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Food tracker journal printable

Use these Food Journal Printables to keep track of what you eat and drink along with any other information. There are 16 different styles available to print for free.



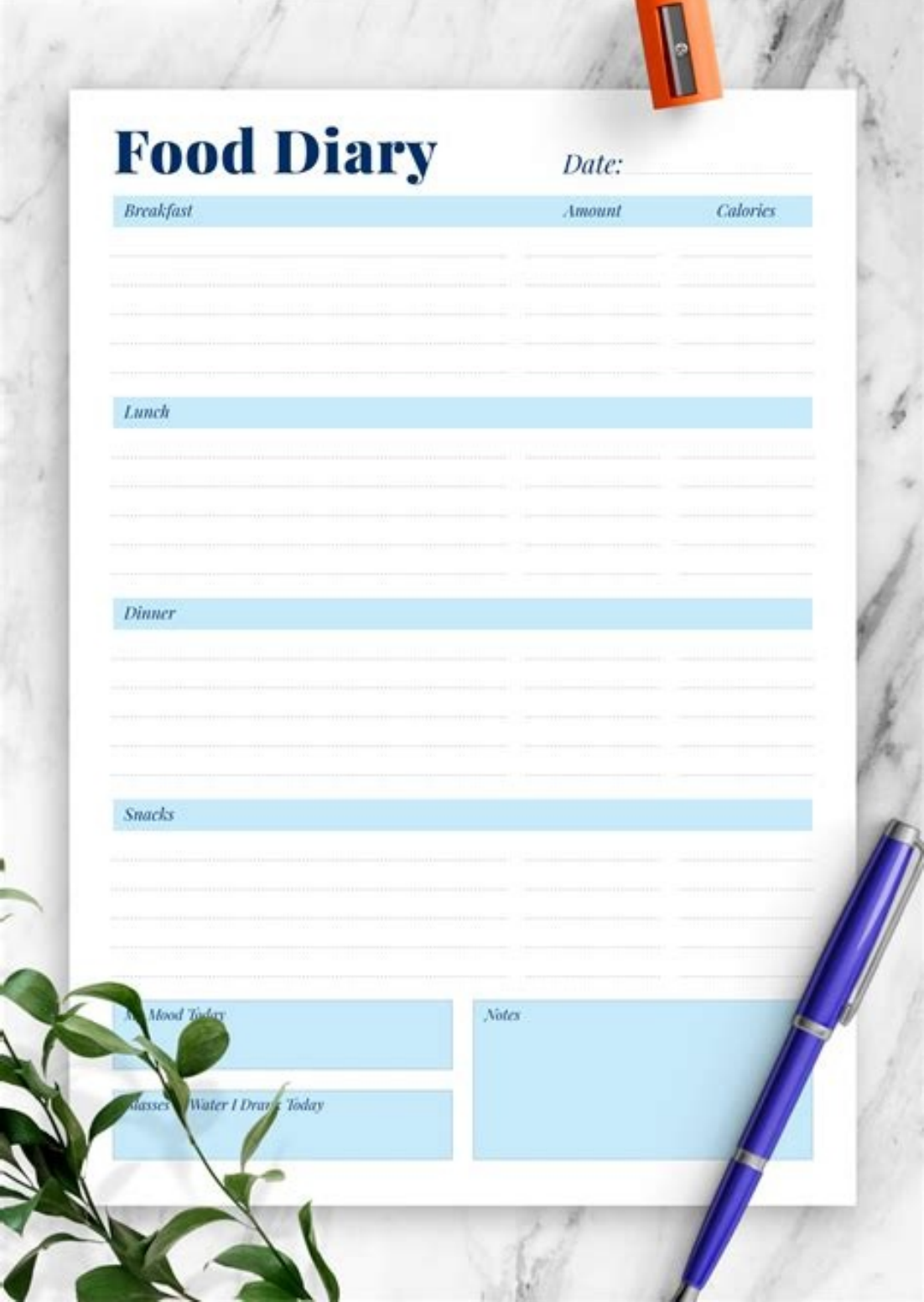
A food journal printable is designed to help you to track your daily food intake. You'll find space to record your meals, snacks, drinks, and any other relevant information such as portion sizes, calories, and nutritional content. Why you should use a food journal printable You can use these food journal printables for a variety of reasons, including weight loss, managing food allergies or intolerances, identifying food triggers for digestive issues, tracking macronutrient intake, and improving overall nutrition. Keeping a food journal can help individuals become more mindful of their eating habits, identify patterns and trends in their food intake, and make more informed decisions about their diet. Printable food logs can be used by anyone who follows a specific diet plan or has food allergies, and they're also useful for anyone who has a medical condition such as diabetes. If you are someone who is seeking to improve your health and nutrition, using a printable food diary is a great way to keep track of what you're eating to help you get a better picture of your nutritional intake. If you're a fitness enthusiast or athlete you can also find these useful for tracking your macronutrient intake. Food journal printables Food journal printables are available for free and can be printed out and used as needed. You can also import them into your favorite digital planner. weekly food diary template printable food log printable food diary template daily food diary template daily food log template printable food diary template free printable food diary printable weekly food journal free printable food log food journal printable food journal template printable printable daily food log daily food journal printable Use these food journal printables to keep track of the food and drinks that you're consuming. You can also use these in combination with our calorie tracker templates to help you reach your weight goals. Get the free printable food journals These food journal templates are so simple to use and come in many different styles. You can easily mix and match these with any of our other free printables! You can also find food journals included in our Meal Planner bundle which has a huge number of useful templates to help you plan your meals and eat healthily.

WEEKLY FOOD DIARY							GOALS:
	SUN	MON	TUE	WED	THU	FRI	SAT
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Water	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX
Notes							

Print it! - Our templates look so good when printed on this bright paper. If you like keeping a planner, especially one you print at home, then make your pages look amazing by using the best paper for planner pages. Remember to look through the rest of our printable templates, we've got everything you need for every aspect of your life! More printables for the kitchen We have fridge, freezer, and pantry inventories that will help make food prep a breeze. Meal planning isn't just about saving time, it's about saving money too, so make sure you keep an eye on what's in your kitchen before you head to the grocery store. You will also find these printables useful for your kitchen binder: More free meal planner templates Some of our recent meal planner templates. These will help you organize your meals for the week ahead. You might also like... Did you know we have thousands of planner templates that you can also use for free? More awesome free printables and templates Why buy printables, planners, and templates when you can save money and get high-quality ones for free? We've got a huge range of templates for every aspect of your life. Be sure to check them out and find the ones you need. Our free printables and templates are the perfect option for adding that little bit extra to your planner, bullet journal, or binder. You can even import them into your favorite digital planner. Be sure to grab as many freebies as you can while you're here. We think you'll find these very useful: Many more planner templates are available to use and print for free. Follow World of Printables on Pinterest COPYRIGHTTThese designs are for personal use only and are the copyright of World of Printables - you cannot redistribute, reproduce, or resell, although you can link back to our website. There might be affiliate links on this page, which means we get a small commission of anything you buy. As an Amazon Associate we earn from qualifying purchases. Please do your own research before making any online purchase. As the New Year rolls in, most of us are likely renewing our commitment to take good care of our health. One way to stay on track of health goals is by having a food journaling habit. A food journal is a useful tool for improving your health. It is a tool you can use to track what you eat at every meal. Keeping a food diary allows you to: Become more accountable for your eating habitsIdentify your motivation for eatingFocus on your nutritional requirementsKnow your food triggers, such as for pinpointing allergiesKeep track of calories for weight loss/gain goalsEat more healthily The following guide questions can help make food journaling accurate and successful: 1. What did I eat? - You can write down the types of food you've eaten in a meal, and the beverages you've consumed. You may also include the kind of food preparation (fried, broiled, etc.) and the condiments used, if any. 2. How much have I eaten? - Record the amount of food you've consumed in the measurement system you're familiar with (e.g., cups, ounces, tablespoons). For extra accuracy, weighing your food before consuming it is a good practice. 3. When did I eat? - Logging the time when you ate is helpful if you're keeping track of your eating habits. For example, if midnight snacks are a constant part of your bedtime routine, this may be causing problems for your weight-loss goals. Side bar: One simple health habit you can build is to drink this superfood green drink, which gives you a boost of energy and supplies your body with the nutrients it needs to get through the day. (You can also read the review of it here.) To help get you started, here are 33 food journal templates you can use as samples to draw inspiration and motivation for your own food diary. Download the PDF If you're looking for a food journal that helps you become more mindful at every meal, this template we've designed might just be the thing you need. It features a predominantly yellow-and-blue theme, with spaces allocated for keeping a record of every meal for each day the week. You can also highlight which meals left the best or the worst impression on you through the spaces allocated for "Most Favorite Meal" and "Least Favorite Meal." At the bottom of the page is enough space for making notes about your weekly meal experience. Download the PDF Our Daily Food Planner encourages healthy eating. Space is allocated for your goal, where you can write down what you're aiming for when it comes to meal prep, health, and nutrition. We've designed this template not only to keep track of your daily meals, but also to encourage users to try a variety of dishes through the space labeled "Food I Should Try." Conversely, the space "Food I Should Avoid" highlights dishes that might cause allergies or other adverse reactions and should be avoided by the user. via Centers for Disease Control and Prevention The CDCP supports people in their efforts to embrace a healthy lifestyle. They have made a simple food diary with enough spaces for users to record their food intake for the whole week. Each day of the week features a pastel color scheme, and has slots for you to write down or type in the food you've eaten for breakfast, lunch, and dinner.

FOOD LOG JOURNAL							WEEK OF: _____
	TIME	FOOD / DRINK	MOOD	QTY	CALORIES	OTHER	
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							
NOTES:							

There are also three slots for snacks for each day of the week. The diary is in PDF format and downloadable for free from their website. Want to build a morning routine to shed those extra pounds? Then watch this video to discover the 11 habits to lose weight and feel great: via The Housewife Modern This food journal has ample space for you to list all the types of foods consumed in a week, as well as a tracker for daily water intake. It has a charming design, and to further motivate you, there is an area to write down your motivational quote for the week. The journal also has spaces reserved for your weekly measures and goals, as well as for the exercises (with duration and calories burned) you've done for every day of the week. via National Heart, Lung, and Blood Institute This food journal helps you track your food intake and physical activities for the entire week. Although there are several ways for you to lose weight, health care experts recommend a combination of a healthy diet and sufficient regular physical activity. At least 2.5 hours of moderately intense aerobic exercise each week is both beneficial and safe for most people. via The Housewife Modern If you prefer a festive theme for your food journal, you might consider adopting this template's design. This tracker features a space for your weekly goals, statistics and notes, and motivational quotes to get you going. via FitWatch In addition to logging the food you consume, this template provides spaces for tracking the amount of fats, protein, carbs, and calories in every meal. Formulas for calculating the caloric content of food items are also provided. This tracker was developed by health and nutrition coach Suzanne Hiscock, owner of FitWatch. Through her site, she has provided support for people's health and fitness journeys. This food tracker is ideal for those who want to keep a record of the types of food they are consuming. There are several reasons for doing this. For some, it ensures that they are taking the right kinds for food—especially for someone who has a health condition that needs specific kinds of nutrients only available from certain food products. For others, it might be a way of tracking how much junk food they consume in a month, giving them accurate information on whether or not they need to cut back on chips or soda. If you love customizing your trackers, here is a sample for inspiration. This spread was created on a dot-grid notebook using printable stickers. If you like this sample, you might want to check out the inspiring bullet journal layouts in this post. If you're into lists, then this type of layout might be what you want. The creator lists all the food she's eaten for the entire month, using single entries for every meal. The creator of this layout didn't record her beverages, but you can include that in your own minimalist food log. This food log is designed for those doing the keto diet, or any low-carb diet where one needs to monitor ketone and glucose levels. The log has boxes that users can tick for the specific meals of the day when the food was consumed, or when one is doing an intermittent fast (and for how long).



The design comes in a soothing teal, and it also has a space that allows users to record the volume of their water, wine, and condiment consumption. We've already mentioned that it's better to help kids form healthy eating habits while they're young. This food journal is another fun template that can help children track the food they eat. It includes suggestions for healthy food items they can try at every meal. Many people use food trackers for their weight-loss goals. The template above adds a fun and colorful touch to your food logging activities.

What goals can you use your food diary for? The most common reasons include: Weight lossPinpointing food allergies/sensitivitiesCarbohydrate trackingCalorie trackingMonitoring emotional eatingWith as with any habit, starting a diary is often the most challenging part. Fortunately, this food tracker reminds you that "You can do it!" Keeping a food journal for weight loss is easier if there is someone who can be your accountability partner. This person can be a friend, a family member, or your dietician—anyone who can provide the support and encouragement you need. With this pocket-sized food tracker, it's easier to keep tabs on the food you eat. Print it out and staple the pages together. It's just the right size to take in your purse or wallet for easy access no matter where you go. This is another tracker that incorporates the Weight Watchers' point system. It features a total target point, and there are columns for points used and the balance. This food journal layout is designed for keeping track of your food intake for a week, as well as the exercise you do. The standout features of this template are the spaces provided to record the user's weight at the start and at the end of the week, as well as the trackers for water intake and fruit and veggie consumption. This food diary is a variation of #30. It has a minimalist design and spaces that let you track your daily water intake. If you're looking for inspiration for a cute, minimalistic food tracker, then this template is worth checking out. It is a fairly straightforward template, bordered in candy sprinkles. It has room for you to record the three main meals of the day, as well as a single snack. If you are into the no-fuss approach of food tracking, then this minimalistic weekly food journal might appeal to you. You can track what you ate for breakfast, lunch, and dinner, as well as snacks. There is also a column dedicated to tracking the volume of water you drink each day. via Sublime Reflection Research studies, such as one done at the University of Liverpool, show that emotional eating is one of the coping mechanisms of people who experience obesity. A food journal can be helpful for emotional eating.

DAILY FOOD TRACKER				
DATE				
	POINTS	POINTS	NET	POINTS
BREAKFAST				
egg whites	4.75	Egg		
toast			6.87	6.87
protein shake				
LUNCH				
chicken & veggies				
DINNER				
shrimp tacos				
SNACKS				
apple	3.25	3.25		3.25
skippy pop				
protein bar				
CHART/LOGS				

One has to use a different approach when keeping track of what he or she eats to check for patterns of emotional eating. Instead of counting calories or servings, the user should log moods, feelings before and after eating, stress levels, and hunger levels. The template above has a notes column where you can write your observations about things related to your emotions while you're having a meal.

We suggest working with a professional who can provide expert guidance and support on the subject of emotional eating. Monday 2000 is a nationwide campaign for better health. It is based on the recommendation that the average adult needs 2000 calories per day to maintain an ideal weight. The template above features columns for tracking calories, protein, fat, and carbs. The goal is to consume food items that add up to only 2000 calories (or below) for the whole day. This campaign is usually done on a Monday to raise awareness about making healthier meal choices through the rest of the week. This food tracker template incorporates the Weight Watchers point system, letting the user know if he or she is staying within his or her allocated number of points to control/lose weight. The Weight Watchers program has a point system where users are assigned a set number of points every day (based on their gender, age, height, and weight), which they can use to track what they eat. The point system is generated by an algorithm that factors in a food item's calorie, fat, sugar, and protein content to come up with a "SmartPoint" number. Are you looking for a grayscale template? Here's one that not only helps you track your food intake for the entire week, but also other essential information about nutrition. You'll find spaces dedicated for the following: Sections for every day of the week, with a Monday startTimeFood and drinkMoodQuantityCaloriesOther There is also sufficient space at the bottom of the page for writing notes. If you prefer a colorful template, here's one featuring a pastel pink-and-blue color scheme. This food diary is designed for daily use. It allows you to set a calorie goal, track your macros, and record your total calorie intake at every meal. The template also comes with a hydration tracker, which ensures that you stay hydrated throughout the day. A notes section near the bottom of the page allows you to write important reminders and ideas. When you want to stay motivated for your new diet, track your mood in relation to the food you consume, or keep track of your overall good habits, this food diary is a great tool for recording your progress. This minimalist template has sections for recording and tracking the following for each day of the week: BreakfastLunchDinnerSnacksWaterSleep This template pack contains everything you need to manifest your health and fitness goals. Its food and fitness tracker allows you to record your food and water intake for the week. A meal plan helps you prepare dishes that comply with your dietary and fitness goals. Meanwhile, a goals worksheet offers space for writing down your goals to motivate and inspire you to achieve them.

Speaking of motivation, here's a food and exercise diary designed to help you reach your goal of being healthier. Designed for use throughout the week, it has sections for tracking your meals each day. In addition, there are spaces for the following: Liquids trackerVitamins/meds trackerPMA (personal mental attitude) logEnergy level logExercise The template is available for download in three different color schemes: white, blue marble, and golden chevron. Food journals and diaries are not only useful for tracking food consumption, macros, and other nutritional information, they are also an essential tool for someone who has allergies that could be triggered by certain foods or ingredients. This template has been designed primarily to monitor food reactions in kids. You can indicate the date and time of monitoring and it has sufficient spaces for recording what was eaten for breakfast, lunch, and dinner. Each meal section has spaces for writing the type of food, the serving size, and your mood during that particular meal.

There is also section for taking note of any symptoms that appeared during that meal. The template also features a pre-made list of symptoms with boxes you can tick if a certain symptom manifests.

While we're on the topic of food reactions, here's another template created specifically to track digestive health. Some of the features you'll find in this journal template include: Food logPain scaleMood logSleep logMedicine and supplements trackersWater trackerDesigned as a bullet journal page, this template helps you monitor the triggers of digestive disease or disorder. Many people have a love-hate relationship with food. Rather than associating food with joyful memories, they often feel guilty and deprive themselves. However, this deprivation can backfire and cause them to binge on unhealthy fare.

This template was designed to help food bingers develop a more mindful approach to eating and restore a healthy relationship with food. It has prompts for recording one's eating patterns and reactions to mealtimes, as well as other activities throughout the day. Tracking macros helps you understand the impact of calories in your body and shows you where these calories come from. This template provides space for recording your meals for three days. It has a section for tracking the following: Food and drink consumedNumber of servingsServing sizeProteinCarbSugarFatCalories Whether you want to gain weight or to lose it, using this template supports your fitness goals. Here's another food journal that helps track your reactions to food. It was primarily designed to help those who are on an elimination diet record what food affects their digestive health. The template is also useful for tracking triggers of food allergies. It has spaces allocated for writing down the date, time, and food consumed during a particular meal.

It also has sections for recording any reaction and the overall feeling or mood that is prevalent during or immediately after that meal. When you've successfully kept a food diary for at least a week, it's time to review how you did in terms of food consumption, and to see if there is any pattern to it. Do you tend to eat a lot of sweets when you're feeling low? A food diary with a mood tracker can help you detect this tendency. Are you eating enough fruits and vegetables?

Are you hitting your macros and macros while doing a keto diet? Did you get off track from your whole-food, plant-based diet at a family picnic? Your food journal can help provide the big picture. This information can help you make the right decisions and choose the best course of action to take when it comes to your overall health and well-being.

Furthermore, the information you log will be of great help to your dietician or nutritionist, allowing them to plot a course of treatment or support for your specific needs. A food journal provides information about the food you eat, and can help you live a healthier life. If it shows that there are areas to improve in your eating habits, you will be in a better position to enact the necessary changes. But remember-as with any habit, keeping a food journal will only be successful if you do it consistently. Can't get enough of healthy habits? Check out this post featuring almost 200 healthy habits you can incorporate in your life this year. Also, if you're in need of inspiration for other habits to track aside from your food intake, you might want to head over to this post about 125 habit tracker ideas for your bullet journal or app. Remember, consistency is the key! Finally, if you want to take your goal-setting efforts to the next level, check out this FREE printable worksheet and a step-by-step process that will help you set effective SMART goals. Free printable food log template to keep track of food, water, exercise, weight, fruit, and vegetables. To create a printable food journal, print multiple copies of any of the templates. You can also mix and match colors and styles. Free Food Diary Template Track Food and Nutrition information (Calories, Carbs, Sugar, Fat, and Protein) Food Logs for Specific Diets If you are tracking points, carbs, calories, or any macro then these are the food logs for you. If you are vegan, then they will help you track your protein intake. Keto Tracker Food Log This Keto diet tracker printable will track your food intake and your net carb intake. The Excel spreadsheet will automatically calculate and view net carbs (total number of carbs each day) and total carbs. If you are on a low-carb diet then use this template to track your carbs. Weight Watchers The Weight Watchers points spreadsheet will track your points and calculate your daily total. Track Calories Track your daily calorie intake with these templates. If you want an automatic calorie tracker then use the Excel spreadsheet which will automatically calculate your calorie intake. This version includes the service size (you might need a food scale to calculate this). You can use these meal plans to plan your meals ahead of time and then make adjustments if necessary (if you don't eat according to the meal plan). Select any food diary template from the selection below. This free printable food journal template is available in six different colors. You can mix and match or print them all to create your own free food journal. There are more designs and templates below. This food log shows a week at a glance. This helps you see your daily progress. A food journal is an important tool in weight loss. It not only helps you record what you eat but also how you felt. If you are an emotional eater, then you can record how you were feeling if you overate and what happened prior to binges. It helps you get to know yourself and prevent binge eating in the future. If you are tracking your food intake to lose weight, then check out the following printables: Bullet Journal Food Log This is a food log bullet journal style with cute doodles and a dot grid background. You can create a food tracker bullet journal devoted entirely to what you eat, a food journal section in your notebook, or just add a few spreads whenever you need them. You can also just add a food log to your daily spread. Daily Food Log Template Excel If you want a food tracking chart in Excel format, see the options above. Emotional Eating Food Log This mindful eating food log will help you develop mindfulness and to be more aware when you eat. Before you eat, you fill out how hungry you are (rate your hunger on a scale of 1-6). Then, you record what you ate. Why did you eat? Were you truly hungry or were you stressed or bored? This will help you pinpoint the triggers that cause you to eat. How did you eat?

Did you eat quickly without paying attention to what you ate or did you eat mindfully? After you eat, you fill out how full you are. If you keep using this food journal you will become more aware of when and why you eat. How did you feel after you ate? When you binge on junk food you tend to feel bloated and unhappy. When you eat a healthy meal you feel good and nourished. When you spend a moment to describe how you feel after you eat and record how you feel it might help you make better choices in the future. Describe your emotions and feelings. See our free intuitive eating journal and workbook. Word | Editable PDF Food Journal to Detect Food Intolerances and Sensitivities One of the benefits of a food journal is to detect food intolerances and sensitivities. The best way to identify food intolerances and sensitivities is with an elimination diet. You refrain from eating all foods known to cause food intolerances for 2-3 weeks (the elimination phase) and then you introduce them one by one (reintroduction phase). The most common culprits for food allergy and intolerance are: citrus, dairy products, eggs, gluten, soy, peanuts, shellfish, tree nuts, beef, and corn (source). When you do introduce them to your diet again, you check for symptoms and write them down in your food sensitivity journal (see above). When you reintroduce a food group, look out for symptoms for a period of 2 to 3 days. Symptoms can include (headaches, fatigue, bloating, stomach pain, or changes in bowel habits).

If you don't experience any symptoms then start reintroducing the next food group. You should of course only try an elimination diet under the supervision of your doctor. I am not trying to promote the diet but to provide a food journal for those who have been advised to try an elimination diet. Printable Food Journal Template A food journal is more than just a food log. It doesn't only record what you ate but why you ate. Food is supposed to be fuel to eat when we are hungry.

However, emotional eating often eats for other reasons such as when they are happy or sad, depressed, or lonely.

Since I am an emotional eater I like to keep a food journal where I record what I eat and how I felt prior to overeating. If I am not sure how I felt, I like to journal about what happened before I ate more than I should.

Analyzing the situation often helps me to understand what I was feeling. This is helpful to prevent overeating in the future and to understand what I am feeling in order to address those feelings in ways unconnected to food. It's not easy but a food journal is an important tool that can be very helpful. To create a food journal, download any food diary template free of charge (from the selection above). Print multiple copies of it. Put it in a binder or have it bound to create a journal. How to Create a Printable Food Journal Either select one of the ready-made templates on this page or create your own with our free bullet journal app. With the free app, you can section the page or select a table. You can add text, doodles, titles, etc. If you want to leave space to journal about what and why you ate then you have more flexibility than with a ready-made template. What is a food log template? A food log template is a food journal that you can use to keep track of what you plan to eat and what you actually eat. If your goal is weight loss, then you might want to select a template that includes how much water you drink, how many fruits and vegetables you eat a day and how much sport you do each week. You can use a blank template to record what you eat as you eat it or you can use a meal tracker template that divides the food you eat into three meals and snacks in between meals. Why use a food log? A food log enables you to ensure that your diet is balanced. If you keep track of your food each day you can ensure that you are eating carbohydrates, protein, healthy fats, fruit, and vegetables, etc. When I don't keep track of my food I tend to consume mainly carbohydrates. When I plan my diet then it is almost always more balanced. Keeping a food log journal will enable you to count calories or points or to just keep track of how much you are eating to lose weight, gain weight, or maintain your weight depending on your goals. When I track my food intake, I always eat less than when I don't. I don't even realize how many calories I consume when I don't use a food journal. If mindless eating is a problem for you too then keeping a food log can be very helpful. When you have a "food intolerance", keeping a food log journal can help you recall what you ate before your symptoms occurred and it can help you find patterns to help you detect which food is causing you discomfort. If you go for expert guidance (to a registered dietician or a trainer) they will probably ask you to write down what you eat for a few days before you meet the first time. This will give them an idea of what your current eating habits are like, the portion size you are used to eating, etc.

Once they provide you with an eating plan they might still ask you to keep a food log. If you don't reach the custom goals that they set for you then they might take a closer look at your food log for nutrition insights into why you are not reaching your goals. They might give you tips on making smarter choices or set macro goals and track micronutrients.

Keeping track of your progress will also provide motivation. Why keep track of water intake? I don't know about you, but I don't drink enough. When I don't drink enough, I always eat more than when I do. Besides all the benefits you get from drinking water, you might also eat less. I know that I do. Some of the food tracker template options include a section for your water intake as well. If you want a dedicated water tracker, then please see our water tracker printables. How do you use the food template? You are free to use it any way that you want but I like to fill out my planned menu in pencil in the morning, the day before or at the beginning of the week, and then make changes according to my actual food intake. This works for me but you are free to use it any way you find helpful. The goal is to stick to the diet or lifestyle that you plan. When we eat without keeping track of what we are eating, we often consume more calories than we think we consumed. How to print? Select any free food diary printable from the selection above. Click on it to open the printable. Save to your PC or print from your browser.

How to create a food log PDF? You can download the printables in the bullet journal section as PDF files. Click on download and then select the PDF option. You can create your own food diary template that can be used for months. Print a few copies of any of the templates above. Create a binder cover. Place the binder cover on top of the food logs and have them bound or just put them in a binder.

Looking back at your past food diaries can help you see which lifestyle changes are working and which are not. It is a great way to prioritize your health and make sure you are providing your body with nutritious food. Studies have shown that when we record our daily food intake, then we do not eat as much.

Online Food Diary If you prefer a digital food diary or food journal app, then there are many options available both free and premium. MyFitnessPal I personally love MyFitnessPal (this is not an affiliate link) and I think it is the best food diary app. It has a free and premium version and the free version is great. You can use it on numerous devices and it has a huge food database (I think it is the biggest food database but I could be wrong). It also has a barcode scanner with which you can scan your food's label and it will automatically be entered into your food log if the food is in their database. If it isn't, you can add it to their database. You can also enter recipes with an ingredient list. Each time you eat that food the entire ingredient list will be added to your food diary. They have a great online community with interesting forums and an option to write your own blog or journal. You can keep your journal private or publish it if you don't mind sharing. There is also a section to add your fitness goals and to log your exercise. You can connect your account with your fitness tracker (such as Fitbit, Garmin, Runkeeper, etc) and your exercise is automatically imported into your account which I love. Your dashboard shows how many calories you have left for the day, how much weight you have lost in total, news feeds from your friends in the My Fitness Pal community, and a button to quickly add food or exercise. Another thing I love is the day tracker that shows how long you have been tracking your food intake. You don't want to break your streak which motivates you to keep tracking. There is also a premium version (which I haven't tried). MyFitnessPal claims that premium members are 65% more likely to reach their weight loss goal. The premium version has a macro tracker that the free version doesn't have. You can track your carbs, fat protein breakdown. If you track macronutrients, then it might be worth it for you to try their free 30-day premium trial to see if it is worth it for your specific needs. They offer healthy recipes, interesting articles, endless inspiration, and easy logging tools. Noom Whereas MyFitnessPal is free, Noom isn't. I personally didn't like the Noom food log nearly as much as I like MyFitnessPal so since it isn't free and not as good, in my opinion, I don't recommend it. See the Noom Food List