

COMMON MYFITNESSPAL TRACKING ERRORS - YOU CAN AVOID

NOT WEIGHING YOUR FOOD

keep your food scales on counter top.
It takes 3 Extra seconds to place your bowl on the scales and weigh your food

**Accurately Tracking
are you weighing your food?**



COMMON MYFITNESSPAL TRACKING ERRORS - YOU CAN AVOID

FORGETTING TO TRACK CERTAIN THINGS



120 cals per tablespoon or find a lower calorie solution like 1kcal spray oils



100ml is 37 calories (think about the coffees and teas)



The calories you consume in drinks- try to opt for diet options to save cals



10g is over 50 cals and you will probs use more than 10g



The calories you consume in alcohol- embrace tracking this and finding lower calorie options

COMMON MYFITNESSPAL TRACKING ERRORS - YOU CAN AVOID

PASTA, RICE, LENTILS (FOODS THAT ABSORB WATER WHEN COOKED)

You have to ensure you track the cooked weight calories

If in doubt message me with a pic of packet and I'll help!

Always read the label. It will state if the calories are based on cooked or uncooked weight of food.

You need to make sure you track the COOKED weight.



please note all of my recipes work this all out for you!

COMMON MYFITNESSPAL TRACKING ERRORS - YOU CAN AVOID

TRACK UNCOOKED VEGETABLE WEIGHT

Unlike pasta and rice- vegetable weigh less after being cooked- so you need to aim to track the raw weight before cooking



COMMON MYFITNESSPAL TRACKING ERRORS - YOU CAN AVOID

MFP AUTOMATIC SETTING

When you scan certain items in-MyFitnessPal it will Automatically assume a weight of 100g. You have to adjust to the weight you actually used.

Lean Mince 5% Fat
Asda

164 cal

2%	27%	71%
0.8 g	4.9 g	29 g
Carbs	Fat	Protein

Serving Size: 100 g

Number of Servings: 1

Time: [locked]

Meal: Dinner

AUTOMATICALLY ASSUMES 100G

Lean Mince 5% Fat
Asda

820 cal

2%	27%	71%
4 g	24.5 g	145 g
Carbs	Fat	Protein

Serving Size: 100 g

Number of Servings: 5

Time: [locked]

YOU NEED TO MANUALLY CHANGE TO WHAT YOU ACTUALLY USED

COMMON MYFITNESSPAL TRACKING ERRORS - YOU CAN AVOID

NOT ALL PASTA SHAPES EQUATE TO THE SAME

Check the label.

100g of one type of pasta isn't always the same value of calories as 100g of a **DIFFERENT** type of pasta

