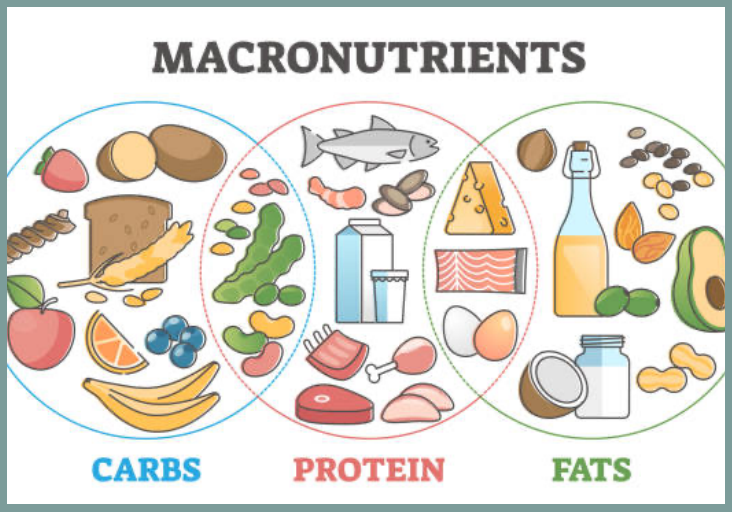
How To Track A Meal On MyFitnesspal or Other Nutrition App

Why Is Tracking Important?

Tracking your macros (fats, carbs, and proteins) is very important for your fitness journey. Whether your goal is to lose weight, gain muscle or maintain, all of these are impacted by not only working out but nutrition. For example, if your goal is to gain muscle, you need to make sure that you are consuming enough food, and especially protein, to see the results you want.



What Is The Best Way To Track Macros?

The best way to track of your macros is by imputing your meals into an app. This allows you to visually see the nutritional value of your meals and help you reach your goals.

A great app to do this on, for FREE, is MyFitnessPal. They have many other features and resources other than tracking as well.

On this app you are able to track your food intake, find new recipes, read blogs, and more!

Step By Step How to Track Macros

Set Up Account:

After you have downloaded the app and created a login, the app will ask you some questions.

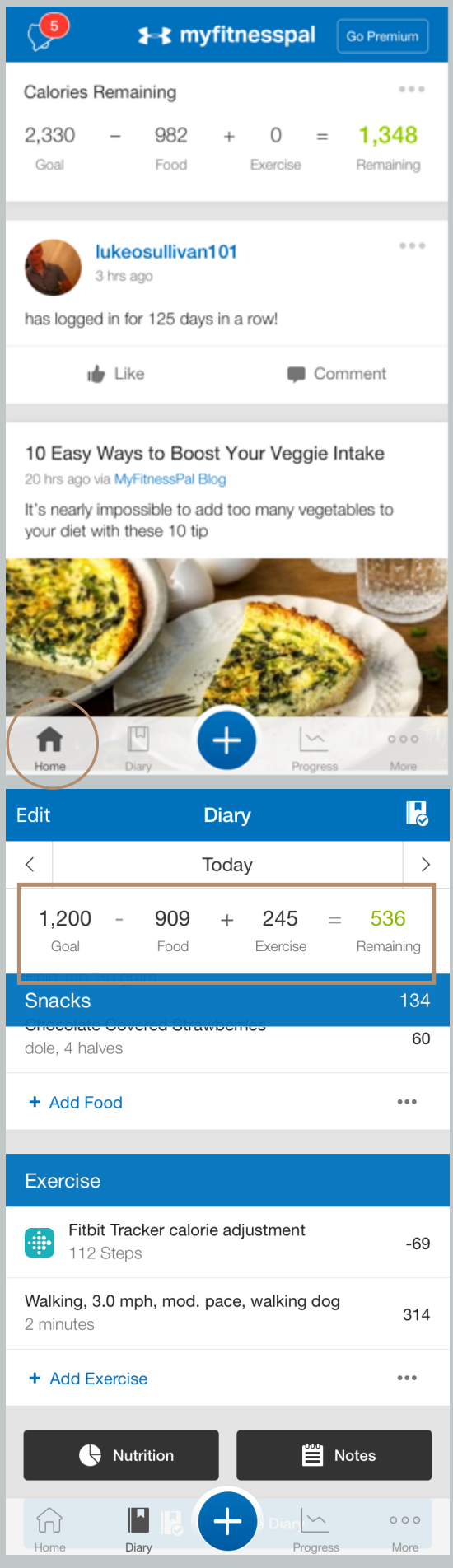
1) Put in your: goal, age, height weight, and activity level.

After you have input all this information, it will calculate your "daily caloric intake goal".

Once you are logged in, you will be brought to the Home page (top photo). Here you will find community blog posts, recipes, and articles.

On the top far left of the page, it will show your daily "Goal" caloric intake number. Then it will subtract that number from the number of calories from "Food" you have consumed to tell you how many calories you have "Remaining". This number will be on the far right after the equal sign.

If you have done some activity during the day, it will take into consideration the calories you burned, but not all of them. For example, if you burn 400 calories in a workout, myfitnesspal will only count a percentage of that. That number will be added to your daily caloric intake number where it says "exercise" on the top right.

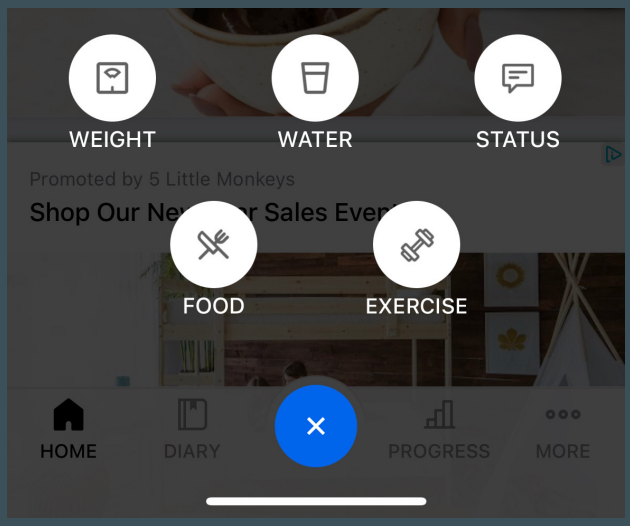


Step By Step How to Track Macros

How To Input Food:

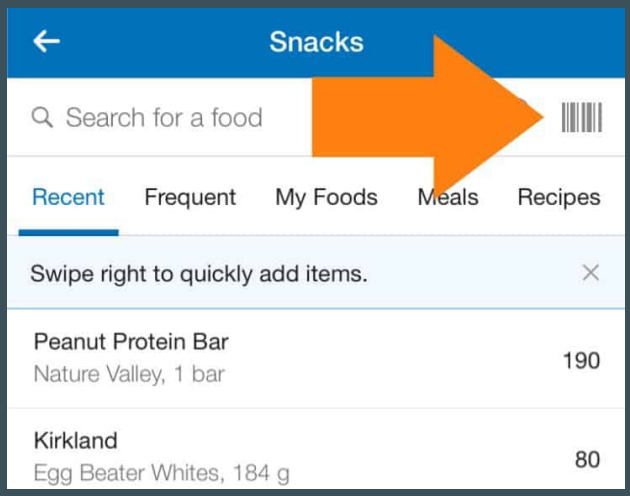
The next step will be to log food!

2) At the bottom of the screen, there is a blue button. Once you click on that a menu appears. Here you can input weight, water intake, food intake, and add exercises. Click on food and then select which meal you would like to track (breakfast, lunch, dinner, and snack)



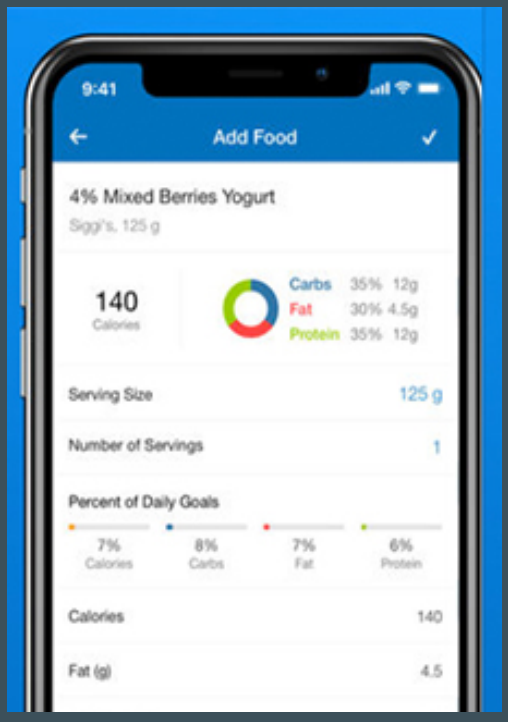
3) There are a few ways to input food items. You can either: search for items or the restaurant menu in the search bar, or you can scan a food item. Scanning is the easiest and most efficient way.

If you consistently eat something or a meal, you can add it to "Frequent", "My Foods" or "Meals" to make input quicker (sections seen under arrow)



Scan Barcode

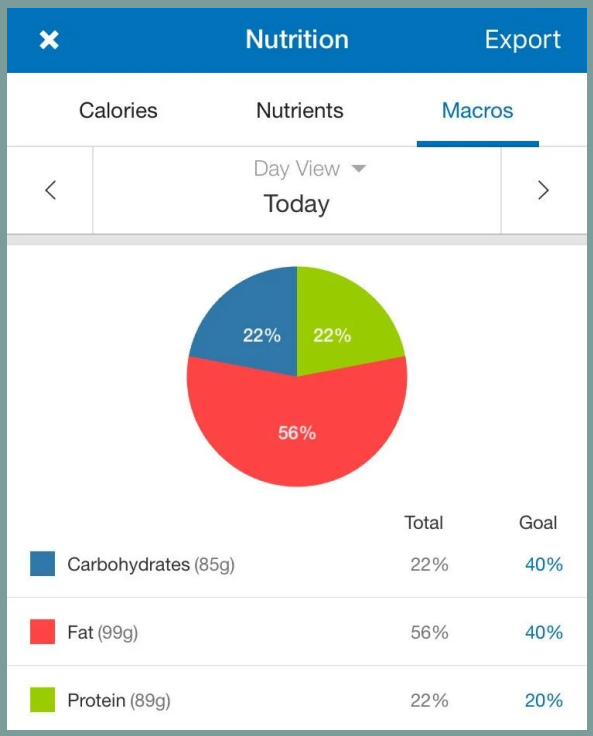
4) Clearly place barcode of product under the camera within the square provided (as pictured on the left). Once product is processed, the product name and nutritional information will appear on app. (as seen on the right)



Step By Step How to Track Macros

Nutrients Overview

Within the app, you can look at a breakdown of your caloric intake, along with the macros and micros you consumed that day.



How to get there:

1. On the home page, at the bottom click "Diary"
2. Scroll to the bottom and click "Nutrition"
3. Once on this page, you can click "Calories", "Nutrients" or "Macros"
4. Under "Calories" you will see an overview of how many calories you consumed each meal. Then under "Nutrients", you will see an in-depth breakdown of your micros and macros (including sugar, fats, sodium, etc. intake).