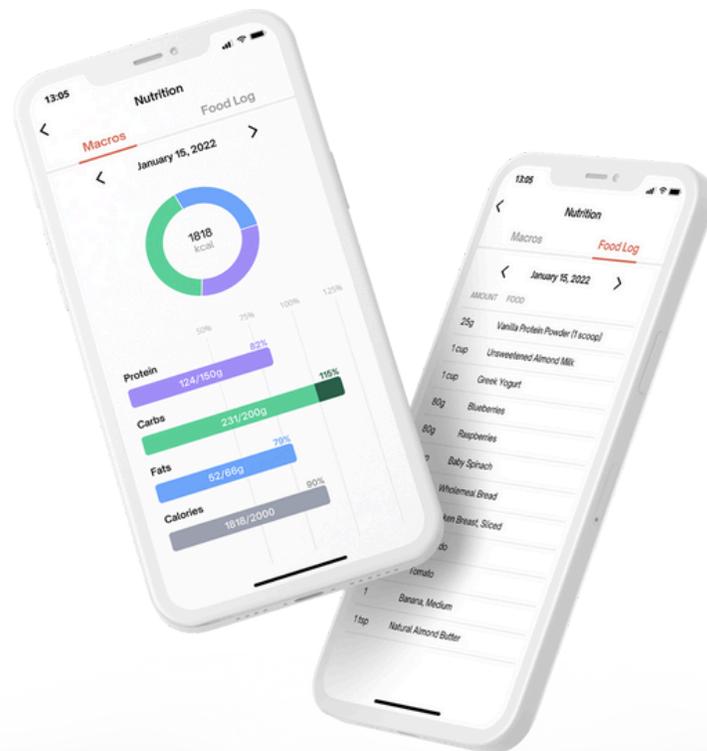




# GET YOU IN SHAPE COM

## MYCOACH TRACKING NUTRITION

---



[www.GetYouInShape.com](http://www.GetYouInShape.com)

# Tracking Nutrition

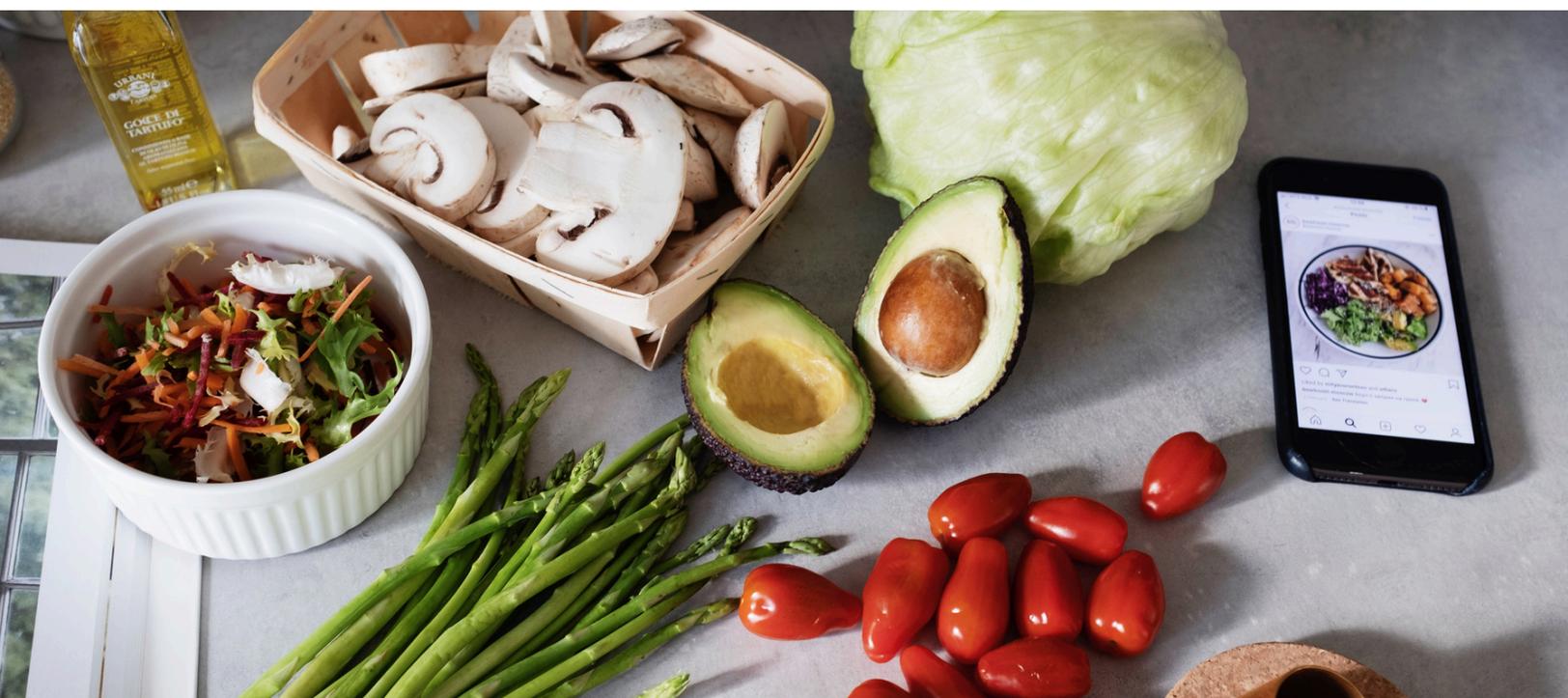
---

When it comes to improving your nutrition, knowing more about your food intake and your eating decisions makes you more self-aware. If you are working towards a weight goal (whether that goal is to lose weight, maintain your weight, or gain weight), tracking your food can be a useful tool to help you make better, more informed choices.

**Did you know...?** Research shows that when people rely on memory alone to recall how much they have eaten, people can underestimate their intake by up to 1000 calories a day!

To help you with this, we have created this guide to give you some top tips on how to record your intake (so that you can be a food recording nutrition ninja!) and to explain limitations in accuracy (and why it is important not to get bogged down or obsessed with the numbers).

We will also show you how to use MacrosFirst, a food tracking software that integrates with our coaching app.



# Top Tips

---



**Record Everything** – If it goes in your mouth - meals, drinks, snacks, nibbles - it gets recorded. You might be surprised how the small indulgences throughout your day add up to a big change in your weight loss results.



**...And Do It Immediately** – It is hard to remember everything that you eat during the day. Even if you can recall what you ate, it is nearly impossible to remember how much you ate with any accuracy.



**Keep Notes** – Before you change *what* you eat, you need to know *why* you eat. Specifically, you need to identify the people, situations, times, foods, and emotions that make you want to eat. Notes can help you spot patterns.



**Avoid Guesswork** – People tend to underestimate their food portions. This makes it very easy to overconsume foods that are calorie-dense. Try to be as accurate as possible when recording foods.



**Invest in a Kitchen Scale** – Cups can be accurate for measuring liquids and powder. For all other foods, if you want the most accuracy, we recommend using a kitchen scale to weigh your ingredients to the nearest gram.



**Barcodes** – If you are using an app to track your nutrition, scanning the barcode can be a quick way to find the product. Always double-check the values match up with the label in case there have been any changes.



**Photos** – Of course, there will be times when you can't log your meal right away. In these situations, take a photo of your meal then log it when you can. Photos can also be useful for assessing portion sizes.



**Restaurants** – Nutrition information determined by restaurants is not always accurate. In general, the more complex an item, the greater the nutrition discrepancy may be. Overestimate your portion in restaurants.

# Understand the Limitations

---

When recording food, **it is really important to focus on the overall picture and not get bogged down or obsessed with your calorie count or macro values.** That's because, when it comes to tracking calories and nutrition, no system is completely accurate.

## Biological Differences

Nutrition data can be messy, even for high-quality data sources. Foods are biological materials so they can exhibit variations in composition. Lots of factors can affect the nutrient levels of an ingredient. Even if two identical apples were picked from the same tree, there would be a range in the nutrient values found!

For packaged items, batches of the same product can differ nutritionally. A product could contain many different ingredients, and so there will inevitably be variations from one package to another. As such, manufacturers are given a legal margin of error (usually 20% either side of the labeled value is acceptable).

When the labs do their analysis, they take representative samples of the food for testing. Nutrients are often examined from different samples at different times using different experiments. They use average figures to give consumers a good indication of what the 'typical' nutrient content is for each product.

## Absorption

Even if the data was completely accurate, there are then factors that affect how the same person might absorb those calories differently. Activity levels, body composition, genes, sleep deprivation, and menstrual cycle hormonal change can all affect metabolic rate.

## The Big Picture

So record everything, be as accurate as you can, but use the data to see overall trends and patterns on how your nutrition impacts your goals. Don't get too caught up in getting all your numbers matched to the exact microgram. These are meant to be ballpark numbers, not precision truths.

# MacroFirst Guide

---

## Diary Overview

The [Diary](#) tab is the main screen you will be directed to when you open your app. You'll see a daily summary of your macros and calories and a breakdown by meal.

## Account Settings

In the [Account](#) tab, you can edit your Profile and Nutrient Settings. You can adjust your macro and calorie in the [My Goals](#) section.

In [Trends](#), you can view your weight trends and update your weight. Click [Weight](#) above the graph for more options.

## Add a Food

To log food for a meal, tap the blue + icon next to that meal name and either use the [Search](#) box or tap the [Barcode](#) icon to use the bar code/smart label scanner.

## Food Search

Start typing in the name of the food item you want to add. Tap the name of the food to add the item. Adjust the serving size as required and tap the checkmark in the top right corner to save.

If you are unable to find a food with a text-based search, tap the [Barcode](#) icon to the left of the text box.

## Bar Code Scanner

Use your camera to capture the barcode automatically. On the next screen, adjust the serving size as required and tap the checkmark in the top right corner to save.

## Smart Label Scanner

You can also use the Smart Label Scanner to instantly auto-fill your food's macros directly from the nutrition label.

Tap the [Barcode](#) icon and use your camera to scan the nutrition information and ingredients list from the packaging. On the next screen, adjust the serving size as required and tap the checkmark in the top right corner to save.

## Recent/Alphabetical Food

When you click Add Food, there is a list of the most recent foods you have added to your diary on the search page. To add one of these items, tap on the food's name.

If you prefer to sort the list by name, click on the blue [Most Recent](#) to toggle to [Alphabetical](#).

## Multiple Items

If you want to add multiple items to your diary simultaneously, click the [List](#) icon next to the [Add](#) icon.

# MacrosFirst Guide

---

## Saved Foods and Meals

Add a food or meal to your saved items if you consume that food or meal often.

To save a food item, [swipe right](#) on the Diary page and press Save. To save a meal, tap the three dots next to the meal name and choose [Save Meal](#).

You can also save foods, meals and recipes directly in the [My Kitchen](#) tab.

## Delete a Food

On the Diary page, [swipe left](#) to delete a food and press Delete. You can also delete the item by swiping the entire way across the screen to reduce the task by one action.

## Copy Single Items

On the Diary page, [swipe right](#) on a diary item to reveal the settings menu. Click on the three dots and choose Copy from the action menu.

## Copy a Meal

To copy a meal, tap the three dots next to the meal name and choose Copy Meal.

## Copy a Whole Day

To copy a whole day, tap the three dots in the top right corner of the Diary page and choose Copy Today's Meal.

## Meal Goals

To edit the macro goals for a particular meal (for that day), tap the three dots next to the meal name and choose Edit Meal. Enter the required goals and tap the checkmark in the top right corner to save.

## Share Photo

To share a photo of your meal with us, tap the three dots next to the meal name and choose [Share Photo](#).

## MyCoach Nutrition Data

To see your logged nutrition data and daily report in your MyCoach app, click on the hamburger menu (three lines) in the top left corner for Nutrition.

There are two tabs: one tab for Macros (where you will see two graphs giving you an overview of your calories and macro for the day) and another tab for Food Log (where you will see a list of the foods you have added to that day).

To see data for another day, either scroll back and forward using the arrows or tap on the date to bring up a calendar.