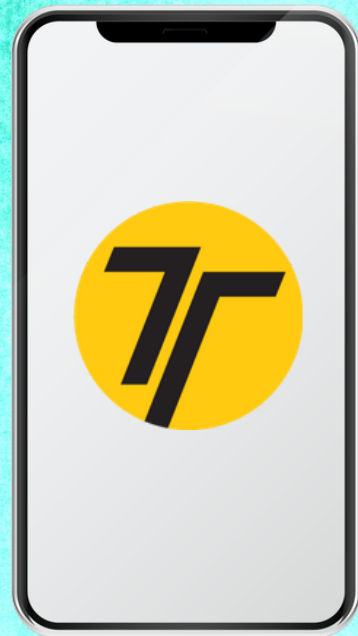




HOW TO LOG YOUR FOOD

FOOD LOGGING

If you want the freedom to eat what you want and still reach your goals, I highly recommend food logging. Food logging, sometimes called IIFYM (If It Fits Your Macros), is a flexible way to approach your calorie consumption so you can be mindful of what you're eating without restrictive rules.

People who thrive with food logging usually:

- Are data-driven
- Enjoy learning about nutrition
- Are detail-oriented
- Like planning ahead

If this doesn't sound like you, don't worry; you can still have success with food logging. Keeping a food log is eye-opening and beneficial, even if you only do it for a short time.

I highly recommend that everyone keep a food log at some point in life so they can get a realistic idea of what portion sizes look like and learn more about the nutritional content of your food.

The following pages will give you a crash course in how to log food into the Trainerize app. Your calorie and macronutrient goals will already be entered into the Trainerize app for you.

FOOD LOGGING

Logging your food can initially seem overwhelming, but once you get some practice, you'll be able to track all your meals in less than 15 minutes a day.

ESSENTIALS OF FOOD LOGGING

- **Use a digital food scale:** Any digital food scale will do as long as it can weigh food up to a few pounds. I recently got a food scale that can handle heavier weights and is waterproof, which comes in handy when using my heavy cookware. I can weigh my food as I'm cooking it without doing extra dishes and then rinse it off in the sink to clean it.
- **Log in grams, ounces, or milliliters:** look up your food in the Trainerize app and enter your weight for the food you just weighed. Most entries default to grams.
- **Log the raw weight:** if possible, log your food in its raw form before cooking. Most food entries for meats, veggies, rice, etc., are in their raw form. Cooking will cause the food to change weight, so do your best to measure before it's cooked. If you need to convert your food from cooked to raw weight, you can use this handy calculation:

$$\text{RAW TO COOKED} = \text{RAW WEIGHT} \times 0.75$$
$$\text{COOKED TO RAW} = \text{COOKED WEIGHT} / 0.75$$

Example: 2 oz cooked = 2.67 oz raw

FOOD LOGGING

ESSENTIALS OF FOOD LOGGING (CONTINUED)

- **Avoid measuring cups:** Filling a measuring cup will not be as accurate as weighing, especially if the food sticks to the measuring cup. Using teaspoons and tablespoons is okay for measuring tiny amounts, however. There's a reason why most packaged foods say the contents are sold by weight, not volume.
- **Don't use generic entries:** Some food tracking apps will have entries like "medium banana." What does that even mean? Use entries that have an option to log in grams, ounces, or milliliters.
- **Log individual ingredients:** If you're eating something with multiple ingredients, log each individually. For example, if you ate a sandwich, find entries for the bread, condiments, meats, cheeses, and veggies; not an entry that says "ham and cheese sandwich."
- **Create recipes:** if you're cooking, create a recipe to make tracking easier. If you create a recipe, you can add all your ingredients in one entry instead of logging each ingredient individually.

FOOD LOGGING

ESSENTIALS OF FOOD LOGGING (CONTINUED)

- **Logging water:** A general recommendation for daily hydration needs is 1 ml for every maintenance calorie you need per day. For example, if your maintenance calories are 1900 calories per day, you would need 1900 ml of water which converts to 64 ounces or a half gallon.



**DAILY HYDRATION NEEDS = MAINTENANCE
CALORIES IN MILLILITERS**

1900 calories = 1900 ml = 64 oz

FOOD LOGGING

HOW TO ENTER FOOD INTO YOUR FOOD LOG USING TRAINERIZE

Logging your food is quite simple if you know what you're doing. Here's how to log something into Trainerize:

1. Get a digital food scale and place your plate, bowl, or cup onto the scale. Use the "tare" button so the scale reads zero with the dish, bowl, or cup on top.
2. Place one of the foods you will eat onto the plate and note the weight of the food. Look up the individual food in the Trainerize app by clicking the "+" button, then click "Add Food."
3. Look up the food in the database by typing in the food name or scanning the barcode. Find the best match for your food.
4. Click on the food and enter the weight on your digital food scale into the "Amount" section of the Trainerize food entry. You can click the drop-down menu in the "Serving Size" to see different measurement amounts. Most of your entries will use grams.
5. If you are eating another food on the same plate, tare the scale to zero again and repeat until you have logged all the individual parts of your meal.

EXTRA TIPS

EXTRA TIPS FOR FOOD LOGGING AND SPECIAL SITUATIONS

- **Logging foods with peels, pits, or inedible pieces:** if you're eating food with inedible pieces, like the rind of a watermelon, weigh the entire food before you eat it then weigh the inedible pieces once you're done. Subtract the inedible weight from the total weight and log that amount into Trainerize.

$$\text{TOTAL FOOD WEIGHT} - \text{INEDIBLE FOOD WEIGHT} = \text{LOGGED FOOD WEIGHT}$$

- **Getting full before you finish your plate:** if you dish out a recipe and get full before your plate is empty, you can do the same thing as the previous tip. Weigh the remaining food on the plate and subtract it from your original entry. This method will only work with recipes unless you can separate the individual ingredients and weigh each one.
- **Weigh the plate:** No need to fret if you accidentally dished out your portion before weighing it. If you have the same set of plates, take an identical plate and place it on the scale. Tare the scale with the empty plate, then place your plate with the food on top to get the weight without getting another dish dirty.

EXTRA TIPS

EXTRA TIPS FOR FOOD LOGGING AND SPECIAL SITUATIONS (CONT.)

- **Weigh as you make the recipe:** if you have a scale that can handle heavier weights, place the skillet or baking dish on the digital scale and weigh everything. Be sure the skillet or pan isn't hot.
- **Meal plan in Trainerize:** Plan your meals by pre-logging them into Trainerize the day before. If you know what you'll eat tomorrow, you can log all your foods and adjust the portion sizes to hit your calorie and macronutrient targets. This method is the easiest way to food log because all you need to do is follow the plan; no extra thinking is required.
- **Copying the previous day's entries:** If you are eating the same thing as a prior day, you can duplicate the entire day by clicking the three dots in the upper right corner and pasting it into today's log.
- **Guess, don't give up:** if you can't measure your food for whatever reason, don't throw in the towel. Just guess on the portions as best as you can. At the very least, you will retain the habit of food logging, even if it's not perfect.

EXTRA TIPS

EXTRA TIPS FOR FOOD LOGGING AND SPECIAL SITUATIONS (CONT.)

- **Only shoot for hitting your calorie and protein goal:** I talked about this more in the Macro Cycling and Strategies chapter, but focusing only on your calorie and protein goal can make food logging less tedious when you need your brain power for other parts of your life.
- **Budget your calories:** if you want to have a night out or a treat, all you need to do is plan ahead so you can fit it into your calorie budget. That's why this strategy is called If It Fits Your Macros; you can have anything if there's room for it in the budget.
- **Don't get bogged down by every gram:** if you hit your macronutrient targets within a few percent, you'll be fine. Don't stress out if you're 10 grams over your carbohydrates.
- **If you're unsure, snap a picture:** you will have times when you can't weigh your food. There are also times when you *shouldn't* weigh your food, like at a party or when you go out to eat. Snap a picture of your food or guess the portion sizes. After you get some practice with food logging, you'll be able to get pretty close by eyeballing your plate.
- **Keep at it:** don't get frustrated! Logging is a skill; it can take a few days or weeks to get the hang of it. The more you practice, the easier it will be.

FOOD TRACKING CHEAT SHEET



USE A FOOD SCALE, DON'T GUESS



TARE IT UP

Place your plate or bowl on the scale and weigh each individual ingredient. Be sure to "tare" before adding a new ingredient.



LOG IT ALL

Add each ingredient to your food log in grams, ounces, or milliliters. Don't use generic entries like "one green apple".



ENTER RECIPES

Use the "Create Recipe" feature for meals you make in large quantities. Log the weight in grams.

LOG THE RAW

Cooking reduces the weight of food by ~25% due to changing the liquid content and size. When possible, measure things like meats and veggies before cooking. If you can't, use these handy conversions:

RAW TO COOKED = RAW WEIGHT X 0.75
COOKED TO RAW = COOKED WEIGHT / 0.75

Example: 2 oz cooked = 2.67 oz raw

PLAN FOR SUCCESS

Log all your food for tomorrow the night before so you already know how to hit your targets.



LOGGING IS A SKILL

Food logging will get easier and faster the more you do it. Practice makes progress!



SNAP A PICTURE

Take a picture of what you're eating and log it later if you're in a rush or out with friends.

