# How To Accurately Track in MyFitnessPal

Logging your food and drink in MyFitnessPal can seem quite as simple as clicking on the first selection that pops up when we search for a specific item, but sometimes these macros can reflect an inaccurate estimate of what you're actually consuming. This breakdown is meant to help clarify tracking to be as accurate as possible.

Example: Tracking "chicken" will pop up several options of chicken. However, the various options given might be name brand food items that have added macronutrients that might different from chicken that you have prepared on your own.

These are lost macros that you could be enjoying or gained macros that could mean the difference of progression in your nutritional journey!

How do I add something I've eaten for the day?

- Click the "+ add food" tab on the meal of choice.
- Begin by searching for the selected food choice
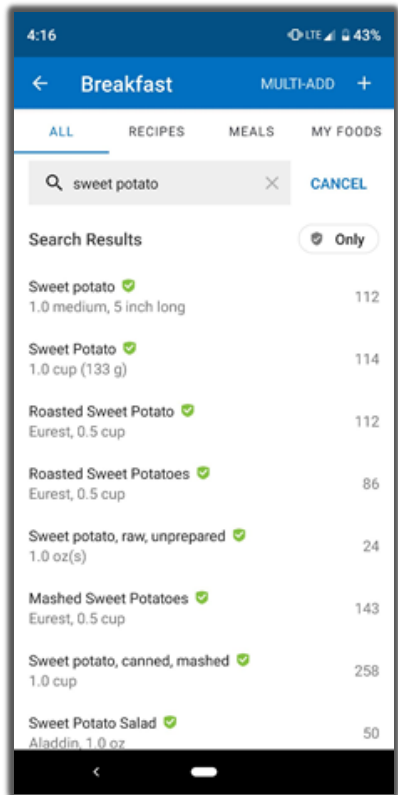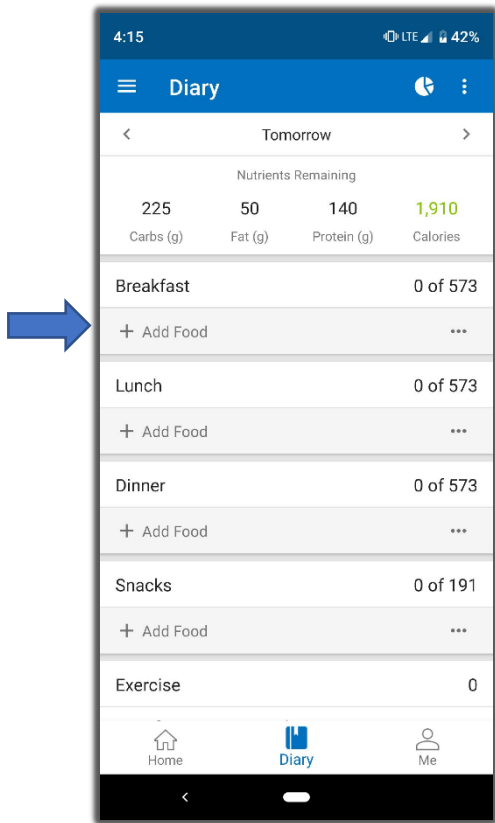
🔍Notice now that you have searched for sweet potato, there are several options offering different macros breakdowns.
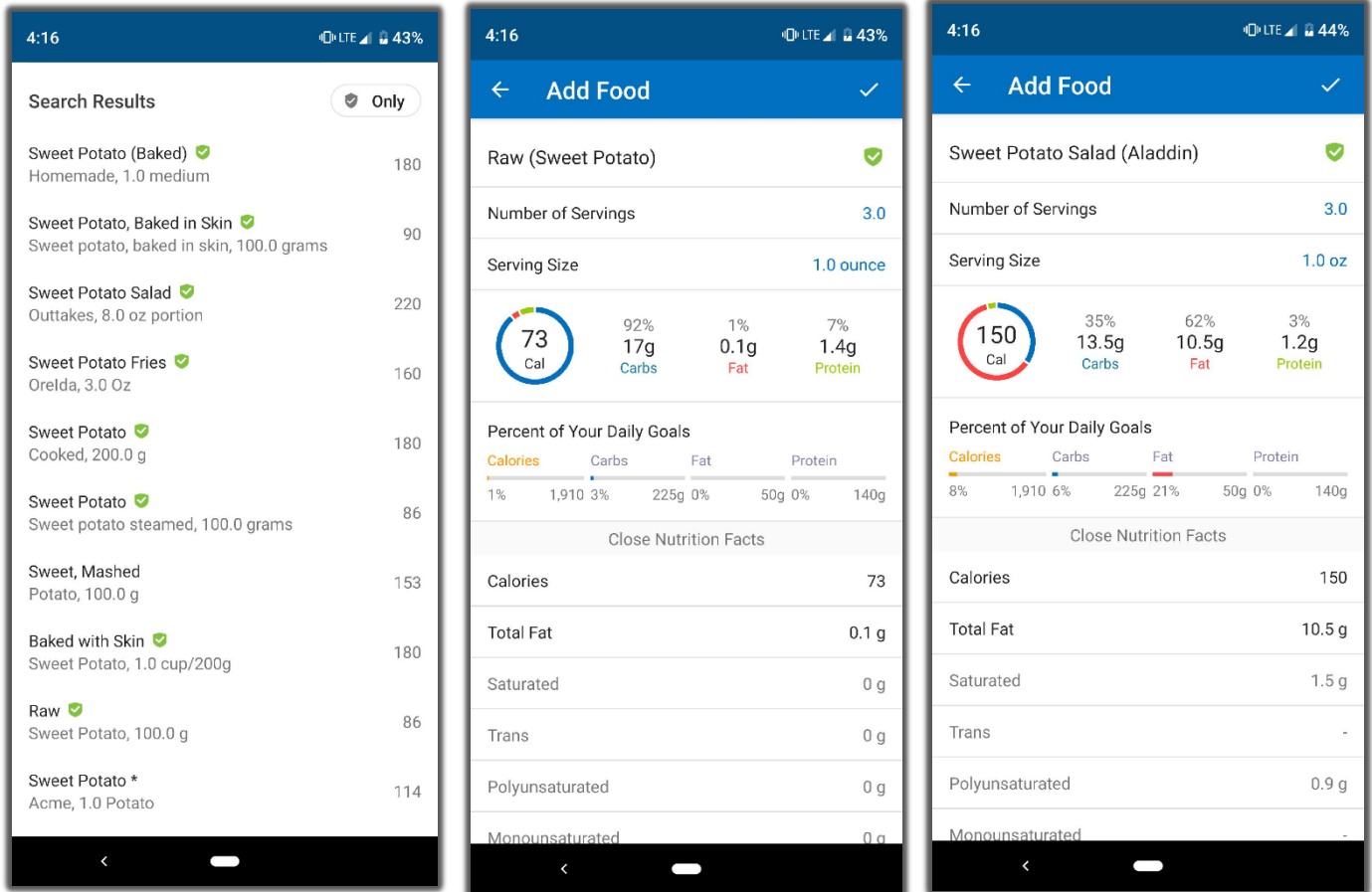
Remember to be cognizant when logging that there are several brands who might have different ingredients or additives than those products of others!

QUICK TIP: Look for generic food items that allow you to log in grams, ounces, or cups. These will be the most accurate depiction of what you're actually consuming and easier for you to track amounts.

- If an item says "1 piece" or "1 unit" chances are it is incorrect!
- If an item has a green check mark by it, that means the item has been approved by the manufacturer for accurate macronutrient information
- If you are unsure, find a listed item that says "USDA"

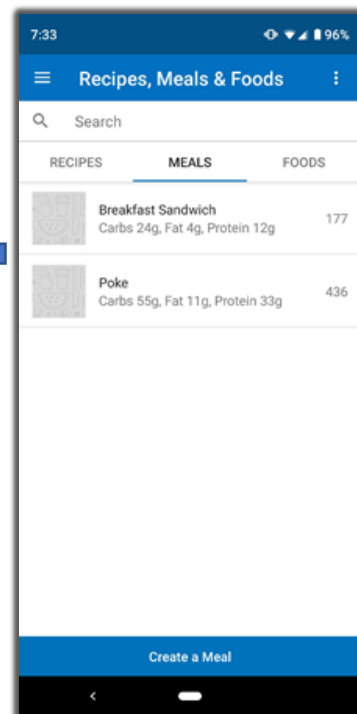If your food happens to have a barcode, SCAN IT! This will make your work so much easier.
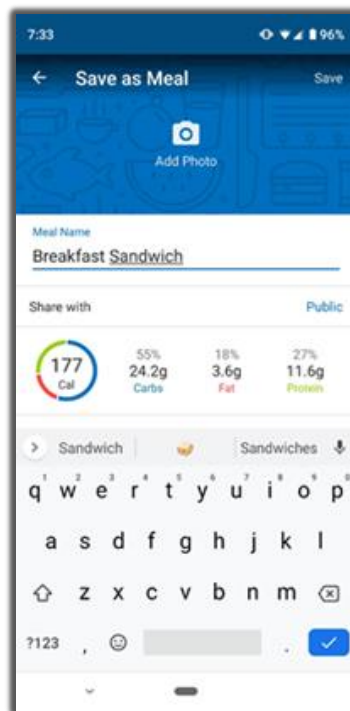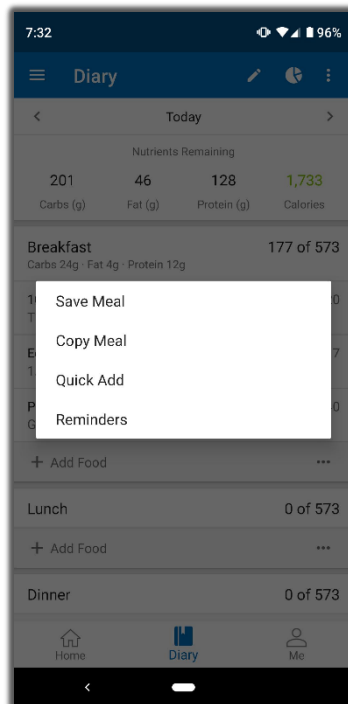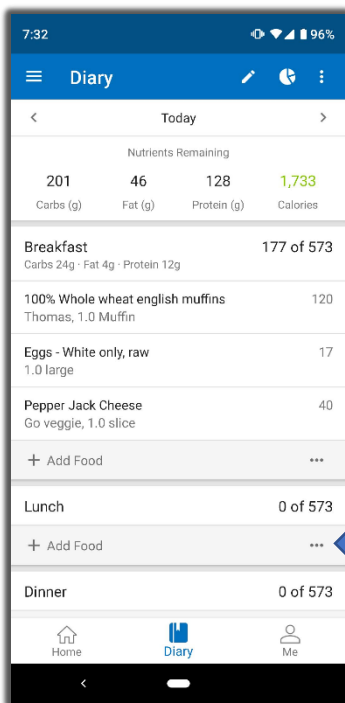
How do I scan a food item?
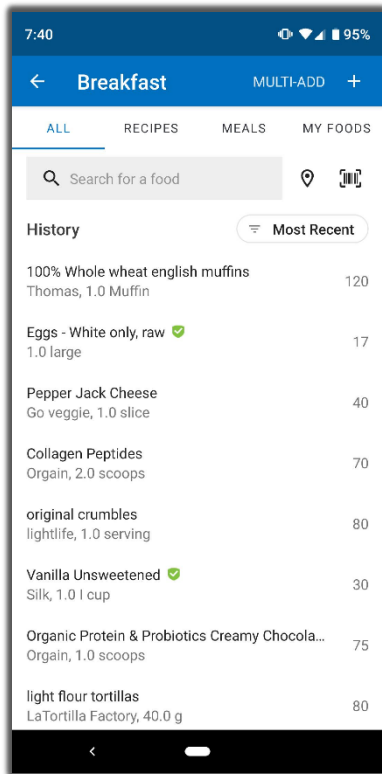
QUICK TIP: If you eat a specific MEAL often, you can save these to your meals for future logging!

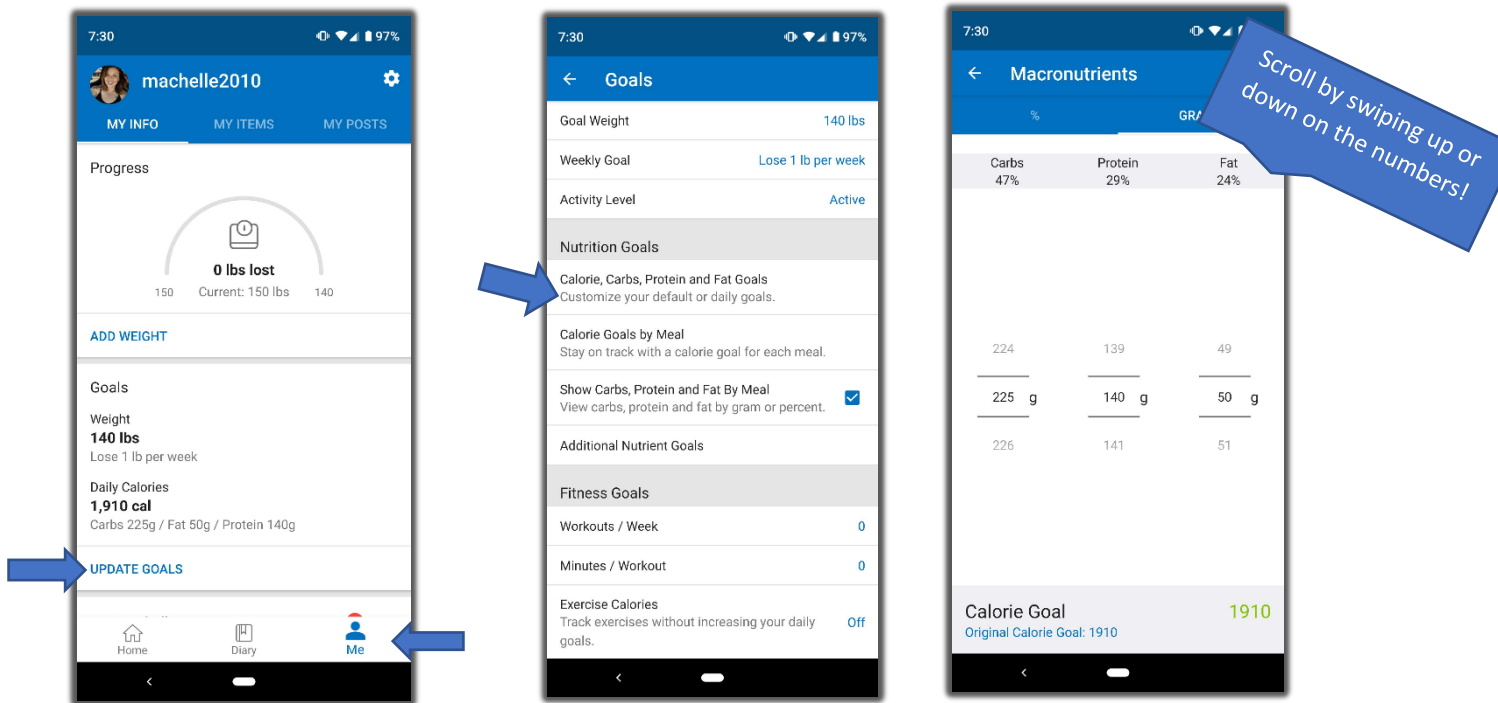Select the triple-dot emblem at the lower right of your meal you'd like to save.

This will take you to the page shown on the right where you can name your meal, select save

Now this meal is saved for future logging!

How do I change my goal macros?

Updating your macro goals can allow you to focus on percentage or grams according to what your coach has instructed!

Go to the "Me" tab on the lower right.

Selected "Update Goals".

Under "Nutrition Goals", select "Calories, Carbs, Protein and Fat Goals".

From here you can simple click on carbs, proteins or fats and it will take you to this screen.

You will scroll to the preferred/suggested number of grams for either macronutrient.

You can select to view these changes and percentages or grams and save your changes!

QUICK TIP: If you are instructed to consume less calories on a specific day and would like to set that day to those macros you can!

Example: Rest day on Sunday may mean lowered caloric intake to accommodate less calories burned (for some, not all!)
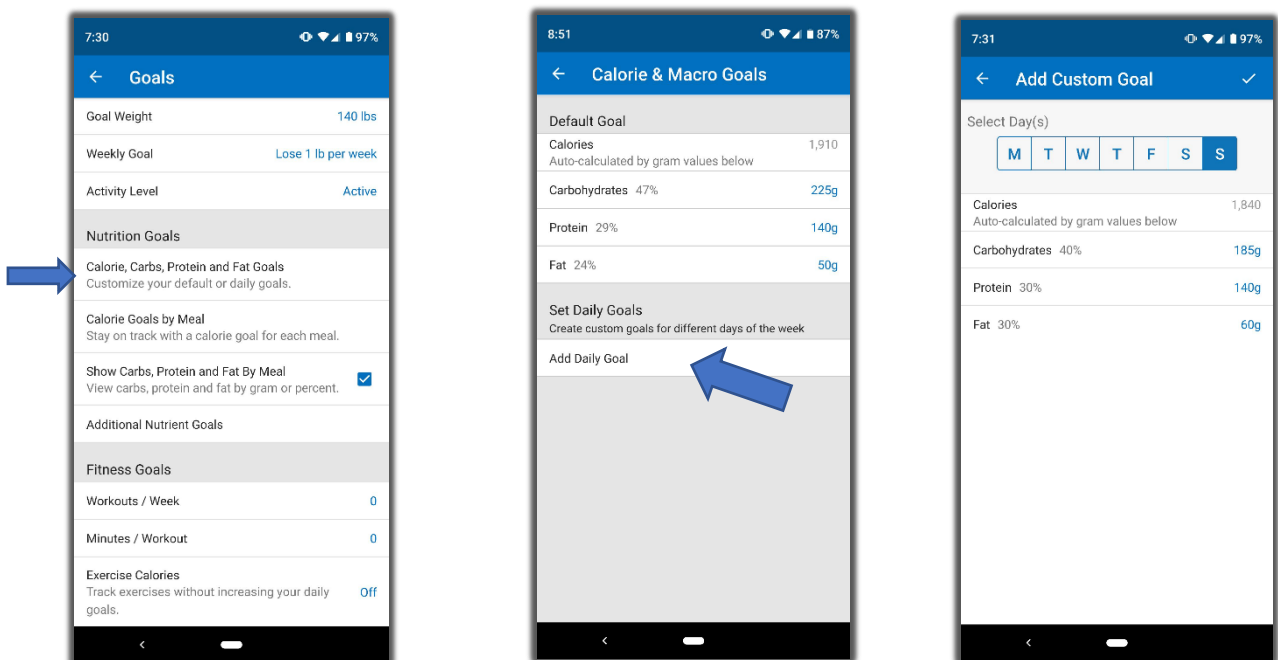
+On the same page, select the "Add Daily Goal" tab.

Select the day in which you would like to change the macronutrient intake.

Click on carbs, proteins, or fat and it will take you to the same page you were on for the prior instruction.

<u>REMEMBER TO HIT THE CHECK MARK TO SAVE THESE CHANGES!</u>

<mark>How do I know I'm on track?</mark>

Select the "Nutrition" tab at the bottom of your food diary.

This takes you to a page where you can select to view your diary by calories, nutrients, and macros.

Under the "Nutrients" tab, you have a full view of what you've consumed that day, your goal, and how much you have remaining.

<u>This is a great way to check sodium, fiber, and sugar consumption depending on your dietary needs!</u>

The macros page gives you a percentage breakdown if you follow percentages while the calories page shows you percentages AND how many calories, you're consuming with each of your meals.

<u>This is great for athletes who train and eat at specific hours to accommodate their training schedule!</u>