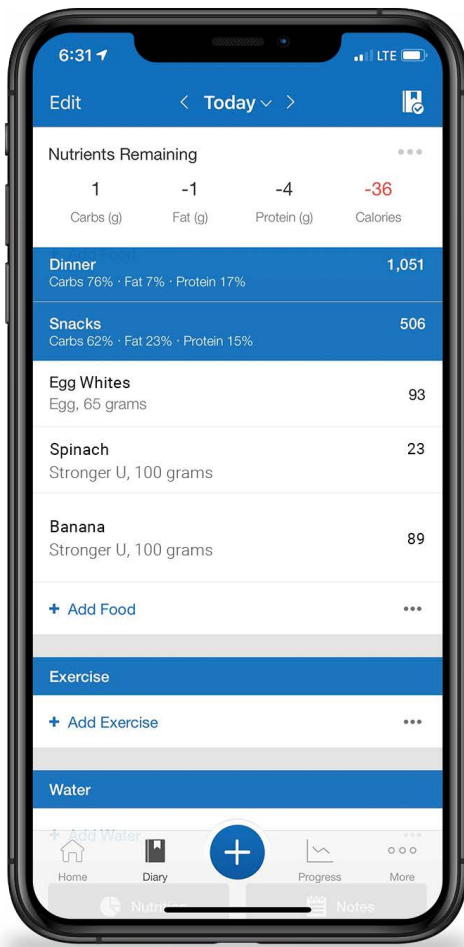


# FOOD TRACKING

## CHECKLIST & TIP SHEET



*Tracking your food intake is one of the most valuable learning tools we encourage you to use with Stronger U.* By tracking your food, you become aware of the nutrients in the foods you consume and can learn the amounts of foods to eat to help you move towards your goals. You (and your coach!) will get the best information by taking extra care to make sure the tracking you are doing is as **ACCURATE** as possible.



The following two pages include a checklist to make sure you are tracking your food as accurately as possible as well as some tips that can help make your tracking experience as efficient as possible too! Most of our coaches and members use MyFitnessPal (MFP) to track their food so many of these tips refer specifically to functions in MFP but many of these tips can help you no matter what tracking program you use.

# MY FITNESS PAL

## TRACKING CHECKLIST

DONE	
	Are your macros goals in MFP set for the goals your coach gave you? (see page 2 for some tips on this!)
	How have you been weighing your foods? Have you been weighing everything in grams or ounces?
	Are you using accurate food entries? Check that all entries have all 3 macros listed and that the macros listed make sense.
	Have you been utilizing the Stronger U entries available in MFP? There are a TON of entries for basic foods like fruits, veggies, meats, and grains in 100g increments that can be modified to the serving size that fits your numbers for the day.
	Is exercise tracking turned off? It's a great time to double-check!
	Is the program set to track ALL carbs, not just net carbs?
	Are you entering foods in the tracker the same way you weigh them? If you weigh a food item raw, track it as raw. If you weigh a food item cooked, track it as cooked.
	Are you tracking oils and butter that you add when cooking?
	Are you tracking all bites of food? Yes, even those little ones while you cook or clear the table count!
	Are you logging alcohol using one of the Stronger U entries? You can find guidance about the how's and why's of tracking alcohol here.
	Do you double-check the information on foods you scan into the app matches the food label? Yes, these can sometimes be off!



## SETTING YOUR MACRONUTRIENT GOALS

### ENTER CALORIE GOAL

Update goal provided by coach.

> My Home

> Goals

> Daily Nutrition Goals

> Edit

### FREE VERSION OF MFP

You can get your macro goals close to the goals from your coach by putting in the daily calorie amount and then adjusting the % to get close to the grams of each macro.

### PREMIUM VERSION OF MFP

You can enter your exact macro goals by the gram.

## LOGGING AND SEARCHING FOR FOOD TIPS

To start adding food, select FOOD > Food Diary

Choose which meal you want to add the food under and select **Add Food**

Type in the name of the food you'd like to add into the search box and click **Search**

OR if the food is from a package, you can tap the barcode icon to scan packaged items (*remember to double-check that it scans in correctly!*).

A list of foods that match your search will appear. Choose the best match, paying attention to the brand, the form of the food, and preparation method (*for example: raw or cooked, dry or prepared, breaded or grilled, etc.* )

**Pro-Tip:** Try to choose options with a checkmark icon. This icon means it's been verified and is more likely to be accurate.

Search for entries with "Stronger U". We added those to MFP and they are accurate based on USDA data

To double-check the accuracy of a food entry, use the USDA's FoodData Central database. <https://fdc.nal.usda.gov/>

Once you've made your selection, adjust the *Serving Size* and *Number of Servings* and click the checkmark at the top or select **Add to Food Diary** to add your entry to your food diary.

Repeat this process, adding all food items, beverages, toppings, sauces, condiments, oils, etc. for each meal and snack.

Double-check the information on foods you scan into the app to make sure it matches the food label.

## ADDITIONAL HELPFUL MFP TIPS



Turn your phone horizontally to view the entire macro breakdown instead of having to navigate to the nutrition page.



Save a meal if it is something you eat often and then you can easily add that meal to future days.



Explore using the Quick Tools in the diary that allows you to copy meals and foods from previous or to future dates.



If you are entering a recipe, create on a desktop rather than the phone so you have a bigger screen to view all ingredients at one time.



Bulk cooking pasta or other grains? Measure out your serving dry first then cook the pasta. After pasta is cooked weigh the portion so you know how much pasta a cooked serving is so you can bulk cook your pasta (or other grains) in the future.