

# 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!**



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## 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