

# 5 REASONS TO TRACK YOUR FOOD

## TRACK EVERYTHING

First, you must recognize your food habits and behaviors before you can make changes and see results. Some users find tracking snacks or meals before they eat them helpful in making better food choices. Others live by a motto, "You bite it, you write it." Get in the habit of tracking everything! If tracking is new for you, start by only logging breakfast or lunch.

## SET REALISTIC GOALS

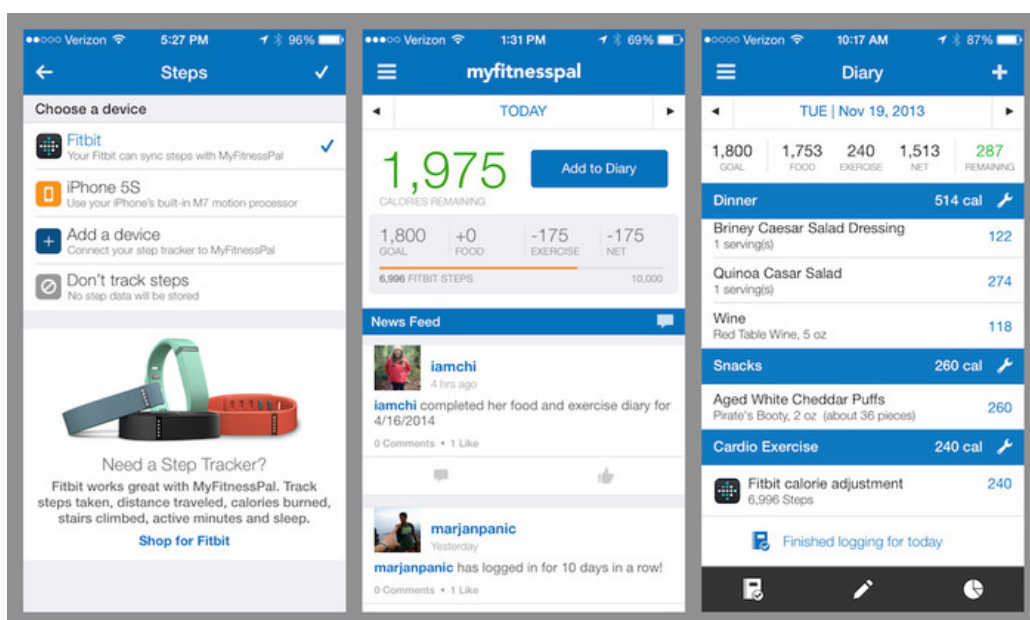
Don't overwhelm yourself with too many goals. Avoid "impossible" expectations by making small changes, week by week. If you want to cut back on added sugar, start by limiting your daily intake to 50 grams rather than eliminating it all together. This will allow you the practice of making better food choices, lower in added sugar.

## LEARN TO EYE PROPORTION

Many people struggle with overeating proportions of pasta, rice, sweets, and snacks, especially in dining halls where quantity is unlimited! You can learn to measure proportions of food with your eyes after you have practiced portion control at home with measuring utensils. You can also utilize this handout as a reference for "eye" proportioning. Once you have become comfortable with tracking your foods regularly, you will easily recognize portions that meet your needs and goals.

## CONNECT APPS AND DEVICES

Those who connect other apps, such as Fitbit or Apple watch, to their food tracker account are more likely to succeed at reaching their goals.



## MAKE IT EASY

MyFitness Pal provides you with the option to save your favorite meals and create recipes. These options make tracking frequent meals a breeze! You can also use the barcode scanner for brands of food in your pantry. This feature allows you to track proper portions and types of foods items.