

How to Track Your Food

Ways to record:

- Use the Healthie app which uses pictures to log your food
- Free text on paper or a note on your phone
- Spreadsheet
- Smartphone calorie counting apps:
 - Lose It
 - My Fitness Pal
 - My Plate
 - Calorie King
- Voice recording
- Photos of your food

Additional tools that can help:

- Measuring cups and spoons
- Kitchen scale
- Food labels
- Calculator
- Setting reminders on your phone

Remember: tracking is meant to help you gain awareness into how, why and what you eat. There is no one right method. Find the one that works best for you!



How to Track Your Food

When tracking your food, consider tracking:

- What you ate
- When you ate
- Portion size
- Hunger and/or fullness
- Calories
- Fat
- Fiber
- Sugar
- Feelings/Emotions

You don't need to track every single detail about your food. Pick what's most helpful to you!



Basic guide for tracking in calorie trackers:

- Search for the type of food or beverage you're eating
- Choose a serving measurement and quantity (this is where measuring can be helpful)
- Add the food to a meal
- Repeat for all the foods you ate

Tips for calorie trackers:

- Use the barcode scanner if there is one available (this makes tracking incredibly easy for foods that have a barcode)
- Save meals you eat regularly for easy entry
- Use the recipe entry function for recipes you make at home