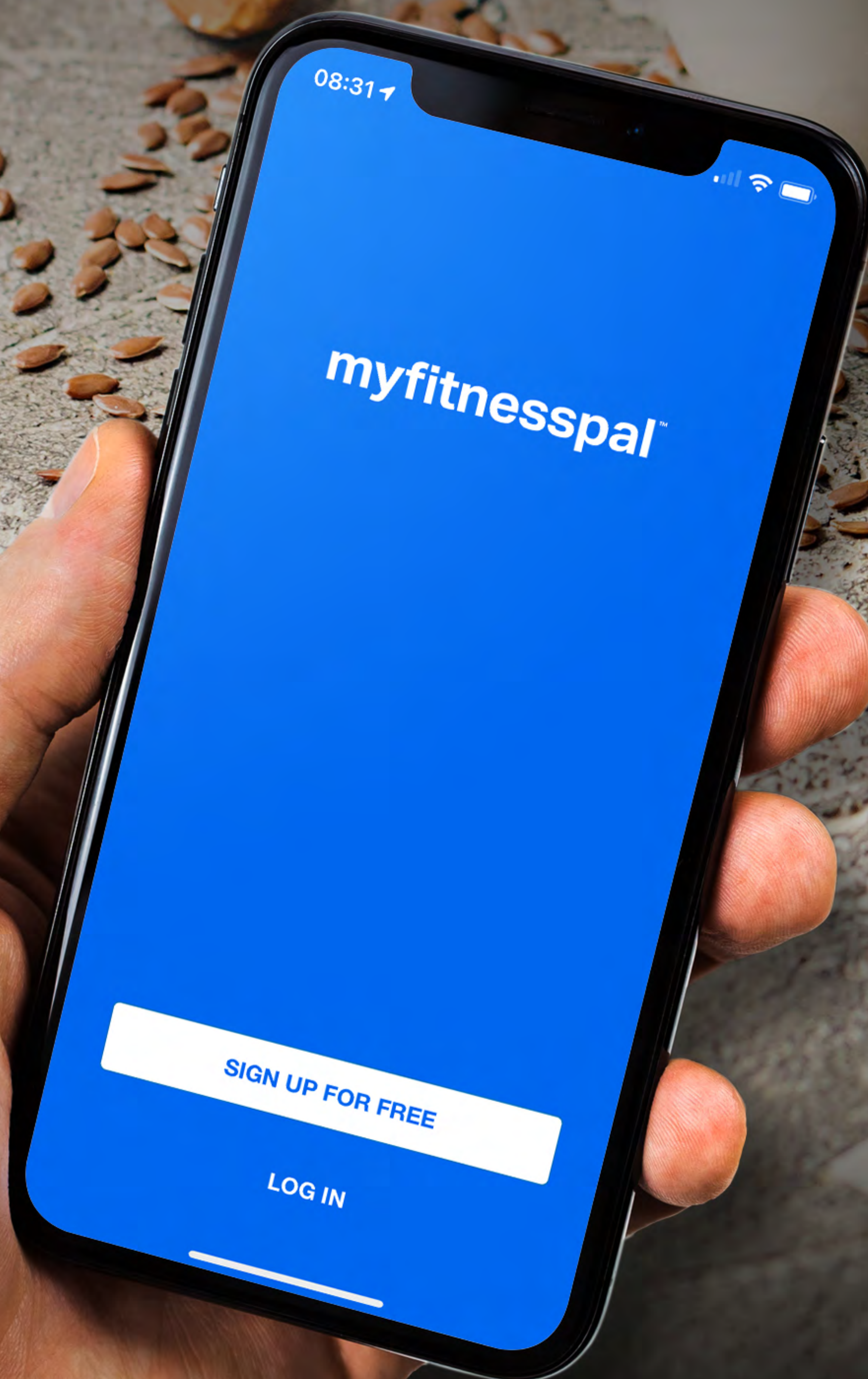




A CLIENT'S GUIDE TO MYFITNESSPAL

Calorie tracking made simple!



PAUL WALLACE FITNESS





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NUTRITION OVERVIEW

MyFitnessPal or MFP is essentially a free online Calorie counter. It allows you to enter the foods you have eaten and will calculate the number of Calories consumed and the macronutrient (macro) split.

MFP can be downloaded as a smartphone App for free or it can be used via the MFP website. The most common way to use MFP is via the App on a mobile phone and this guide will assume that is the way it is being used.

Like most Apps there is an option to go Premium at a cost, but this is often unnecessary.

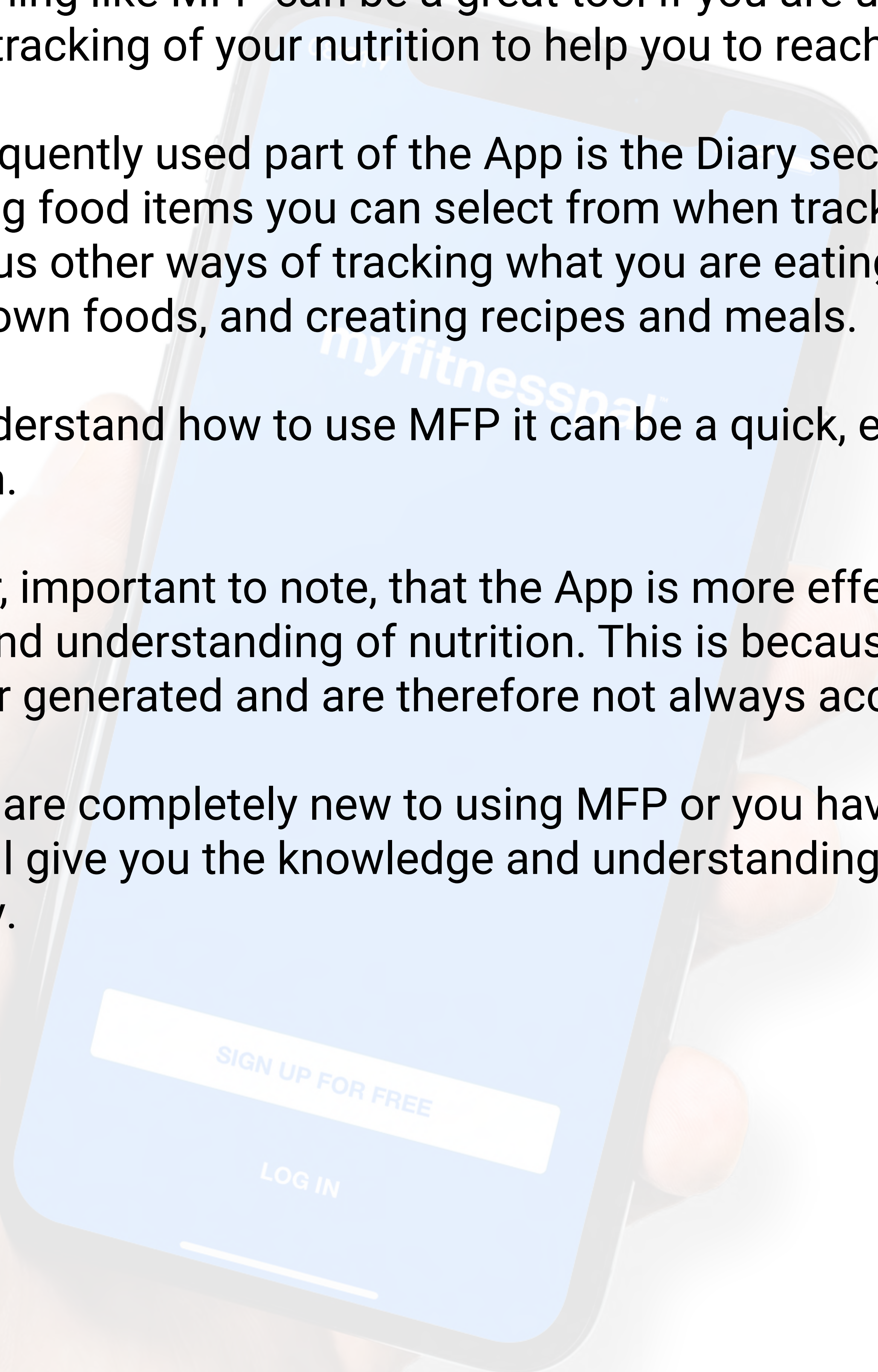
Using something like MFP can be a great tool if you are using a nutritional strategy that involves the tracking of your nutrition to help you to reach your goal.

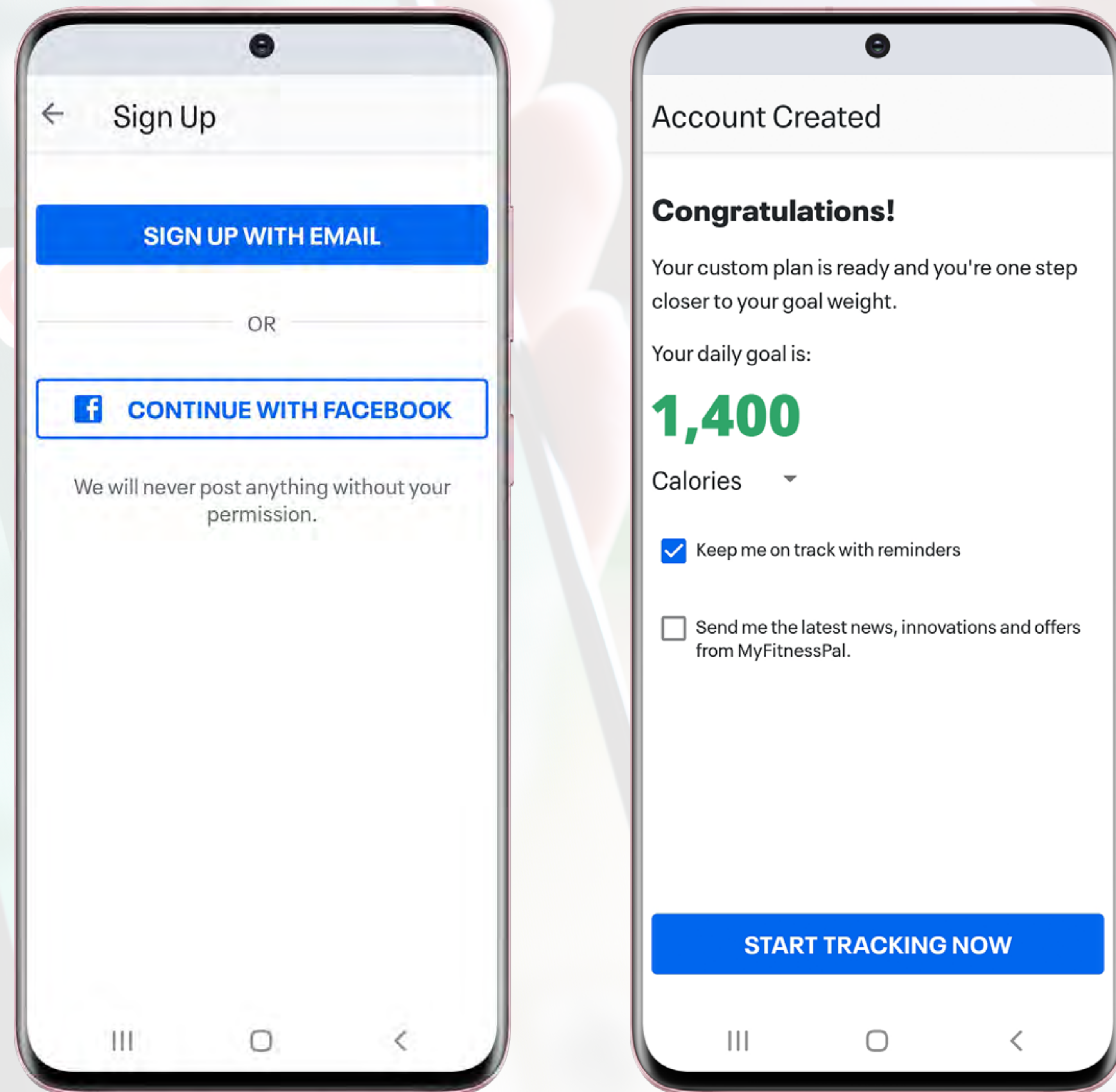
The most frequently used part of the App is the Diary section. There is a huge database of pre-existing food items you can select from when tracking your nutrition. There are also numerous other ways of tracking what you are eating, including scanning barcodes, adding your own foods, and creating recipes and meals.

Once you understand how to use MFP it can be a quick, easy and efficient way of tracking your nutrition.

It is, however, important to note, that the App is more effective if the user has some prior knowledge and understanding of nutrition. This is because a lot of the foods in the database are user generated and are therefore not always accurate.

Whether you are completely new to using MFP or you have been tracking for some time, this guide will give you the knowledge and understanding to use it in the most effective way.





Download the App from the App store or Android equivalent for free, by simply searching for Myfitnesspal.

Open the App and “Create an Account” using an email address.

During the set up, MFP will ask you for your goal and will use this information to provide you with a plan.

Don't worry too much about this, as your personalised goal is likely to differ from what MFP suggests.

You will then be asked to provide your personal information such as height, age, sex etc. Based on this information, MFP will provide you with Calorie and macro goals.



TIP - Don't concern yourself too much with what MFP suggests. You will be shown how to amend the Calories and Macros to suit your customised goal later in this guide (page 7).

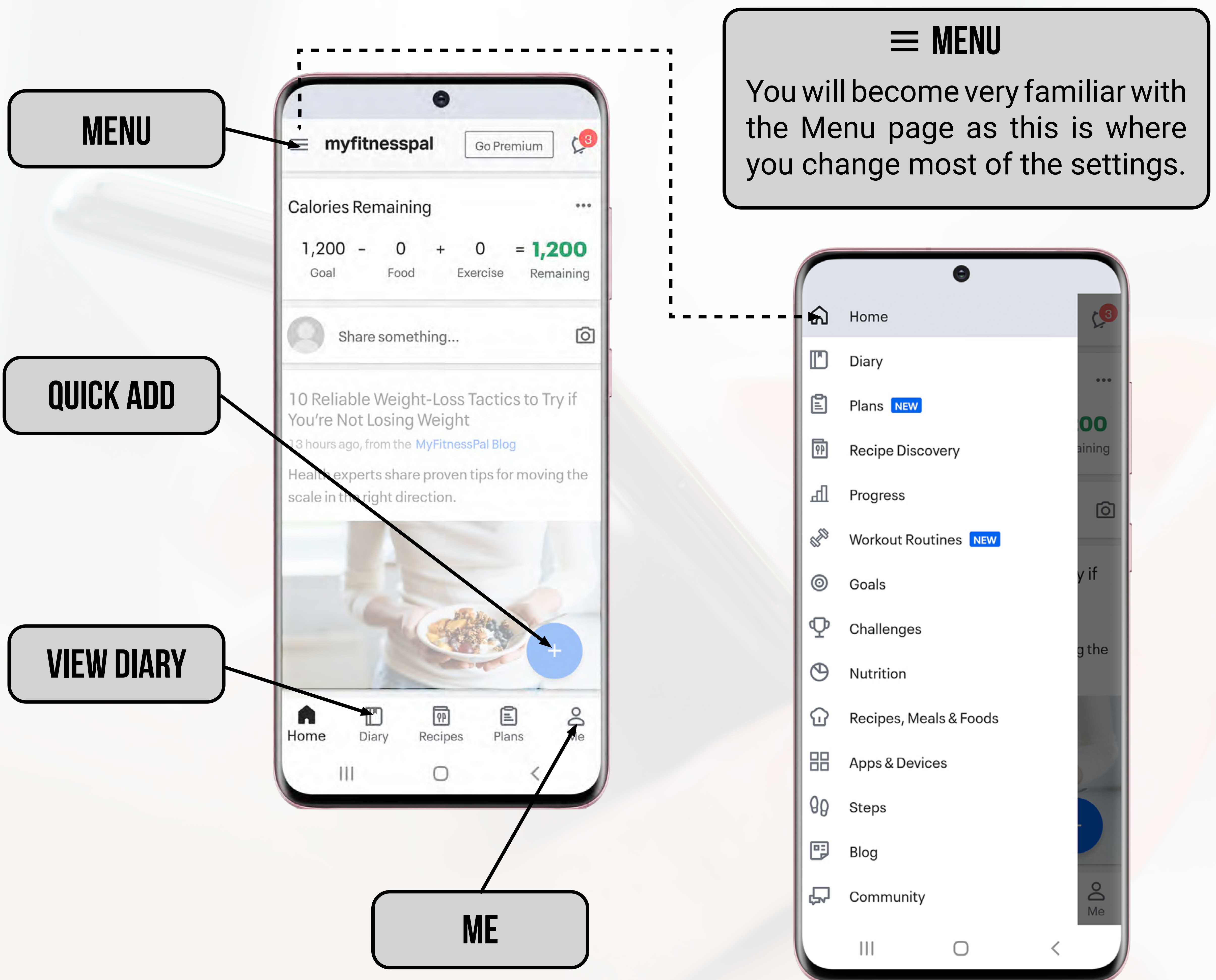
03

NAVIGATION

Every time you launch the MFP App, you will land on the “Home” screen. From here, you can quickly access most of the features within the App, including:

View Diary, Quick Add (Food/Exercise/Weight/Water/Status), Recipes and Plans (MFP generated) and Me (personal information).

All the steps in this guide will assume you are starting from the “HOME” page.



04

SETTING CALORIES & MACROS

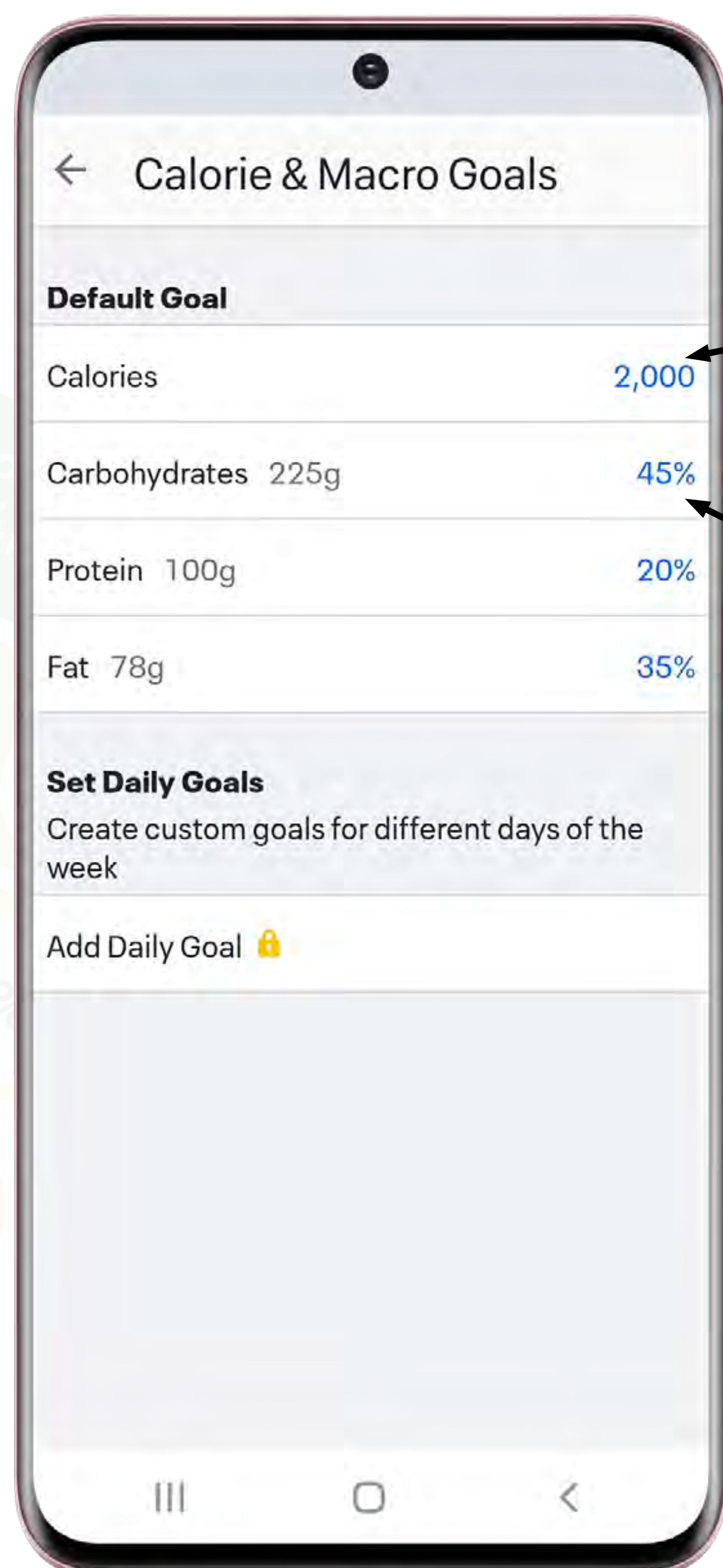
When you initially set up the App, MFP will have used the personal information you input to provide you with a Calorie and macro target.

It is highly likely that you will want to change these values to reflect your *own customised goal*. To do this, follow the steps below:

STEP 1 - SELECT "MENU"

STEP 2 - SELECT "GOALS"

STEP 3 - SELECT "CALORIES, CARBS, PROTEIN & FAT GOALS"



Tap here to enter your Calories

Tap here to amend your macros



TIP - With the free version of MFP, you can only set one Calorie and macro target. In the Premium version you can create different values for different days of the week.

04

SETTING CALORIES & MACROS

When you tap to adjust the macros as directed on the previous page, it will bring up the screen shown below. It's worth noting, that if you are using the free version of MFP you can only amend the macros using percentages. This means that it is unlikely that you are going to get the split of macros exactly as you want them.

In the following example you may have wanted 120g Protein, 56g Fat and 254g Carbs, but this is the closest you can get it:

	PERCENTAGE	GRAMS
Carbs	45	250 g
Protein	20	125 g
Fat	20	55 g
	50 %	25 %
	25 %	25 %
	55	30
	30	30

% Total 100%
Macronutrients must equal 100%

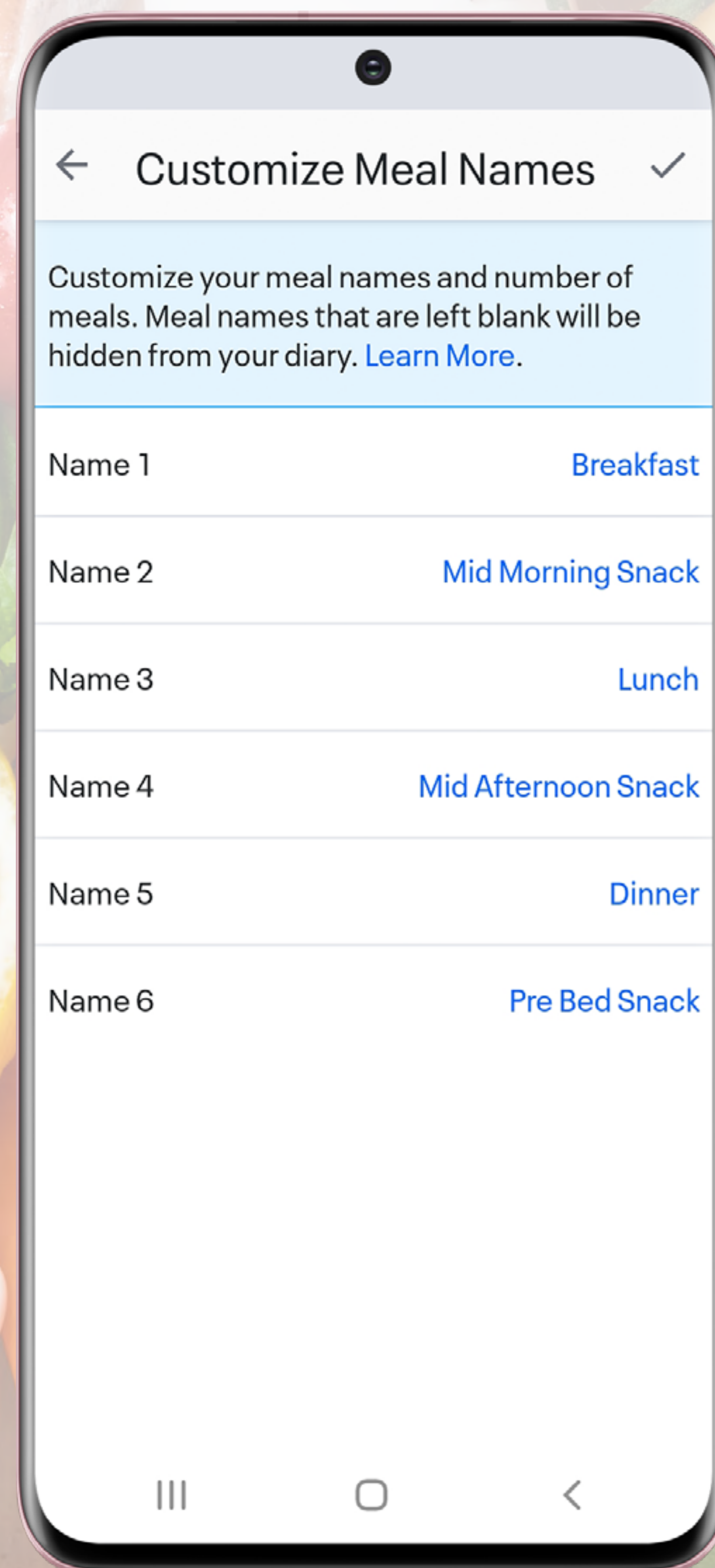
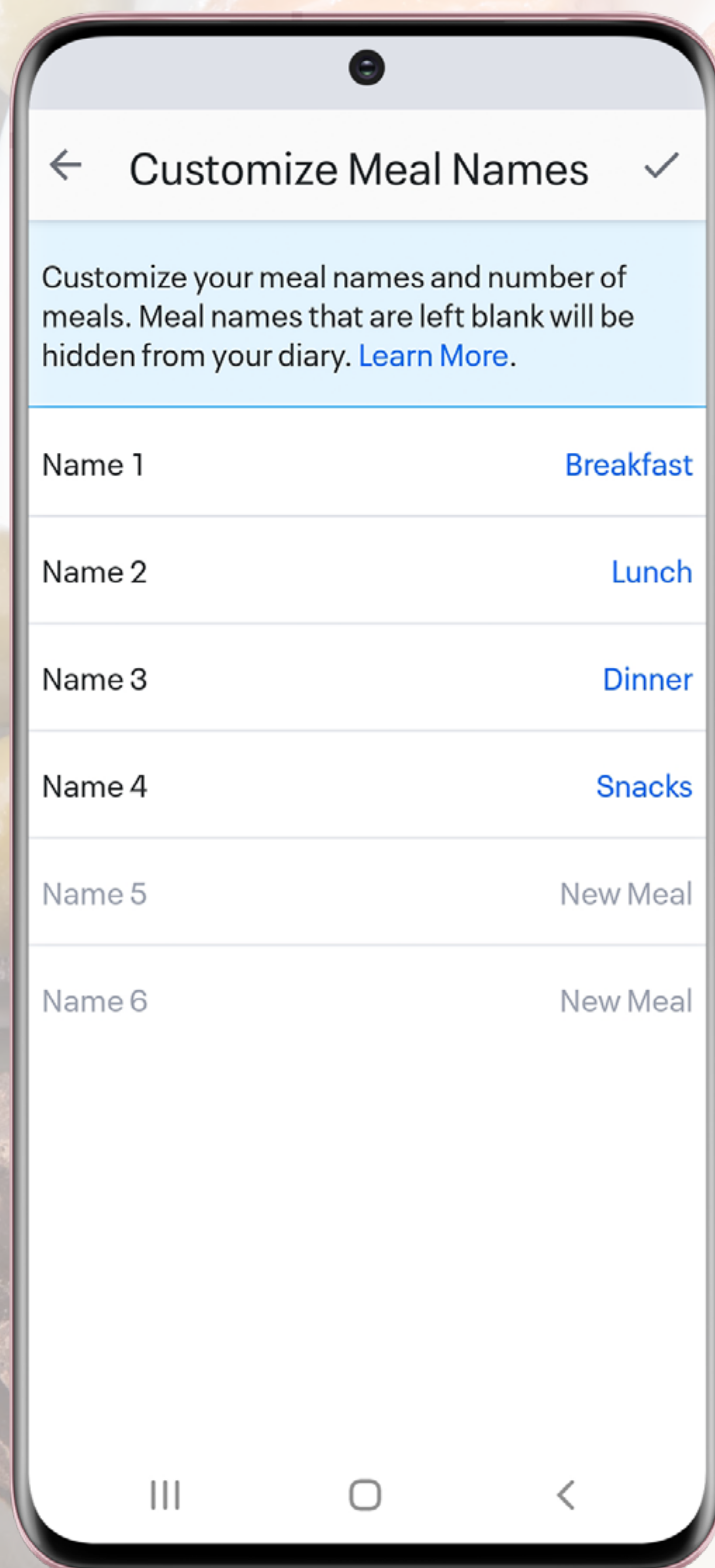
Again don't worry about this too much. If you only have a Calorie target or a Calorie and protein target this becomes irrelevant.



TIP - You can also still see your macro split on a daily basis and it doesn't matter if it is different to what you set here (page 33).

Following the initial set up of MFP, your Diary will consist of 4 separate meals (Image 1). From here, you can further customise your Diary to include up to 6 separate meals, and then name them as you please (Image 2). To do this simply follow the steps below:

- STEP 1 - SELECT "MENU"**
STEP 2 - SELECT "SETTINGS"
STEP 3 - SELECT "DIARY SETTINGS"
STEP 4 - SELECT "CUSTOMISE MEAL NAMES"
STEP 5 - TAP THE TICK TO CONFIRM



TIP - This could be helpful if you are trying to spread your protein servings out across the day. If you record your meals/snacks under separate sections of the Diary you will be able to see more clearly if you are hitting your protein servings.

The default setting on MFP Diary sharing is private. This means only you can view your Diary.

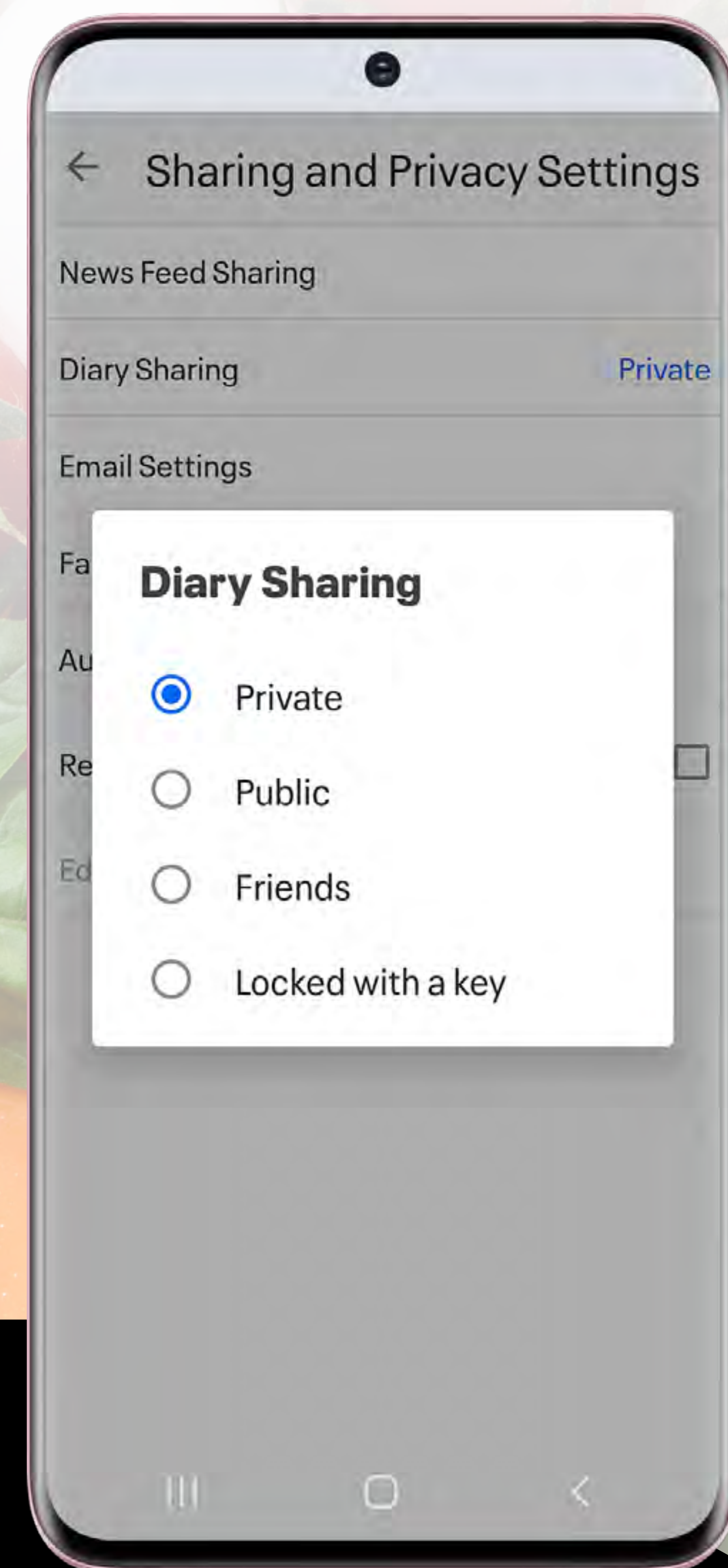
It is however, possible to share your Diary with other people. This enables them to view your Diary entries and see your Calorie/macro splits.

The easiest way to do this is to set your Diary to share with 'Friends Only'.

A 'Friend' can only view your Diary, they cannot make any entries or changes.

This is a useful feature to give your coach an insight into what your nutrition looks like.

- STEP 1 - SELECT "MENU"
- STEP 2 - SELECT "SETTINGS"
- STEP 3 - SELECT "PRIVACY CENTRE"
- STEP 4 - SELECT "SHARING AND PRIVACY"
- STEP 5 - SELECT "DIARY SHARING"
- STEP 6 - CHOOSE YOUR OPTION



Private - Only you can see your Diary entries.

Public - Anyone can see your Diary entries.

Friends Only - Only people who you have added as a friend or have accepted as a friend can see your Diary entries.

Locked with a key - This is a public Diary but you create a password and only people with this password can view your Diary entries.

06

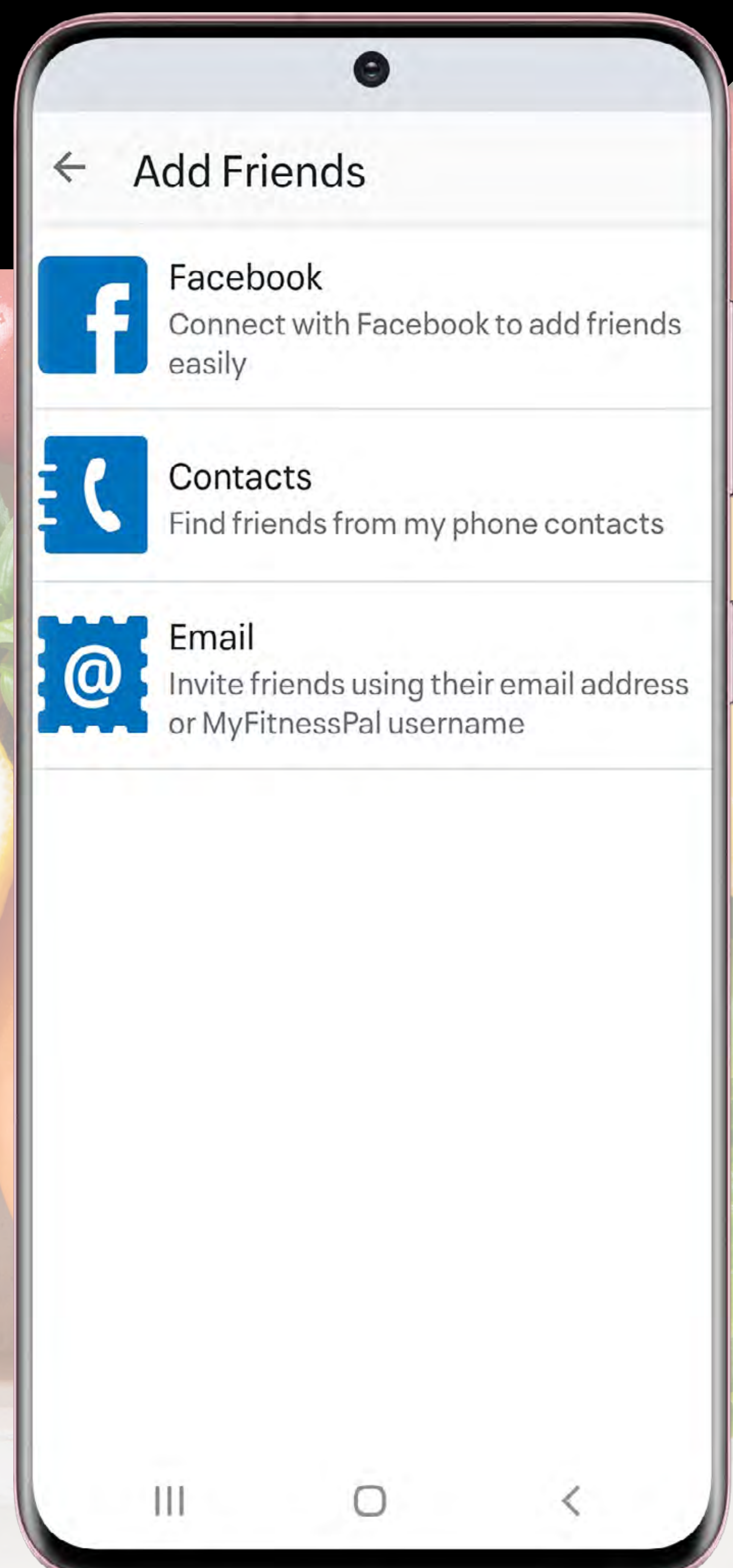
SHARING YOUR DIARY ADDING FRIENDS

If you want to share your Diary with friends, you need to either send them a request (shown below), or accept a request they have sent to you. You will receive an email and App notification if a request has been sent to you.

You can also add or invite friends on MFP using your phone contacts, Facebook account, their MFP username or email address.

You will only be able to see their Diary if it is set to "Public/Friends Only" or if it is locked with a key (and you have the password).

- STEP 1 - SELECT "MENU"**
- STEP 2 - SELECT "FRIENDS"**
- STEP 3 - TAP "+" (TOP RIGHT)**



TIP - The easiest way to add a friend is using the 3rd option. Your username can be found at the top of the "ME" section.

07

ADDING A FOOD FROM THE EXISTING MFP DATABASE

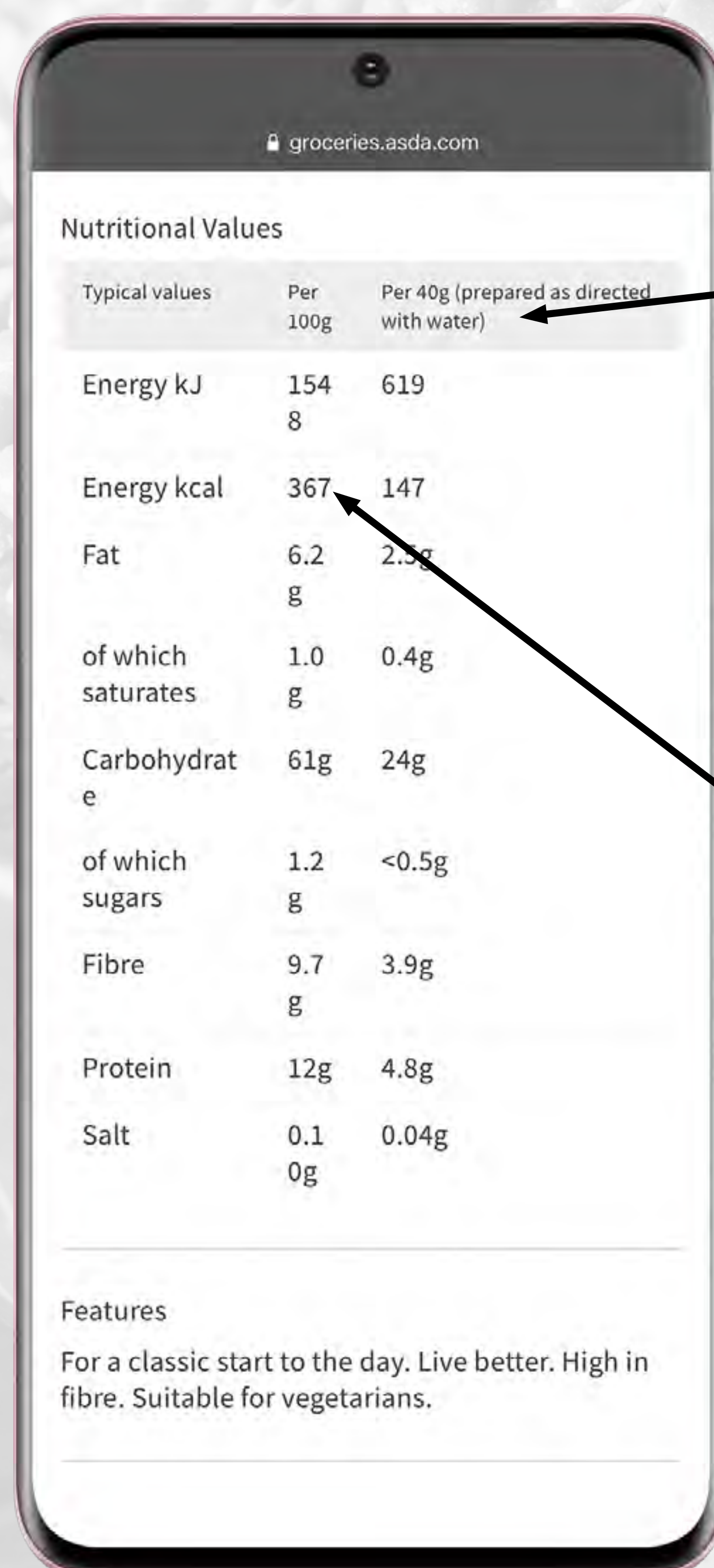
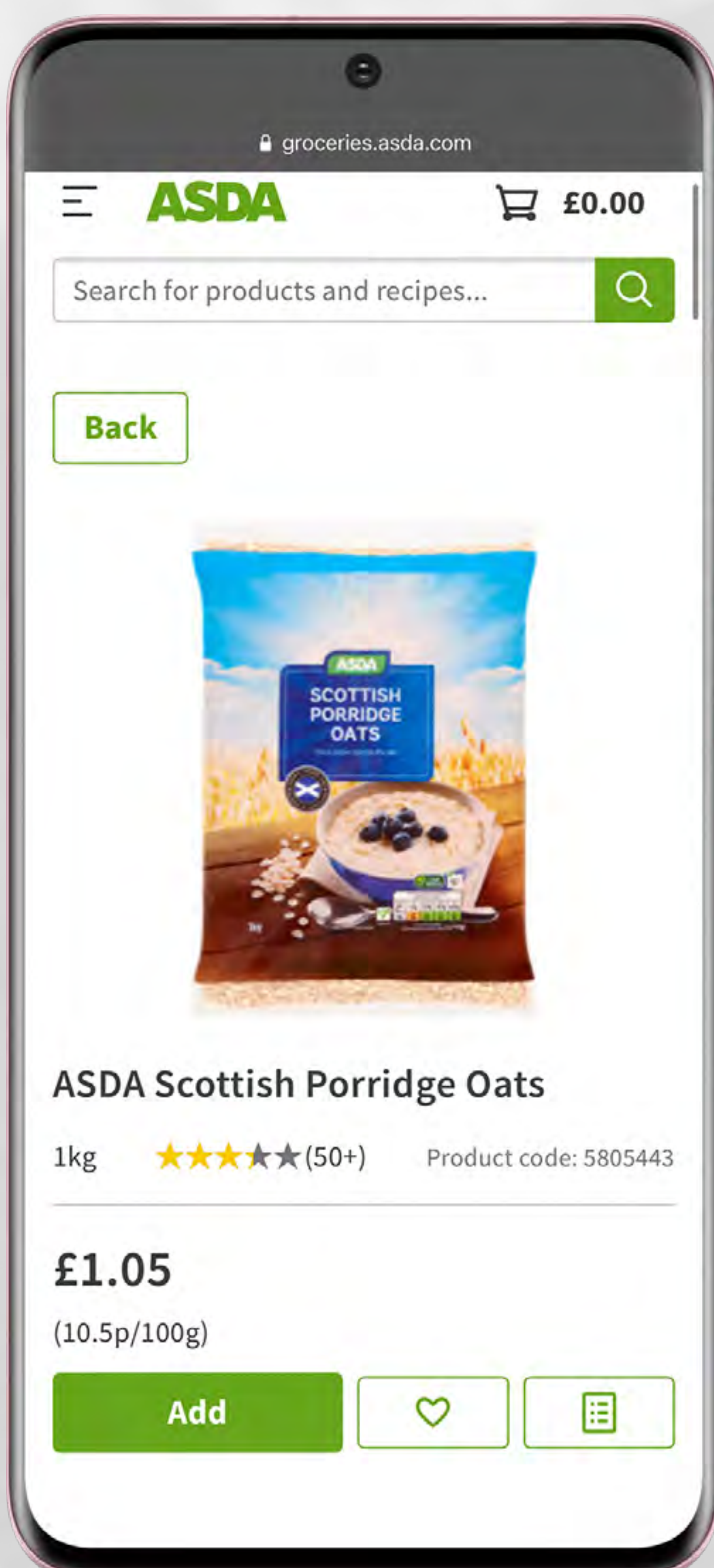
One of the most basic functions of MFP is adding a single food item to the Diary. There are various ways in which you can do this, and this section will show you how.

When adding a food item, search for a brand/supermarket that you would normally use. This will make the choice more accurate as it is likely to bring up the quantities in a familiar way ie. grams, cups etc.

Have the package handy if possible to compare nutritional values.

If the package is not available, you can use the brand/supermarket website. eg. ASDA

You will only need to do this the very first time you enter this food item. Common foods you use will appear in your "History" and will be easy to select again.



Note - where it says "prepared as directed", if you were to use milk but didn't track this, the Calories for the meal would be inaccurate.

Use this value per 100g (ensure you are looking for the kcal and not KJ value)

07

ADDING A FOOD FROM THE EXISTING MFP DATABASE

From the “Diary” page, first select the meal to which you are adding the food.

Click “ADD FOOD” and enter the item you want to add into the search bar.

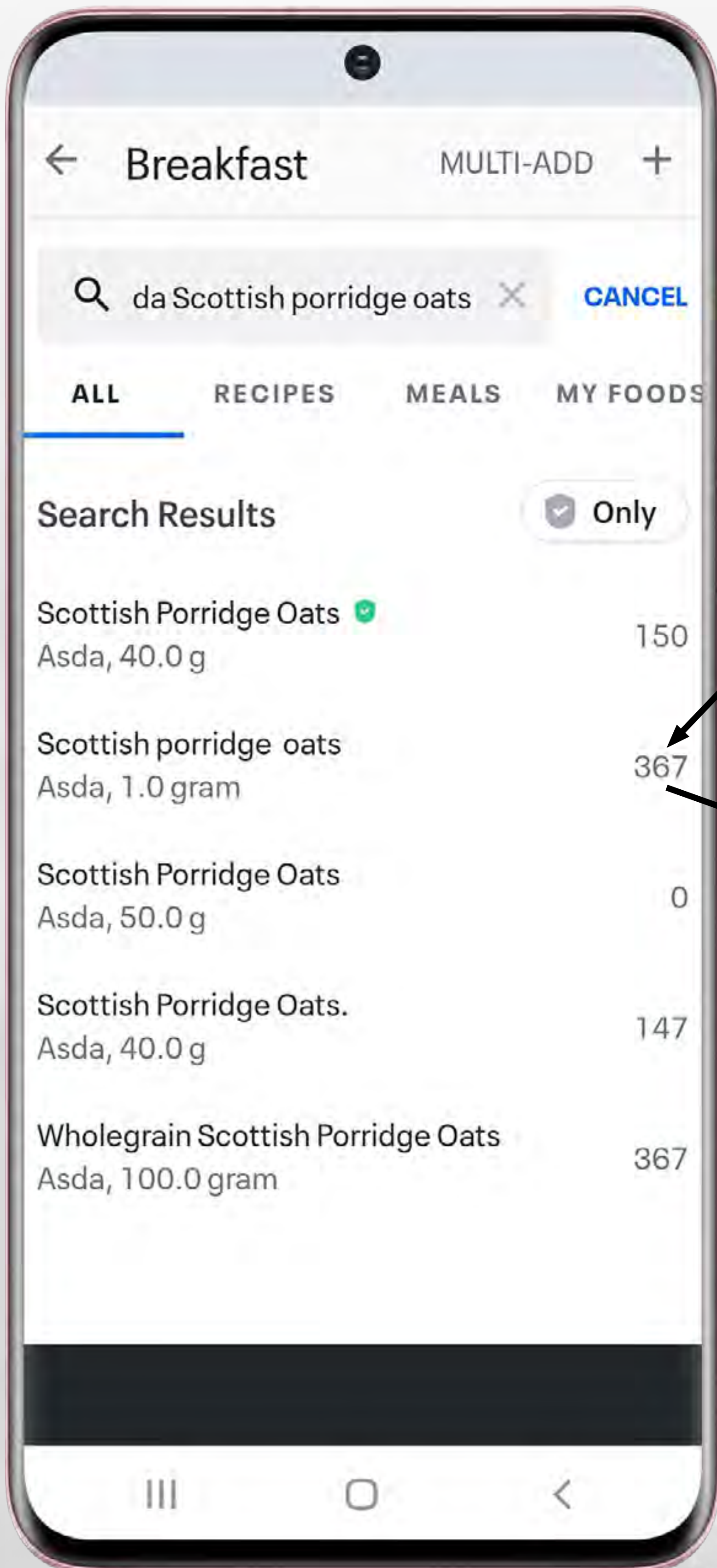
As you can see, this brings up a variety of options, many of which are inaccurate.



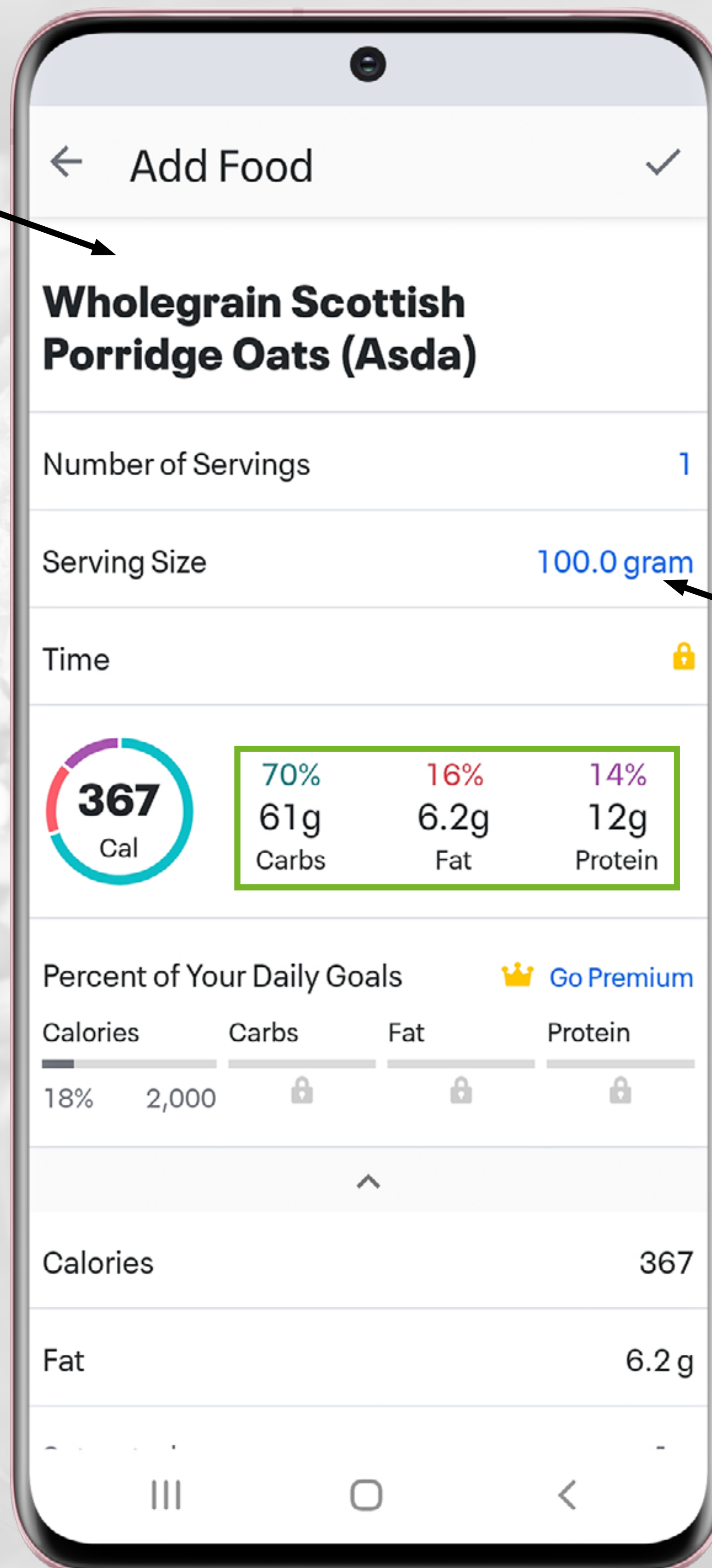
TIP - Be careful when selecting options with a green badge. This simply means that when a food was added into the database, all of the nutritional values were completed. **This does not, however, mean that these values are accurate.**

07

ADDING A FOOD FROM THE EXISTING MFP DATABASE



Select the option that looks most accurate (Calories correct). Tap on the wording of the food which will then bring up the macros for this entry. You can then compare these against the packet/website to ensure the values correspond.



Tap here to change the serving size (follow steps on page 15).

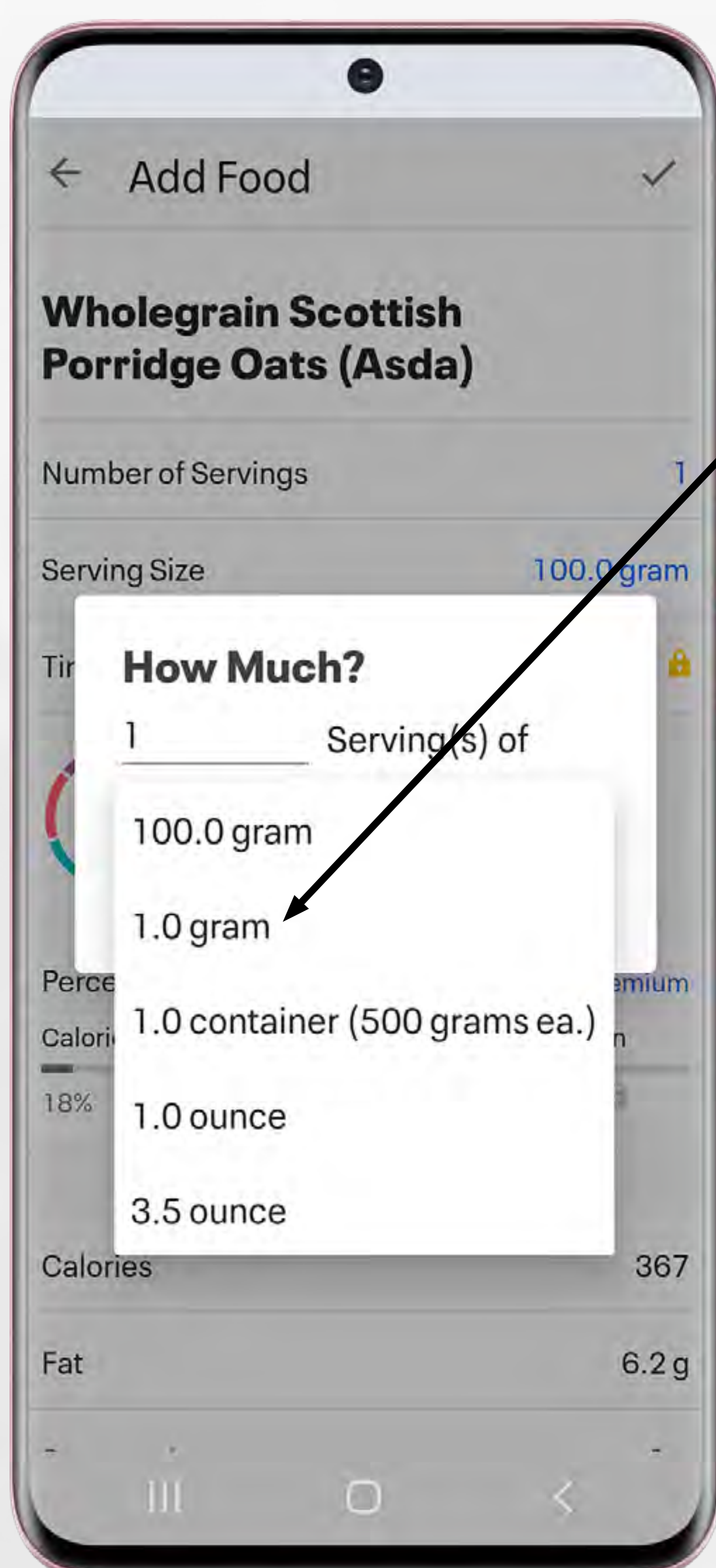
07

ADDING A FOOD FROM THE EXISTING MFP DATABASE

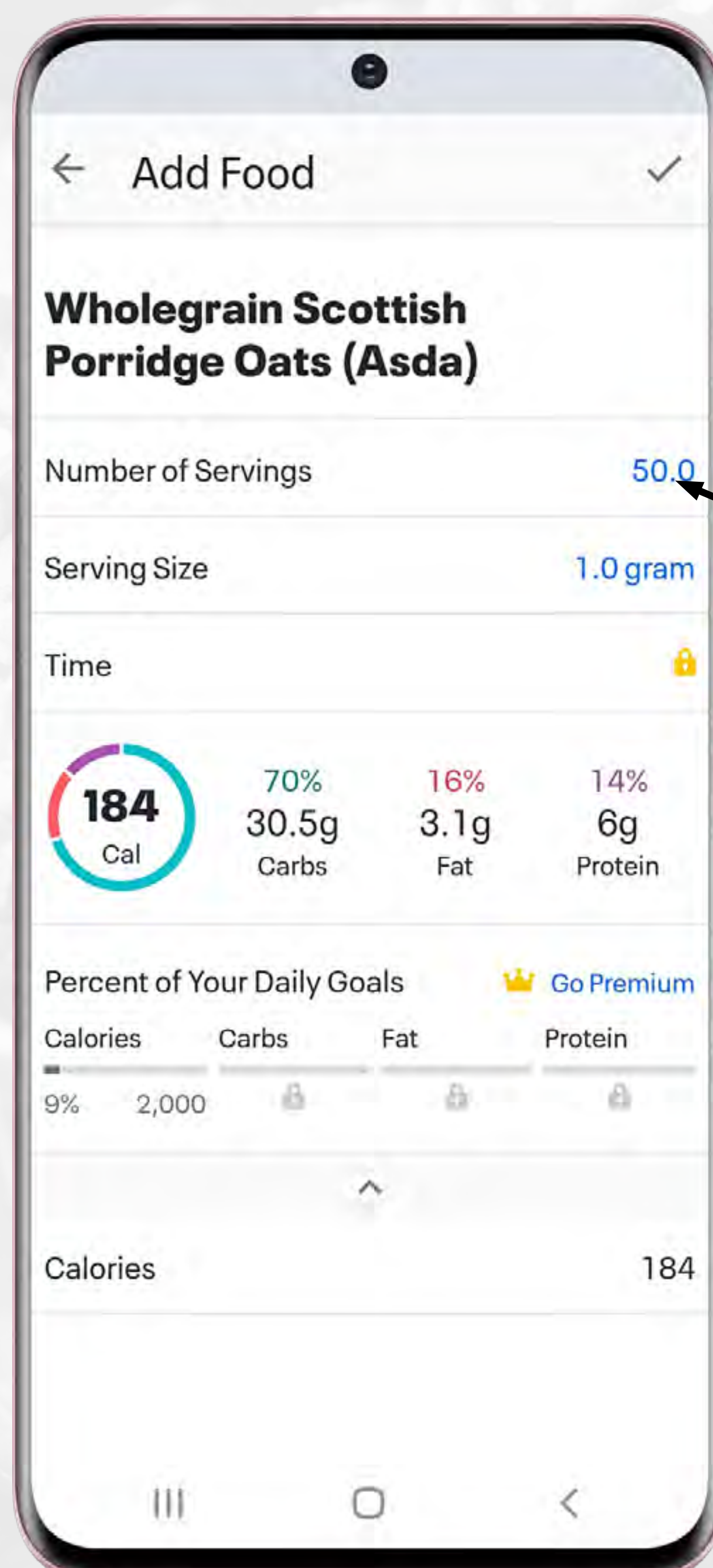
As not everyone eats the same quantity of food per meal, it is important that you change the serving size.

In the example below, we want to track 50g of oats instead of 100g.

The next steps will show you the simplest and easiest way to track the correct amount per meal. This method can also be used for liquids.



Select the 1 gram option and then confirm by tapping save.



Enter the number of grams being consumed here and confirm by tapping save. This correct amount will then appear in your Diary.

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ADDING A FOOD USING THE PRODUCT BARCODE

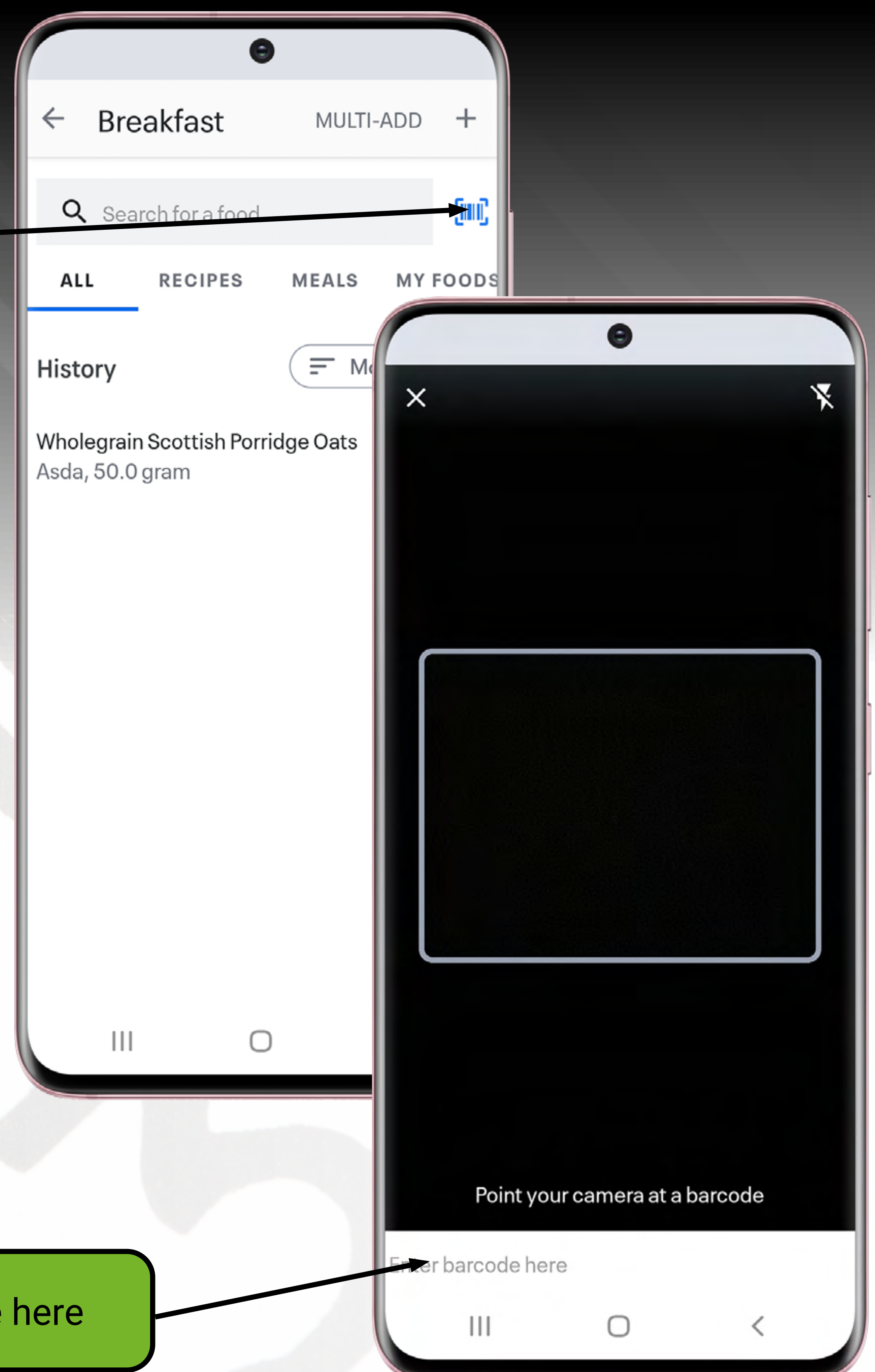
Another way of adding a food into your Diary, is by scanning the barcode on a packet.

From the “Diary” page, tap “ADD FOOD”. Towards the top right of the page, you will see a barcode icon (this will open the camera on your phone).

Simply scan the barcode of the packet using the camera. If the item is available within the MFP database, it will show on the screen (you can also enter the numeric barcode manually).

CAUTION - This is not always accurate and can occasionally bring up the wrong food entirely! It is a good idea to double check the nutritional values as shown on page 12. You may also need to change the serving size as shown on page 15.

- STEP 1 - ON DIARY PAGE, TAP “ADD FOOD”
- STEP 2 - TAP BARCODE ICON
- STEP 3 - USE CAMERA TO SCAN BARCODE
- STEP 4 - OR ENTER BARCODE MANUALLY
- STEP 5 - CHECK FOR ACCURACY



TIP - You can enter the numeric barcode here

07

ADDING A FOOD TO THE MFP DATABASE

Occasionally, despite searching the database and scanning the barcode, there will be times when you cannot find the item you want, or cannot find an accurate entry.

In this scenario, you can add this to the database yourself.

STEP 1 - ON DIARY PAGE, TAP “ADD FOOD”

Under the relevant meal

STEP 2 - SELECT “+” (TOP RIGHT)

STEP 3 - SELECT “CREATE A FOOD”

STEP 4 - ADD THE DETAILS (IMAGE 2)

STEP 5 - ADD CALORIES & MACROS (IMAGE 3)

From back of packet/product website

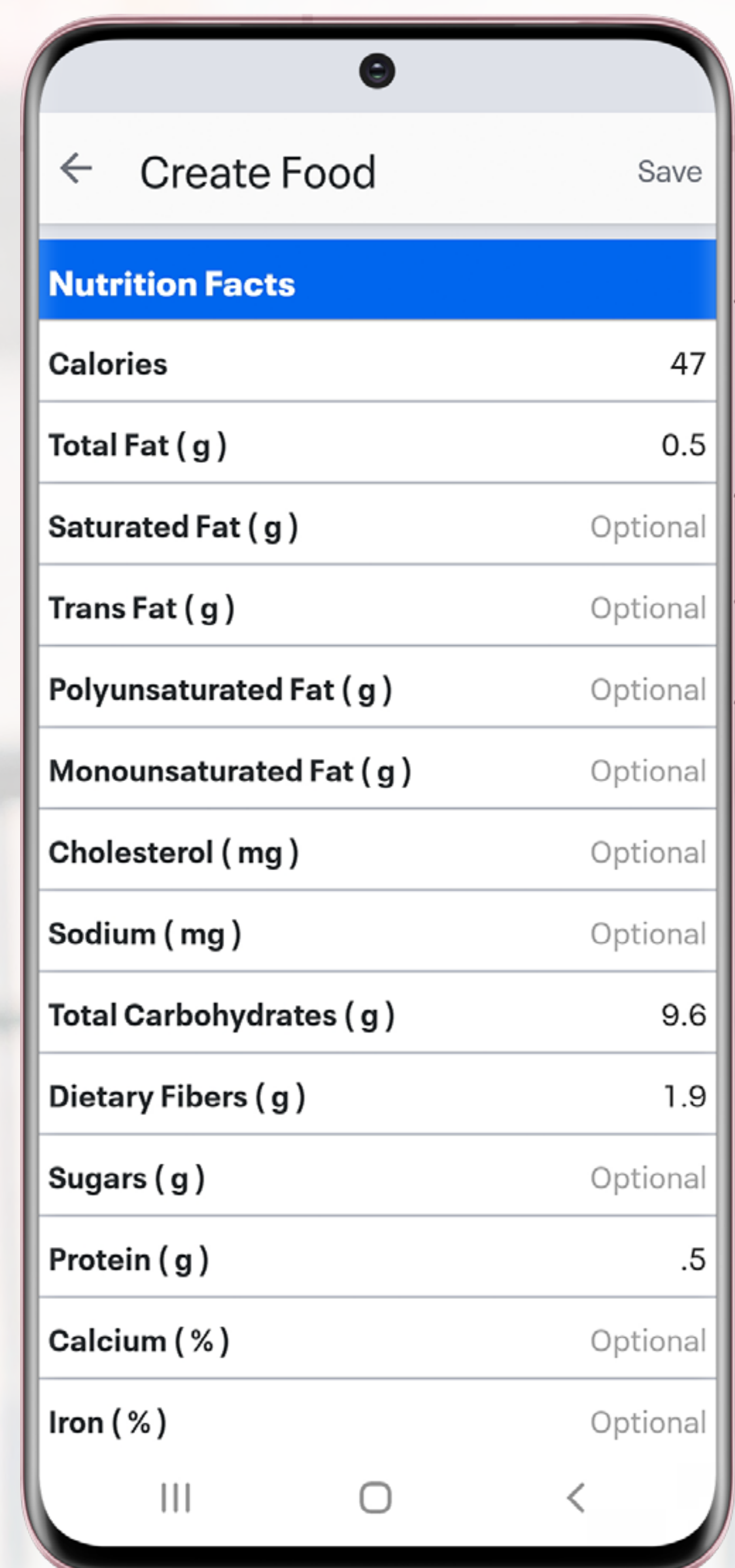
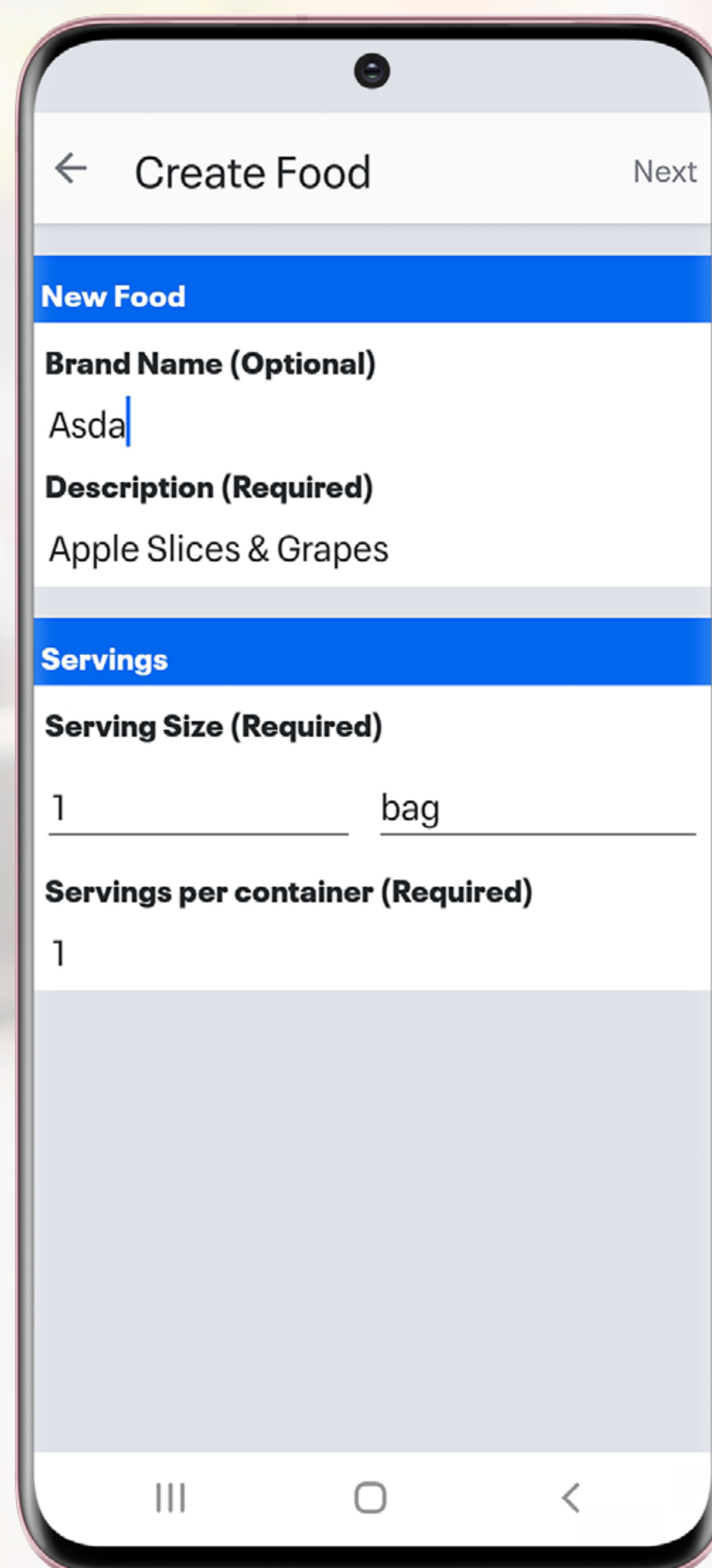
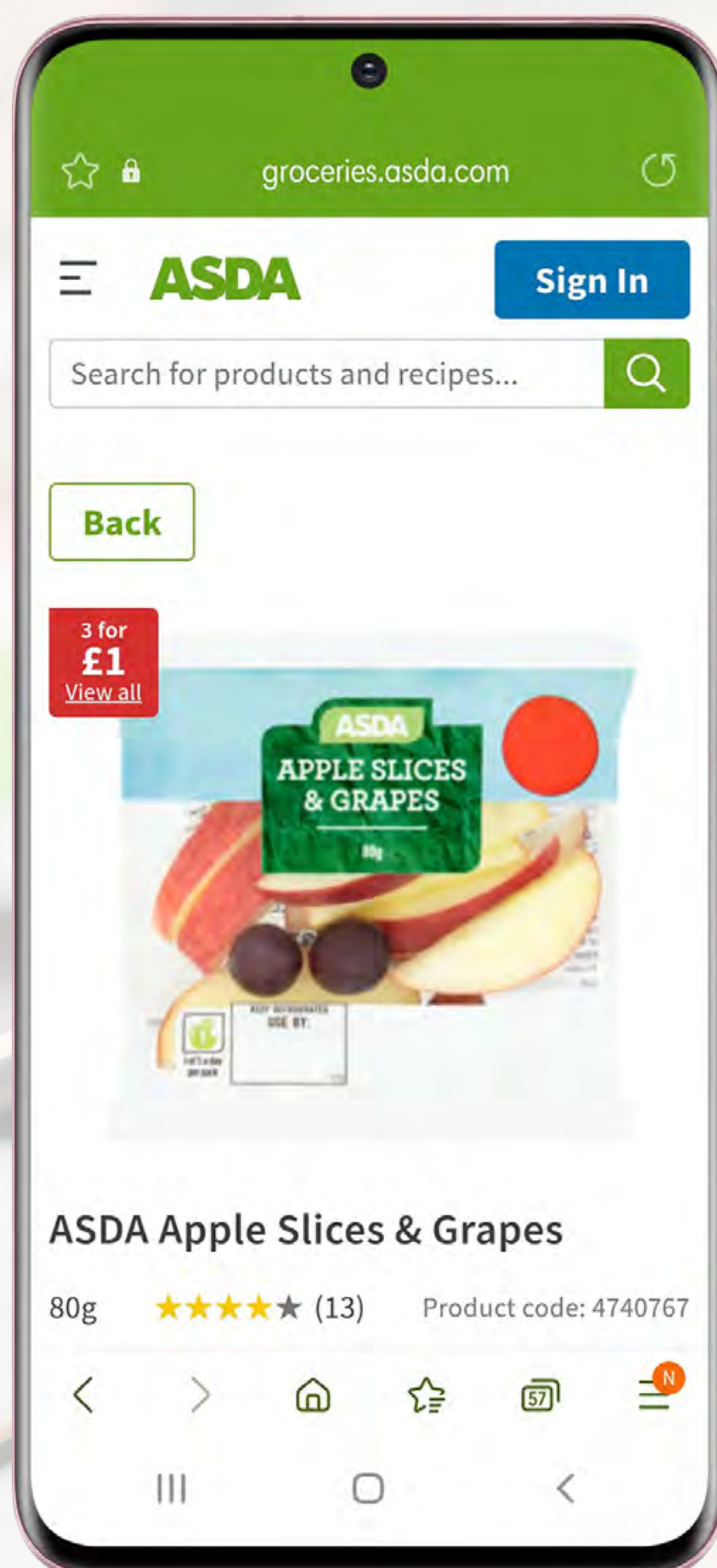
STEP 6 - TAP SAVE (TOP RIGHT OF IMAGE 3)

RETRIEVING YOUR OWN FOODS

To retrieve your food on a future date:

From the diary, select “ADD FOOD”.
Now select the “MY FOODS” tab.
Choose your food and “ADD”.

If it is a frequently used food, it may appear in your “History” (page 18).



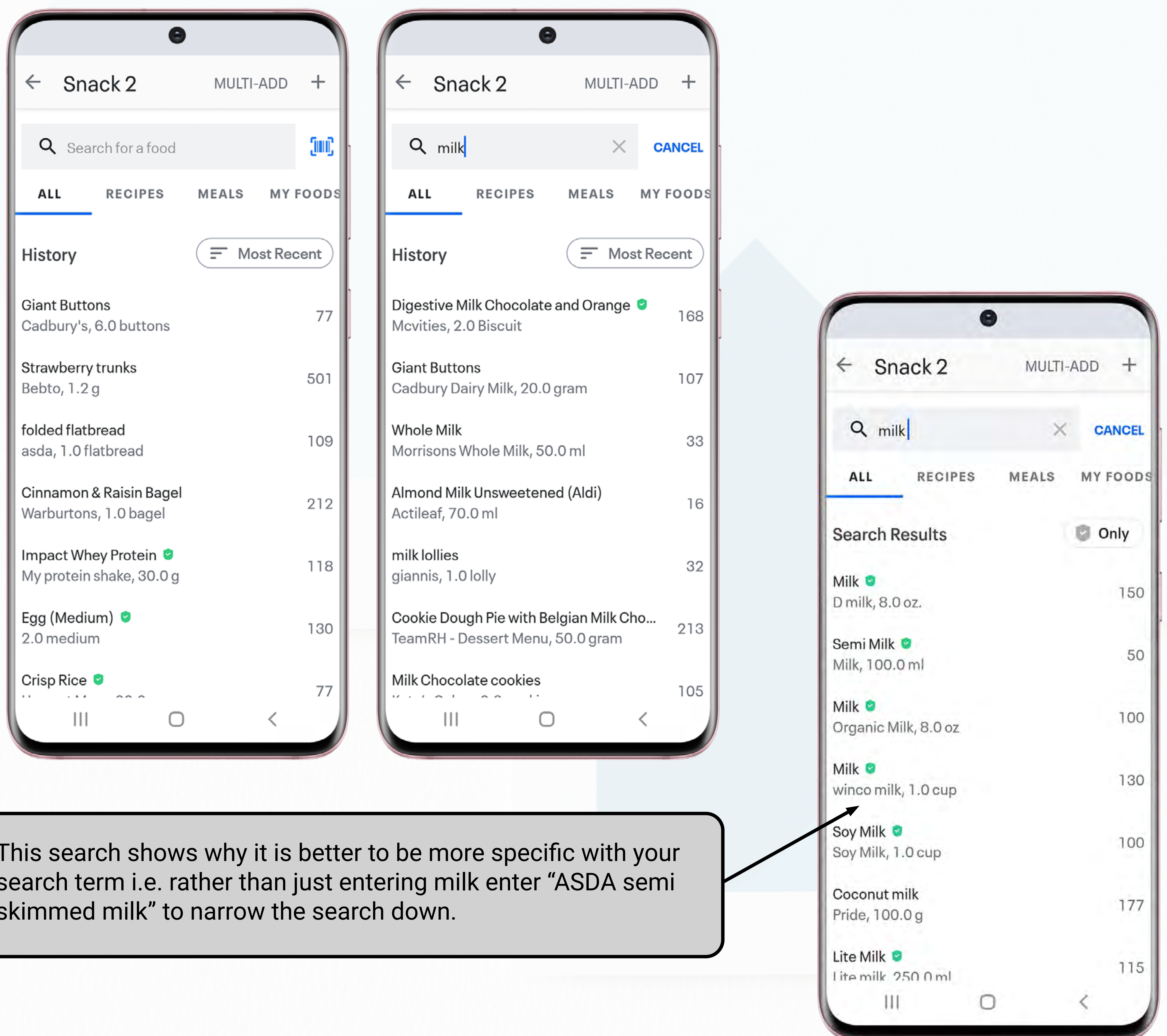
07

ADDING A FOOD FROM YOUR DIARY HISTORY

As you begin to add items to your Diary, you will create a History of your most frequently used foods (Image 1).

When you start to search for a food using the search bar, MFP will begin to sort the food items in your history to bring up anything with that word in it (Image 2).

Only once you have entered the search term and clicked “Search” will it then bring up foods from the wider database (Image 3).



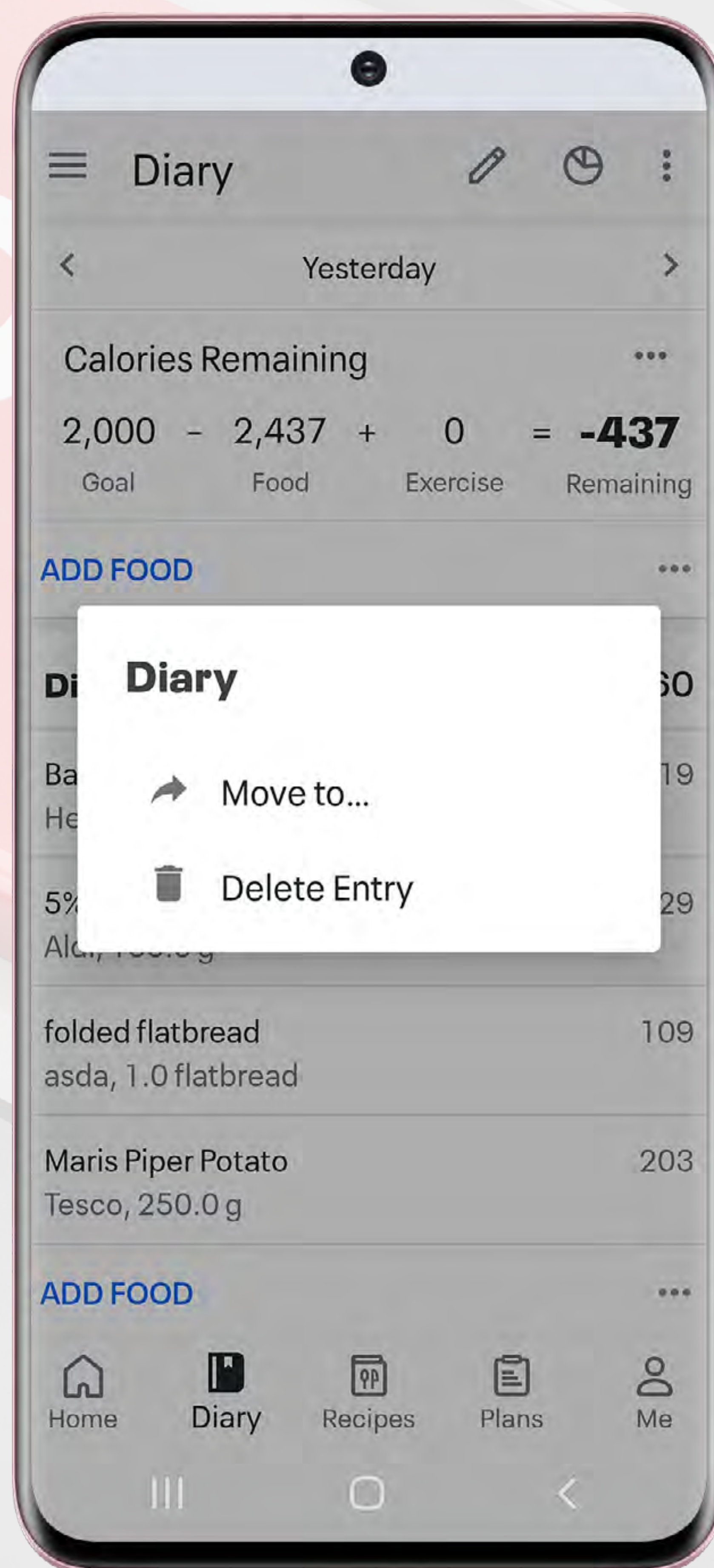
This search shows why it is better to be more specific with your search term i.e. rather than just entering milk enter “ASDA semi skimmed milk” to narrow the search down.

You may want to delete a food item or meal from your MFP Diary. This could be because you have entered something incorrectly, or you have simply changed your mind on what to eat.

This is quick and easy to do.

Simply go to the food item in your Diary, tap and hold, then select “Delete Entry”.

This will delete that entry from your Diary and amend your Calories and macros accordingly.




A common mistake when tracking foods on MFP occurs when tracking cooked or uncooked measures.

When dry foods such as pasta, rice and couscous are cooked, they absorb water. This in turn changes the nutritional values, based on weight.

The comparison below shows the exact same type of pasta, however the nutritional values provided are different.

In the first image, values are given “per 100g uncooked”


In the second image, the values are “cooked weight per 100g”.



Napolina Conchiglie Pasta

Nutritional Values		
Typical values	per: 100g uncooked	per: 75g uncooked
Energy	1508kJ/356 kcal	1130kJ/267 kcal
Fat	1.5g	1.1g
-of which saturates	0.3g	0.2g
Carbohydrate	72.0g	54.0g
-of which sugars	3.0g	2.3g
Fibre	3.0g	2.3g
Protein	12.0g	9.0g
Salt	<0.01g	<0.01g

Here, the values given are “per 100g uncooked”



Asda Conchiglie Pasta

Nutritional Values		
Typical values	(cooked as directed) Per 100g	(cooked as directed) Per 180g
Energy	656kJ 155kcal	1185kJ 280kcal
Fat	0.6g	1.1g
of which saturates	0.1g	0.2g
Carbohydrate	31g	56g
of which sugars	<0.5g	0.9g
Fibre	2.1g	3.8g
Protein	5.3g	9.5g
Salt	0g	0g

Here they are given as “cooked weight per 100g”

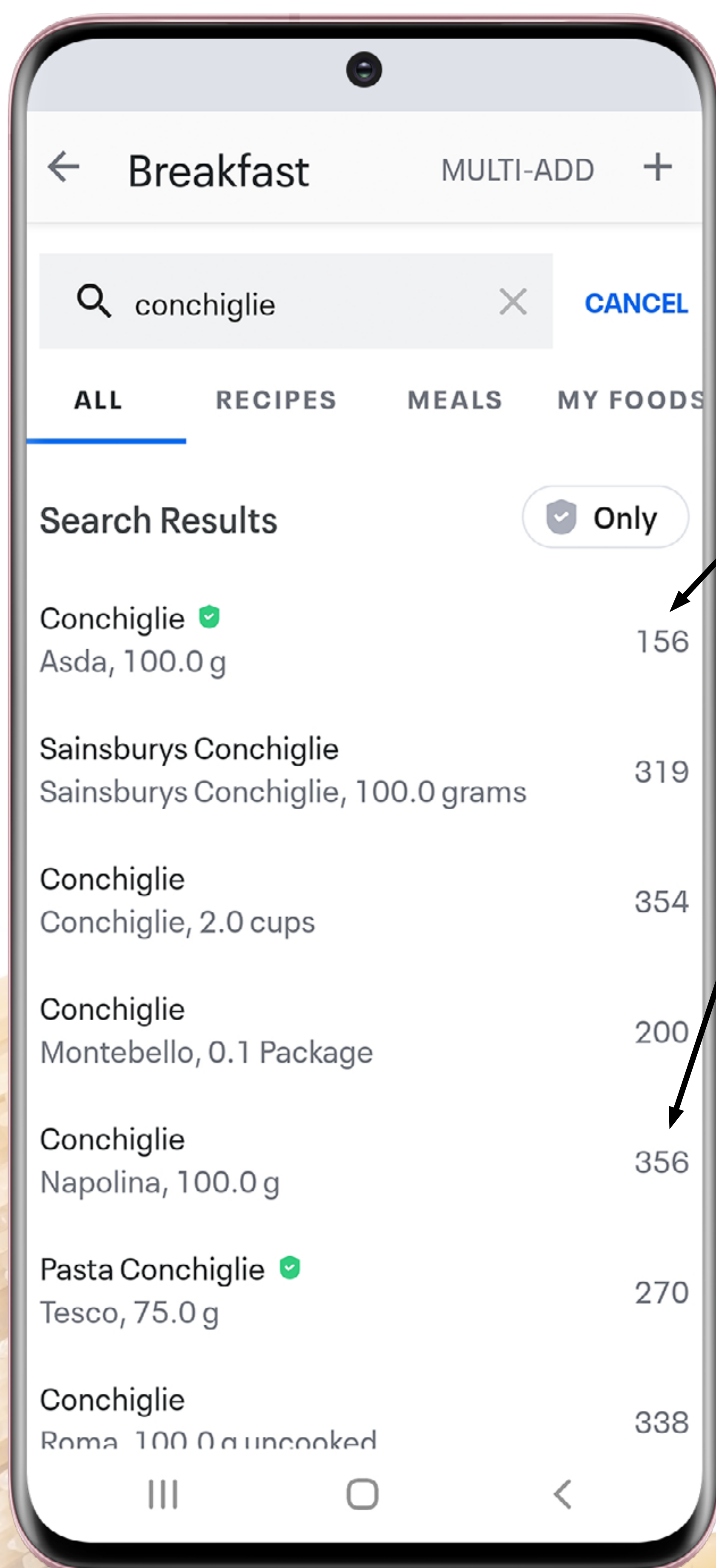
07

ADDING A FOOD UNCOOKED VS COOKED WEIGHTS

When searching for pasta (or other dried ingredients) in the database, it brings up a huge variety of results. Some of these will be cooked values, some uncooked (and some may even say “uncooked” but are actually “cooked”).

If you were to weigh 100g of uncooked pasta and then cook it, but only track 100g of cooked pasta (as shown below) you can see you would be under tracking by 200 Calories.

For this reason, it is more accurate to track uncooked (dried) weights of food.



Here you will see a search record for “Conchiglie” pasta that shows both cooked and uncooked weights

**APPROXIMATE
REFERENCE GUIDE
(PER 100G UNCOOKED)**

**PASTA - 356 KCALS
RICE - 351 KCALS
COUSCOUS - 359 KCALS**



TIP - It is good practice and more accurate to choose an uncooked value from the database.

Another common mistake is confusing the tracking of raw and cooked meat, poultry and fish. As you cook these items, water weight is lost as part of the cooking process. This in turn affects the nutritional values as seen below.

Nutritional Values

Typical values	Raw as sold 100g contains	An overcooked serving (100g) contains
Energy	489kJ/116k cal	579kJ/136kcal



TIP - The key here is just to be aware of this fact and remain consistent when tracking.

Why create a recipe?

If there is a meal you cook on a regular basis that has a number of different ingredients, creating a recipe for it can save you lots of time in the long run.

It is also a good option for things you might cook in bulk like soups, chilli, curries etc.

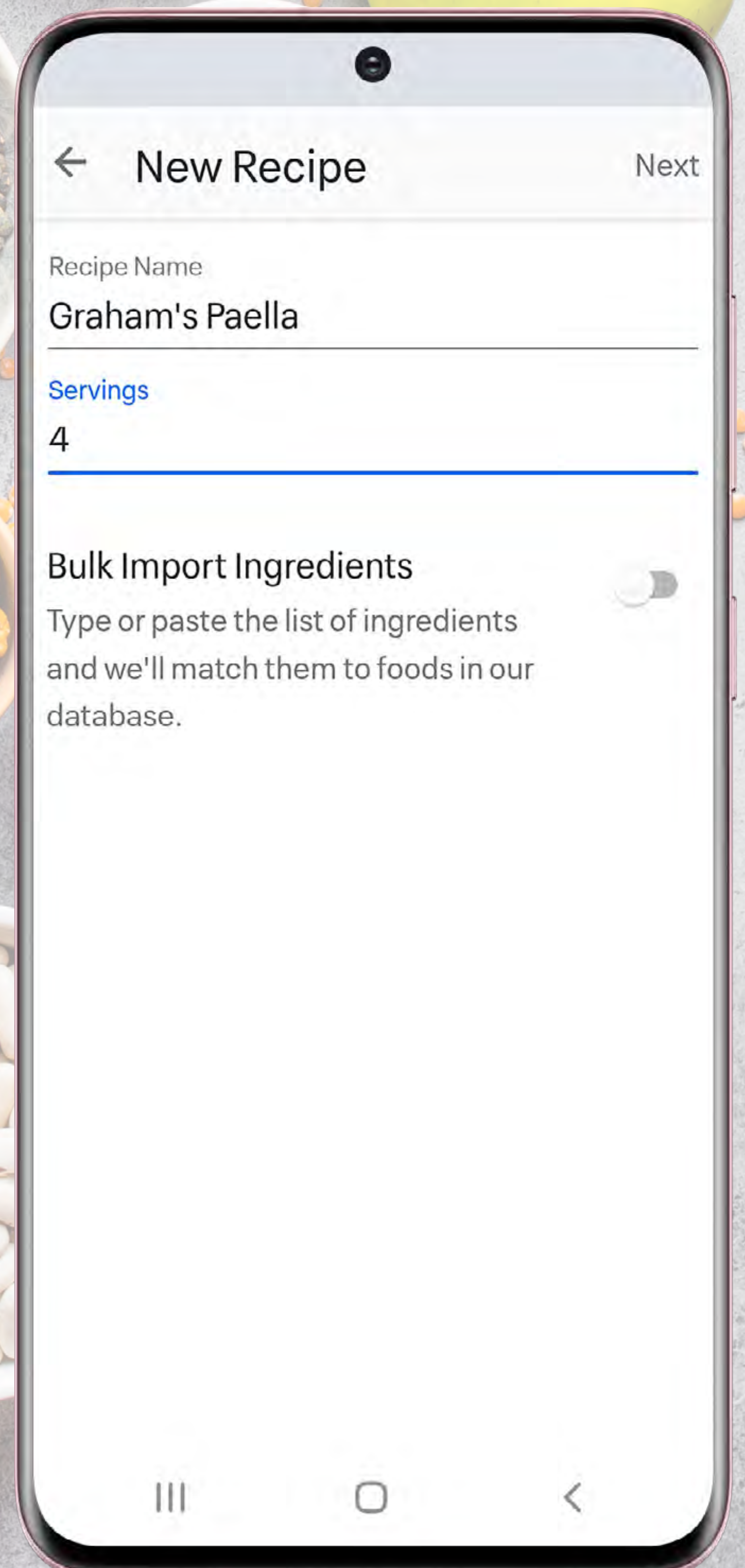
Here's a simple step-by-step guide on how to create your own recipe:

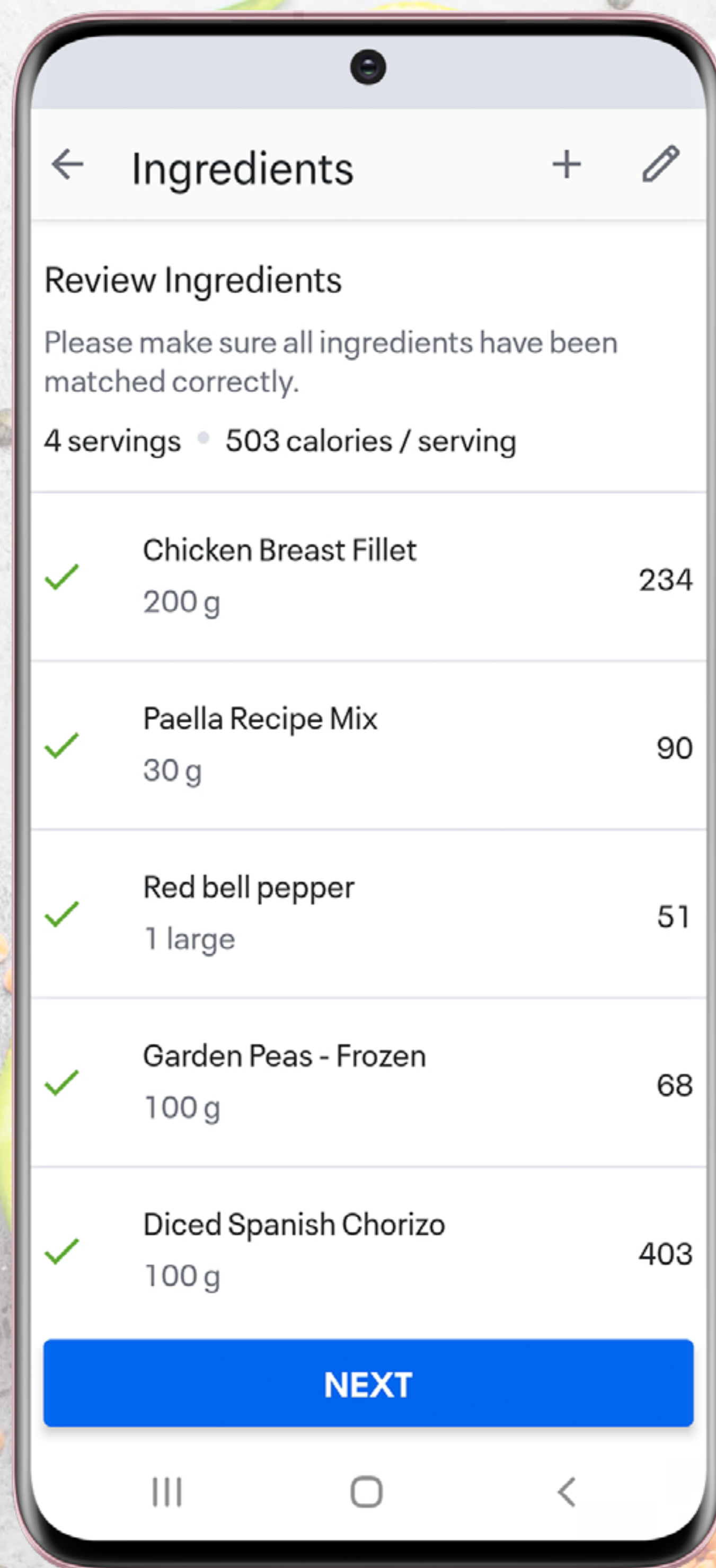
- STEP 1 - SELECT "MENU"**
- STEP 2 - SELECT "RECIPES, MEALS AND FOODS"**
- STEP 3 - SELECT "RECIPES" TAB**
- STEP 4 - SELECT "CREATE A RECIPE"**
- STEP 5 - SELECT "ENTER INGREDIENTS MANUALLY"**

This will then bring you onto this screen.

Give your recipe a name and enter the number of equal servings you will divide the recipe into.

Now tap the "Next" in the top right hand corner.





STEP 1 - SELECT "ADD INGREDIENT"

STEP 2 - SEARCH FOR FOOD ITEM

In exactly the same way as in chapter 7.

STEP 3 - REPEAT STEP 2 FOR ALL FOODS

STEP 4 - SELECT "NEXT"

STEP 5 - SELECT "SAVE"

STEP 6 - SELECT "ADD TO DIARY"

STEP 7 - TAP THE TICK (TOP RIGHT)

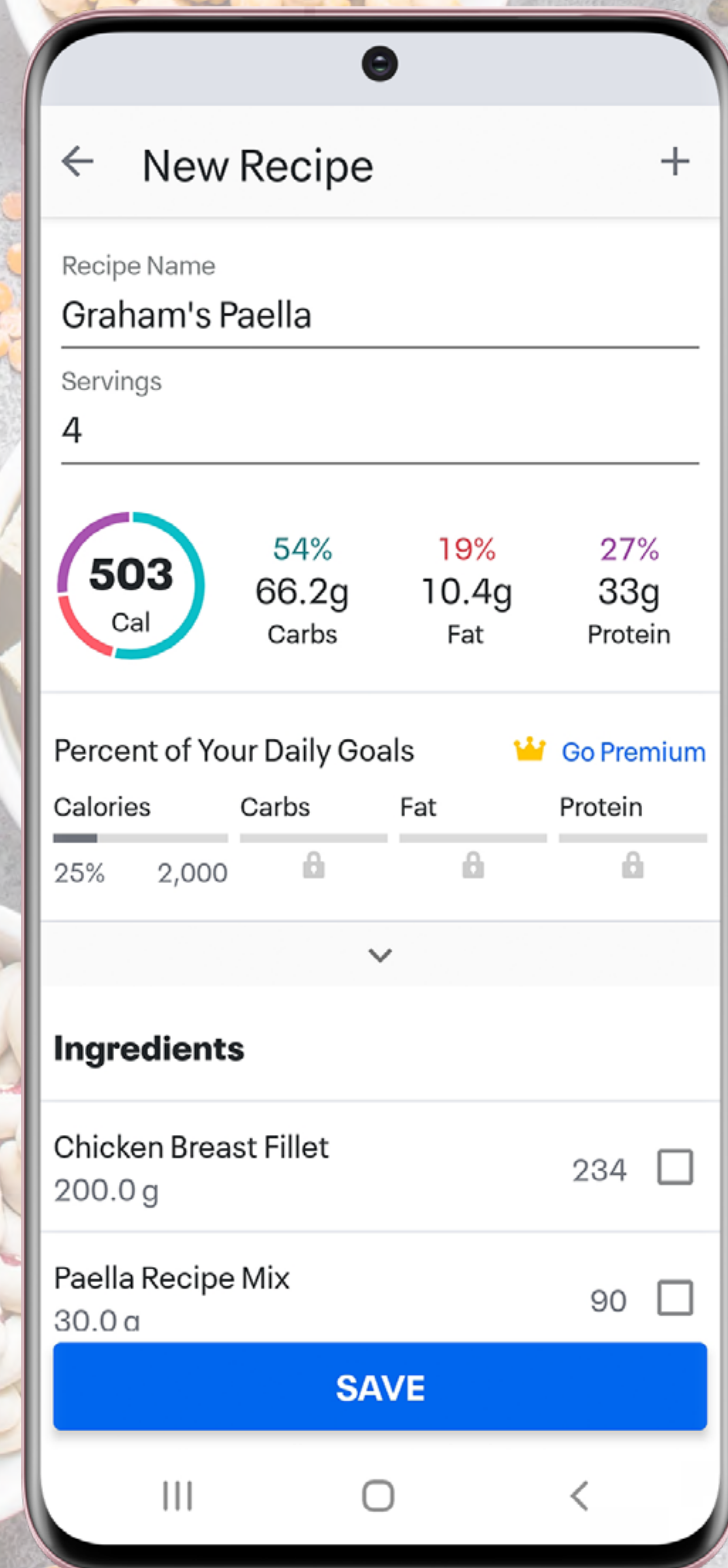
RETRIEVING RECIPES

To retrieve your recipe on a future date:

From the Diary, select "ADD FOOD".

Now select the "RECIPE" tab.

Choose your recipe and tap the tick (top right).



Why create a meal?

If there is a meal you eat on a regular basis, using this function could save you a lot of time in the long run.

You may, for example, regularly eat the same breakfast each day of the week.

In this case, you could add each food individually on a daily basis (page 13), or you could create a meal as shown below:

STEP 1 - SELECT "MENU"

STEP 2 - SELECT "RECIPES, MEALS AND FOODS"

STEP 3 - SELECT "MEALS" TAB

STEP 4 - SELECT "CREATE A MEAL"

STEP 5 - GIVE YOUR MEAL A NAME

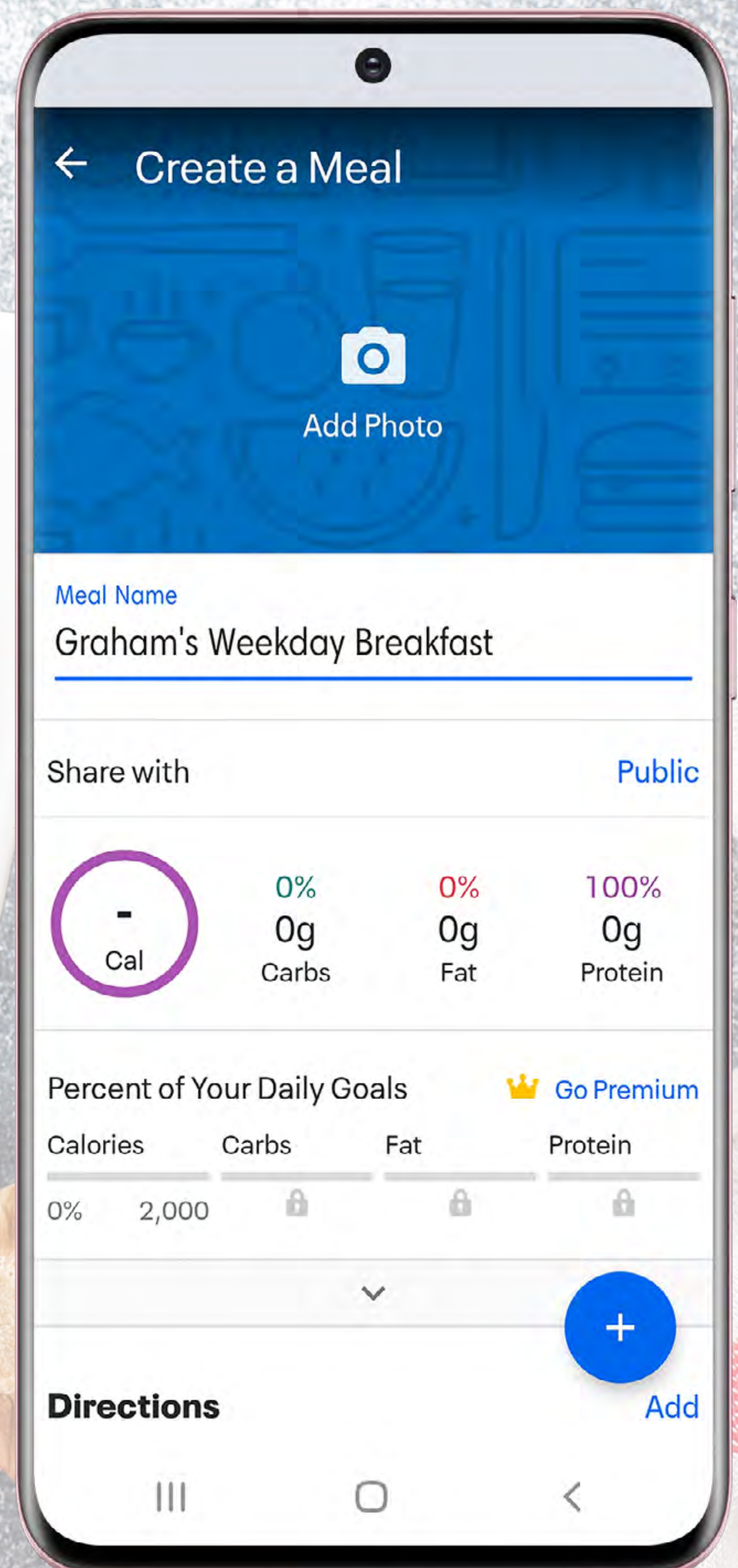
STEP 6 - ADD FOOD (USING "+" BUTTON)

In exactly the same way as in chapter 7.

STEP 7 - REPEAT STEP 6 FOR ALL FOODS

Until you have added all items for this meal.

STEP 8 - TAP "SAVE"



09

CREATING A MEAL

You can also create a meal directly from your Diary as shown below:

STEP 1 - GO TO THE MEAL WITH THE FOOD ITEMS ALREADY ADDED

STEP 2 - TAP ON THE THREE DOTS

STEP 3 - SELECT "SAVE MEAL"

STEP 4 - NAME YOUR MEAL

STEP 5 - SELECT "SAVE"

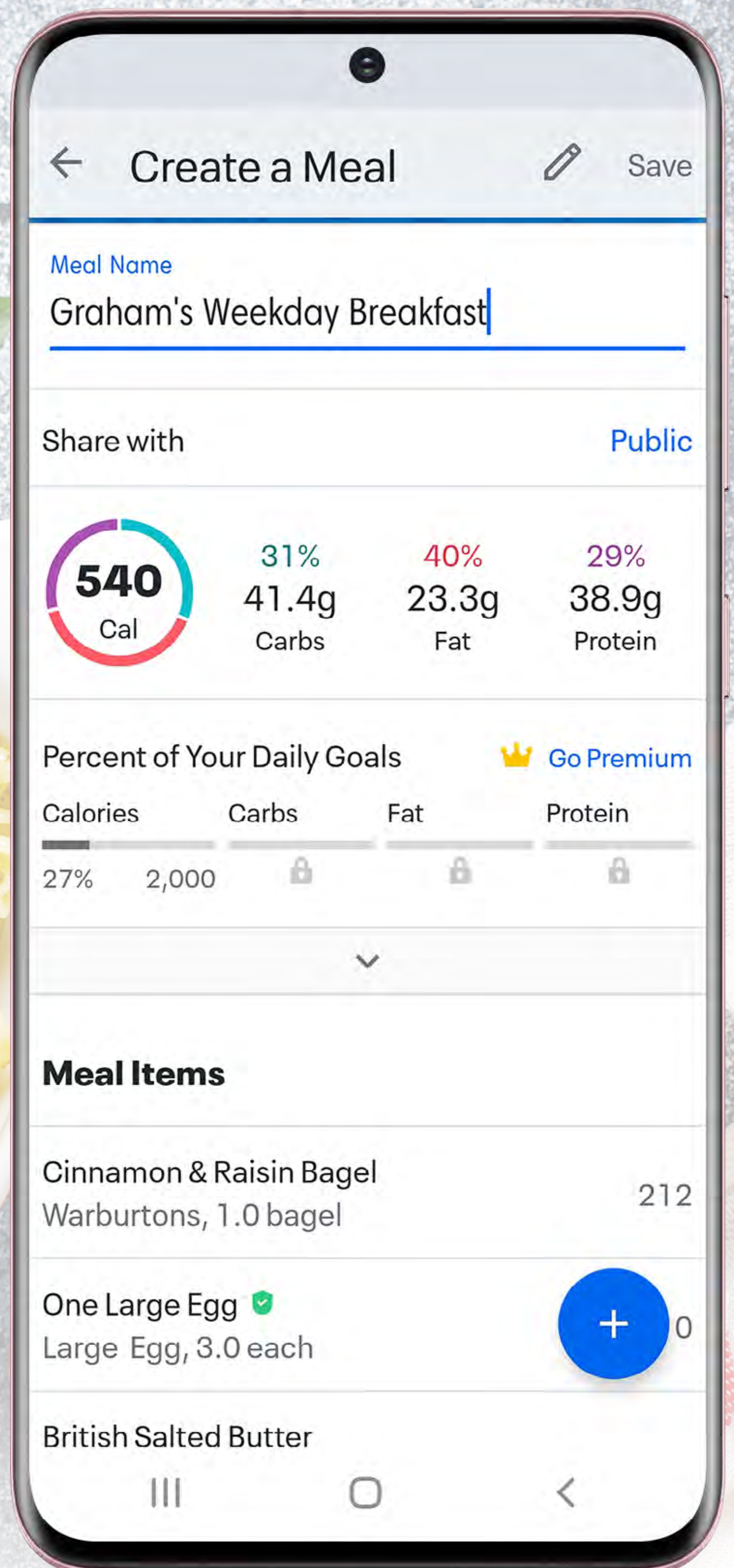
RETRIEVING MEALS

To retrieve your meal on a future date:

STEP 1 - FROM THE DIARY, SELECT "ADD FOOD"

STEP 2 - SELECT THE "MEALS" TAB

STEP 3 - CHOOSE YOUR MEAL AND TAP THE TICK



If you eat the same meal on consecutive days and don't want to create your own meal (as shown in the previous section), then a really handy tool to use is the "Copy To Date" function.

Eg. If you always have the same meal for breakfast, you can quickly and easily add this meal into your day using this handy function.

Follow the steps below to set this up:

STEP 1 - GO TO THE DIARY PAGE

STEP 2 - GO TO THE MEAL YOU WISH TO COPY

STEP 3 - TAP ON THE 3 DOTS

STEP 4 - SELECT "COPY MEAL"

STEP 5 - SELECT THE DATE YOU WISH TO COPY THIS MEAL TO



11

QUICK ADD

Another alternative to tracking foods/meals is to use the “Quick Add” function.

STEP 1 - GO TO THE DIARY PAGE

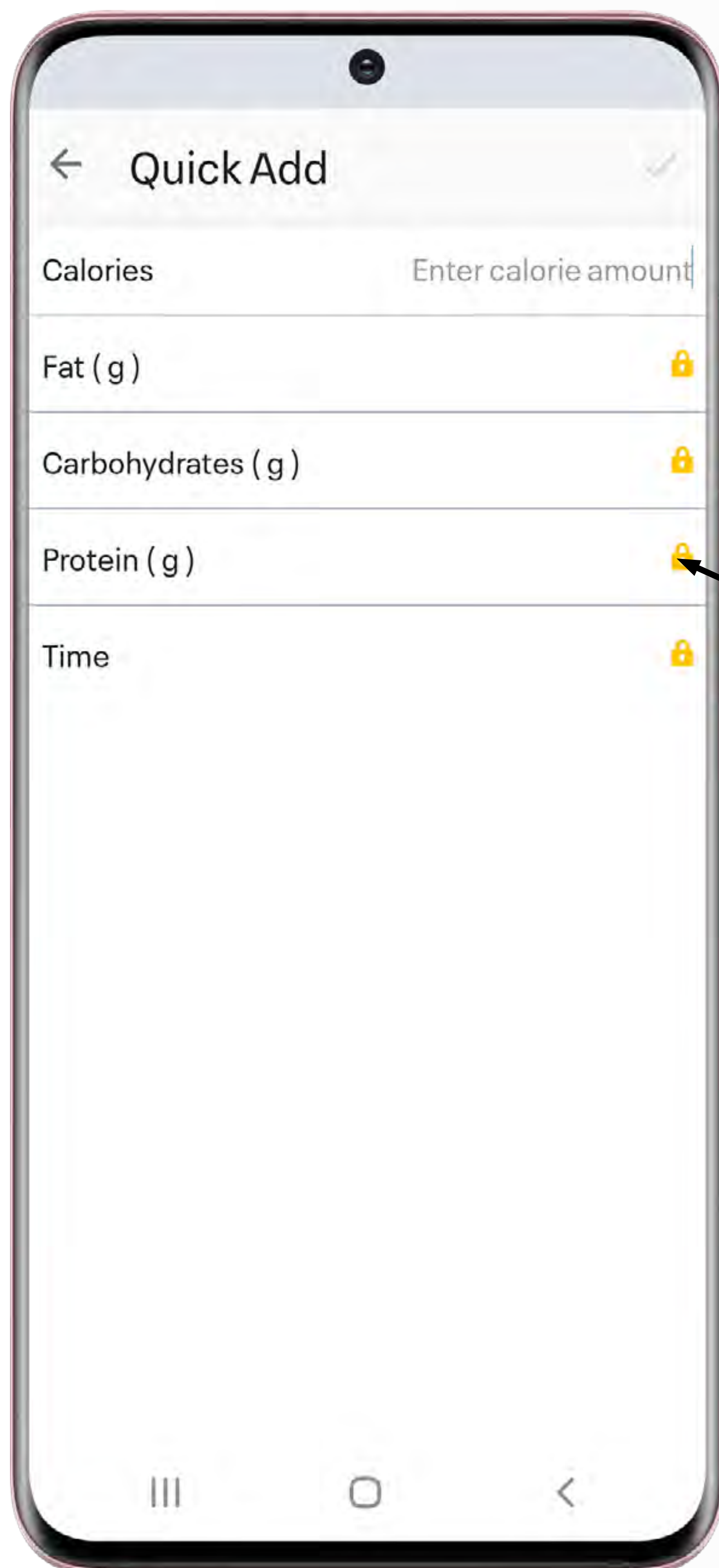
STEP 2 - GO TO THE MEAL YOU WISH TO “QUICK ADD” TO

STEP 3 - TAP ON THE 3 DOTS

STEP 4 - SELECT “QUICK ADD”

STEP 5 - ENTER THE AMOUNT OF CALORIES YOU WISH TO TRACK

STEP 6 - TAP THE TICK TO CONFIRM



In the free version of the App, you can only “Quick Add” Calories and not macros.



TIP - If you are tracking macros as well as Calories, this method will be a lot less accurate as your overall macro goals won't equate to the number of Calories you have consumed. This is not necessarily a problem just something to be aware of.

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TRACKING WHEN EATING OUT

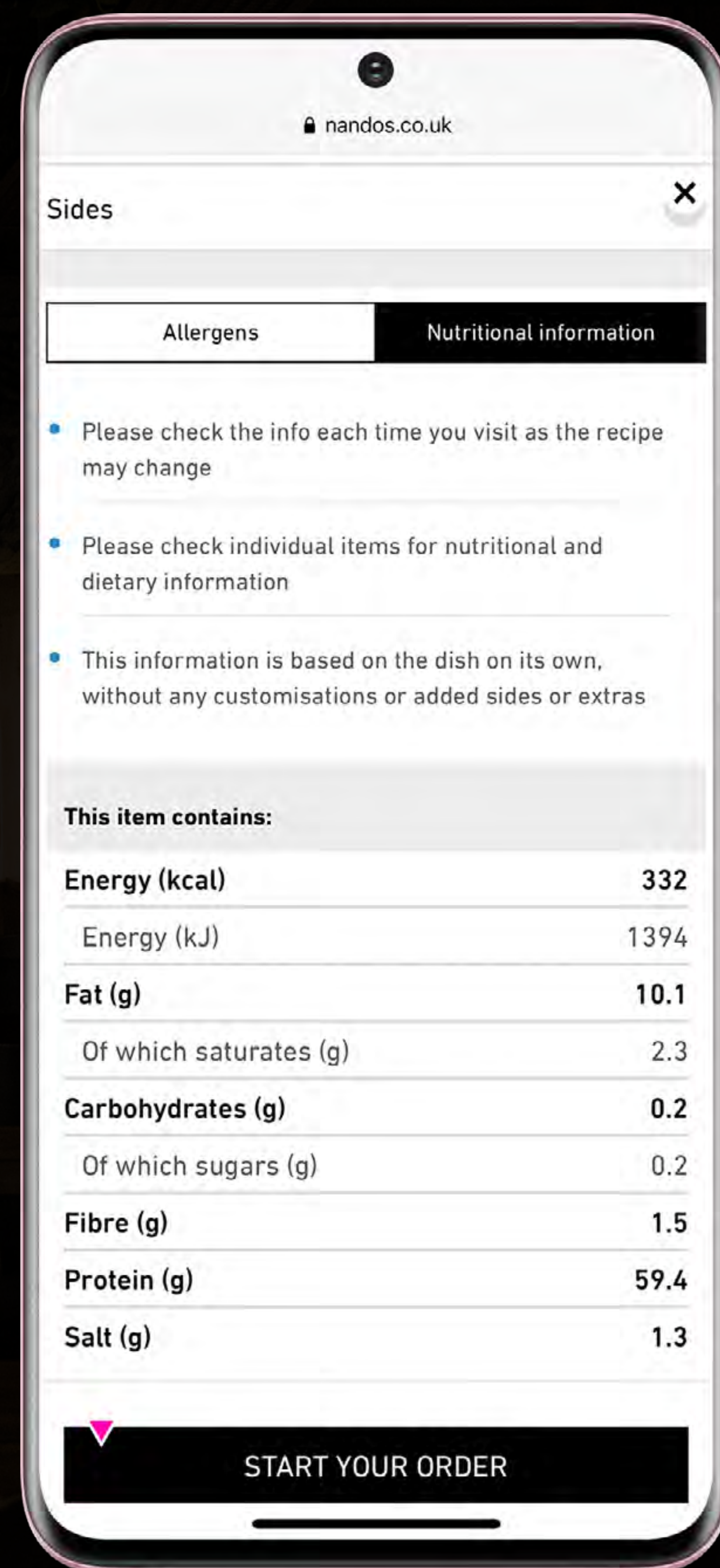
FOUR WAYS TO TRACK WHEN EATING OUT

If you have a goal that warrants you tracking your food whilst eating out, there are a number of ways of doing this. This is not an exhaustive list, but it will give you some options to use, should the need to track arise.

1 - Look up the Calories/Macros on the Menu/Restaurant Website

You can then search the database to see if this food/meal has previously been entered, and check the entry against the Calories and macros from the website for accuracy.

If you can't find an entry or it isn't accurate, you can create a food or meal as shown earlier in the guide.



2 - Break the meal down into its simplest forms

Track the meal by breaking down the food items in the meal and tracking them individually. This will require a lot of estimation in terms of quantities. Also remember that a lot more oil is likely to be used than if you were to make this same meal yourself.

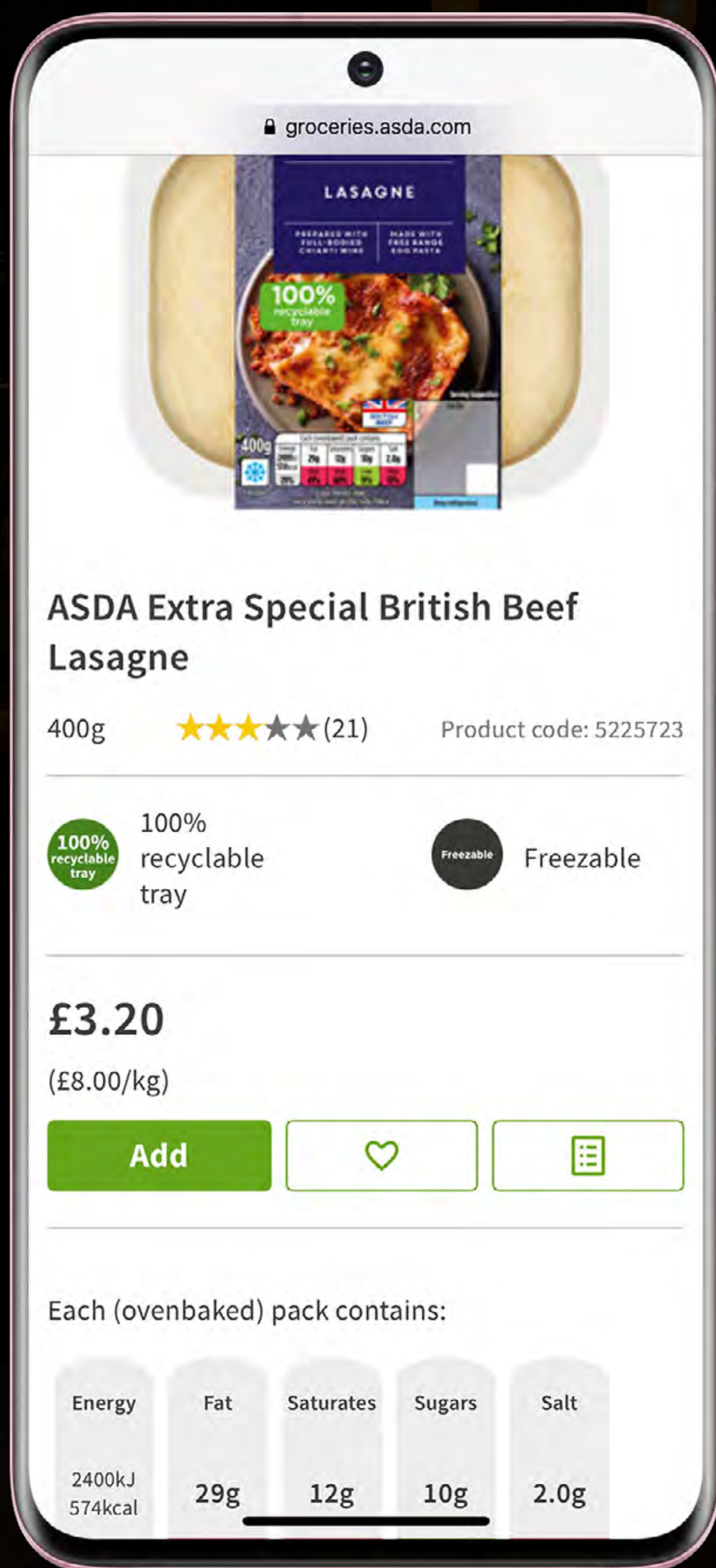
12

TRACKING WHEN EATING OUT

FOUR WAYS TO TRACK WHEN EATING OUT

3 - Quick Add an estimation of the Calories

Unlikely to be very accurate but an option if you just want to give your meal a ball park figure. Remember that if this is done on the free version you cannot enter values for the macros.



4 - Track a ready meal from a supermarket

If you were to have a lasagne for example, you could track ASDA Extra Special Beef Lasagne. The Premium ranges tend to be more calorific and may reflect a restaurant meal more accurately. *This however, is still only an estimation.*

It is important to remember that none of these options will be particularly accurate, but will give you a rough idea as to the Calorie content of the meal.

13

EATING BACK EXERCISE CALORIES

AND WHY THIS IS IMPORTANT FOR YOUR PROGRESS

The image shown below is the “Diary” page where you will see:

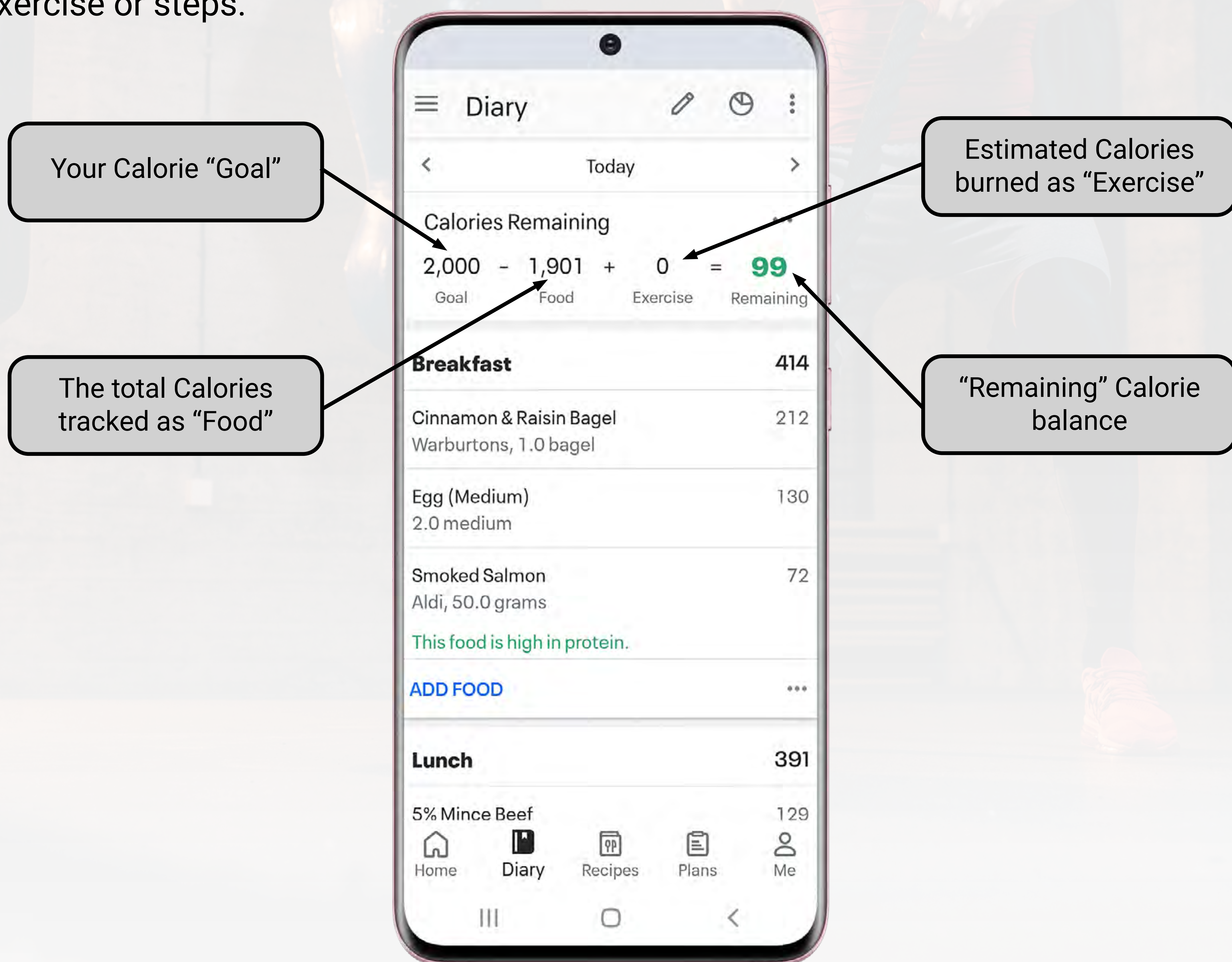
The number of Calories you set as your daily “Goal”.

The number of Calories you have tracked that day under “Food”.

The *estimated* number of Calories you have burned as “Exercise”.

The number of Calories “Remaining”.

If your Smart Watch or activity tracker is linked to MFP it will sync with the App and you may see a value in the “Exercise” column. This will either be from your recorded exercise or steps.

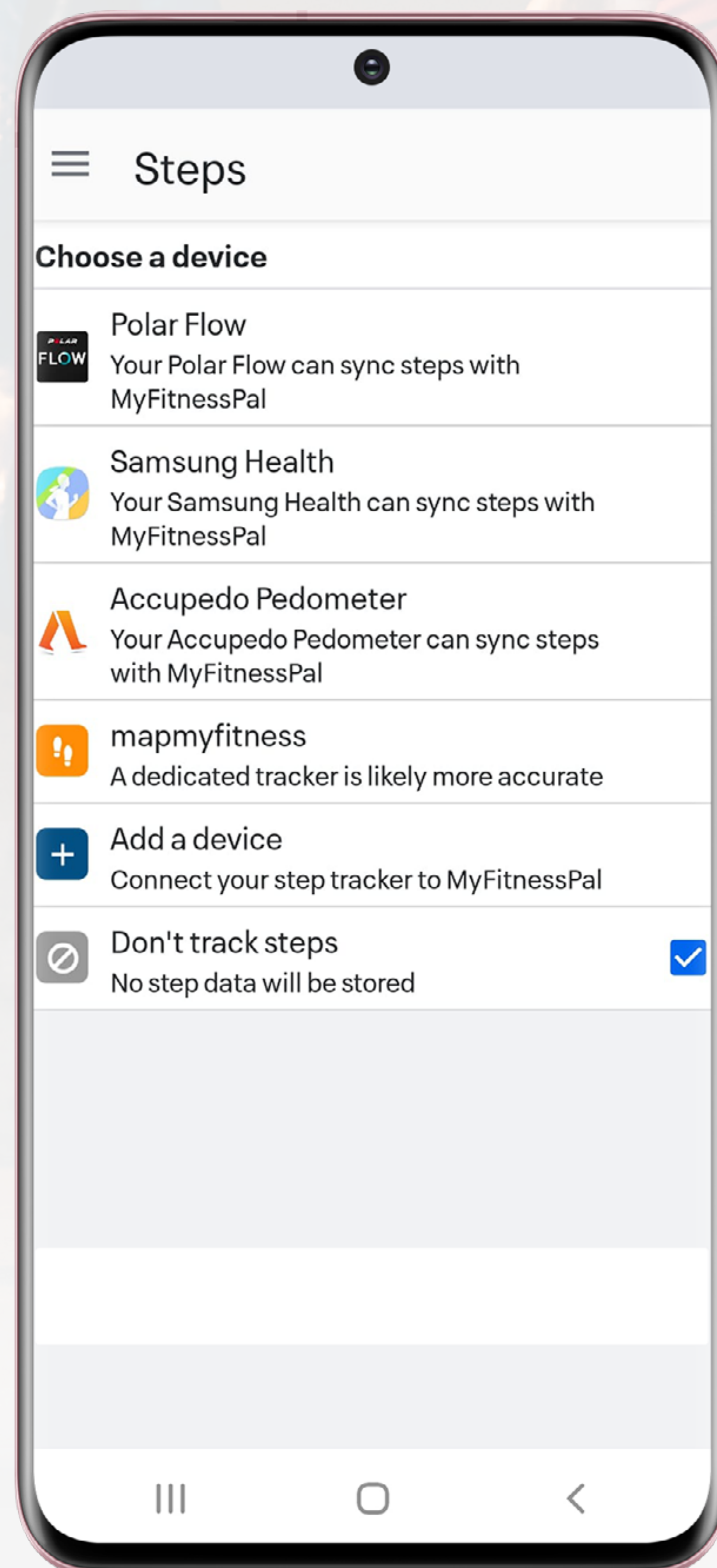


If you were to simply focus on the Calories “Remaining”, this could potentially cause a problem.

The “Goal” amount of Calories you entered is already likely to have taken into account your daily activity levels and exercise. If your Goal for example is to lose body fat/weight, and you were to “Eat Back” the Calories as suggested here, you are likely to negate the Calorie deficit and potentially put yourself into a surplus.

You can stop MFP from tracking your steps as follows:

- STEP 1 - SELECT "MENU"**
- STEP 2 - SELECT "STEPS"**
- STEP 3 - SELECT "DON'T TRACK STEPS"**



Another option is to look at the privacy settings on your phone and ensure that MFP cannot read data from your phone relating to steps and workouts.

Finally, and probably the simplest option, is to disregard the "Remaining" Calories and instead focus on ensuring your "Goal" and "Food" targets match.

14

NUTRITION OVERVIEW

HOW TO SEE AN OVERVIEW OF YOUR NUTRITION

There are two ways to see a Daily or Weekly overview of your nutrition.

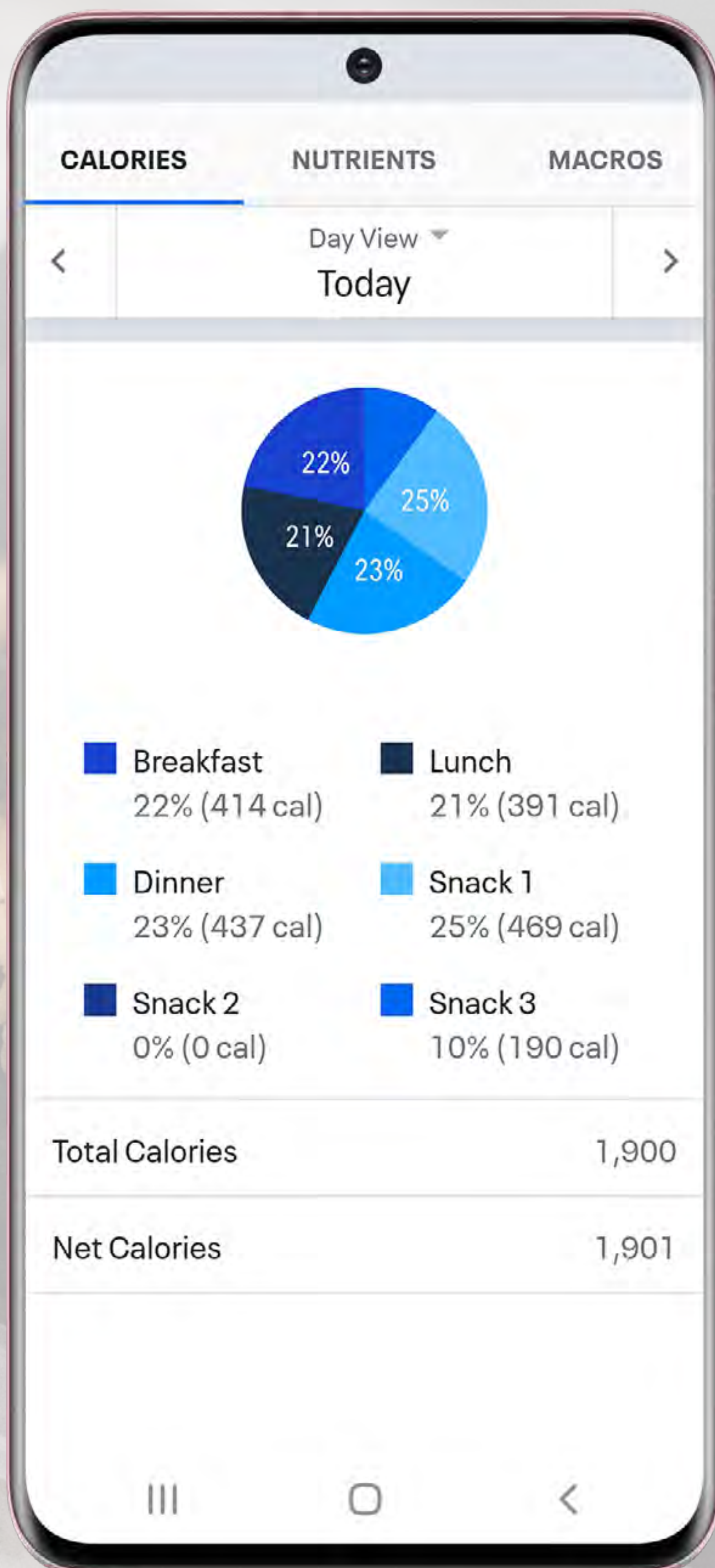
STEP 1 - GO TO THE DIARY PAGE
STEP 2 - SCROLL TO THE BOTTOM AND TAP ON THE "NUTRITION" BUTTON

Method 1

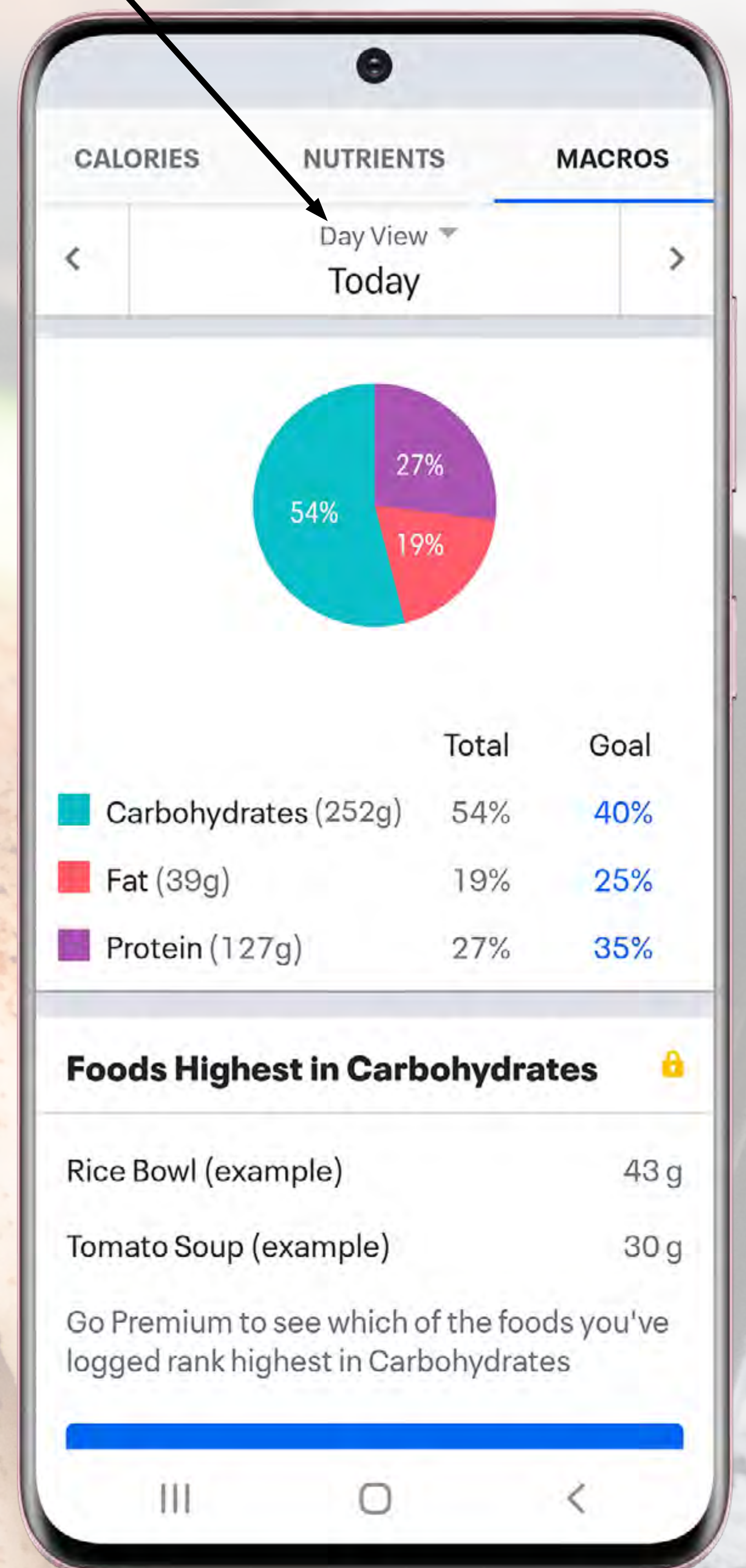
STEP 1 - TAP "MENU" (BOTTOM RIGHT)
STEP 2 - SELECT "NUTRITION"

Method 2

Using the Tabs at the top of the page you can see a summary of Calories, Nutrients or Macros. The default is usually set to a "Day View".



	Total	Goal	Left
Protein	127	175	48g
Carbohydrates	252	200	-52g
Fiber	12	25	13g
Sugars	39	91	52g
Fat	39	56	17g
Saturated	13	27	14g
Polyunsaturated	1	0	-1g
Monounsaturated	3	0	-3g
Trans	0	0	0g
Cholesterol	373	300	-73mg

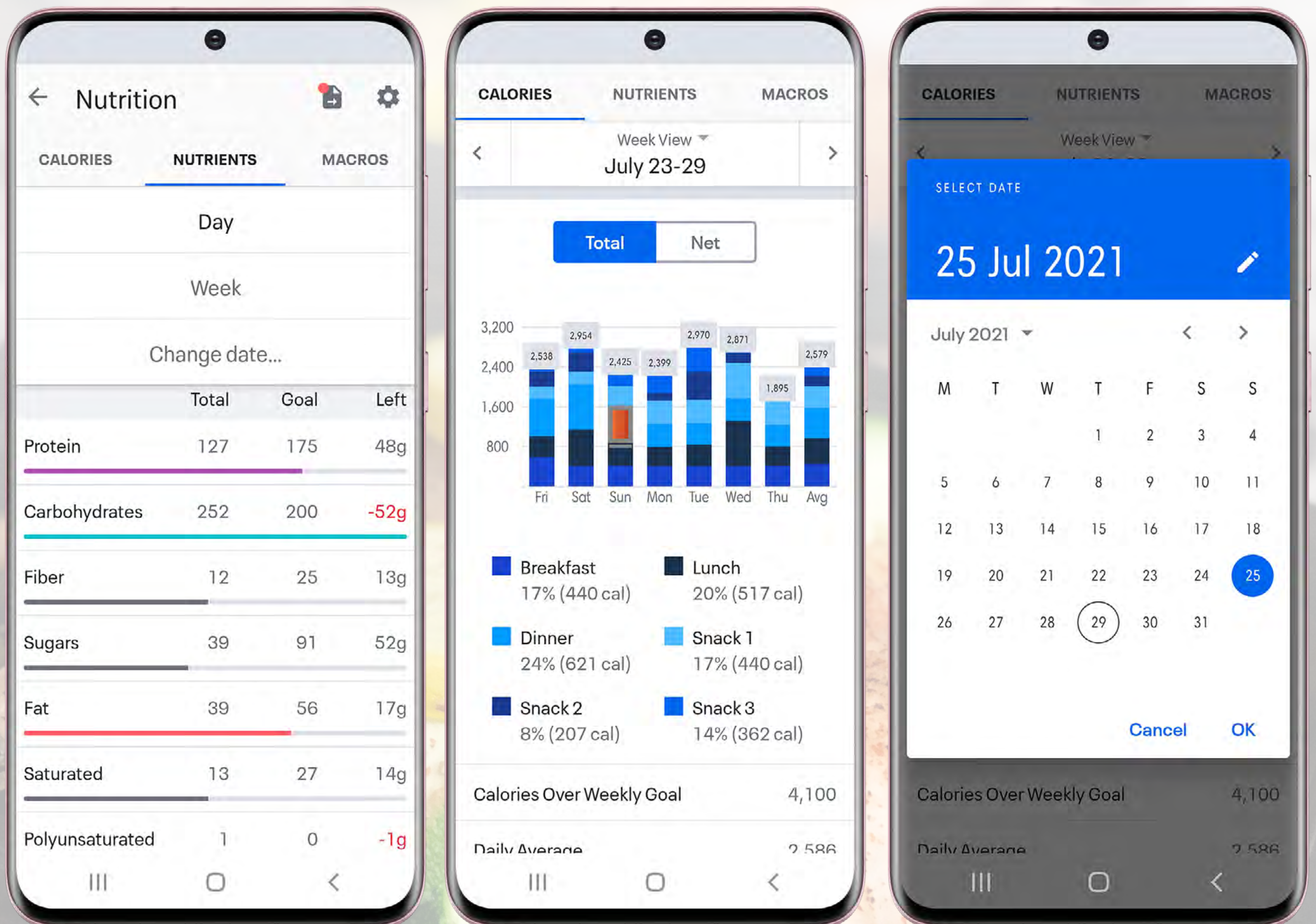


14

NUTRITION OVERVIEW HOW TO VIEW A WEEKLY SUMMARY

To see a weekly summary, click where it says “Day View” and change this to “Week View”. If you do this on a Wednesday for example, it will show you from the previous Thursday up to and including Wednesday (the day you are looking at).

You can change the days of the week it shows (i.e. if you wanted to review your nutrition for the previous Monday to Sunday), by clicking on the “Change Date” and then selecting the last date you want to appear on your summary i.e. (Sunday).



TIP - If you tap on the bar chart it will put the Calories for each of the days at the top of the bars.

14

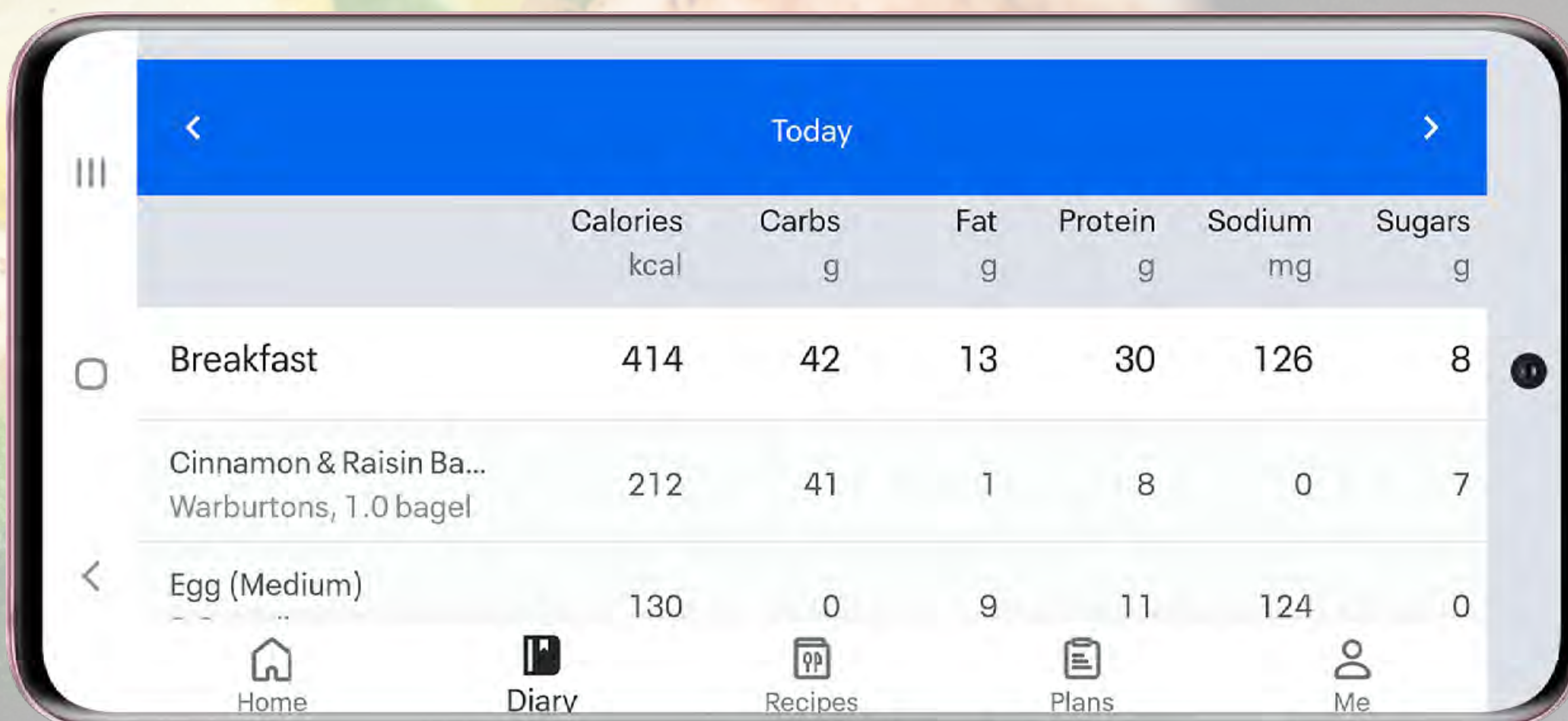
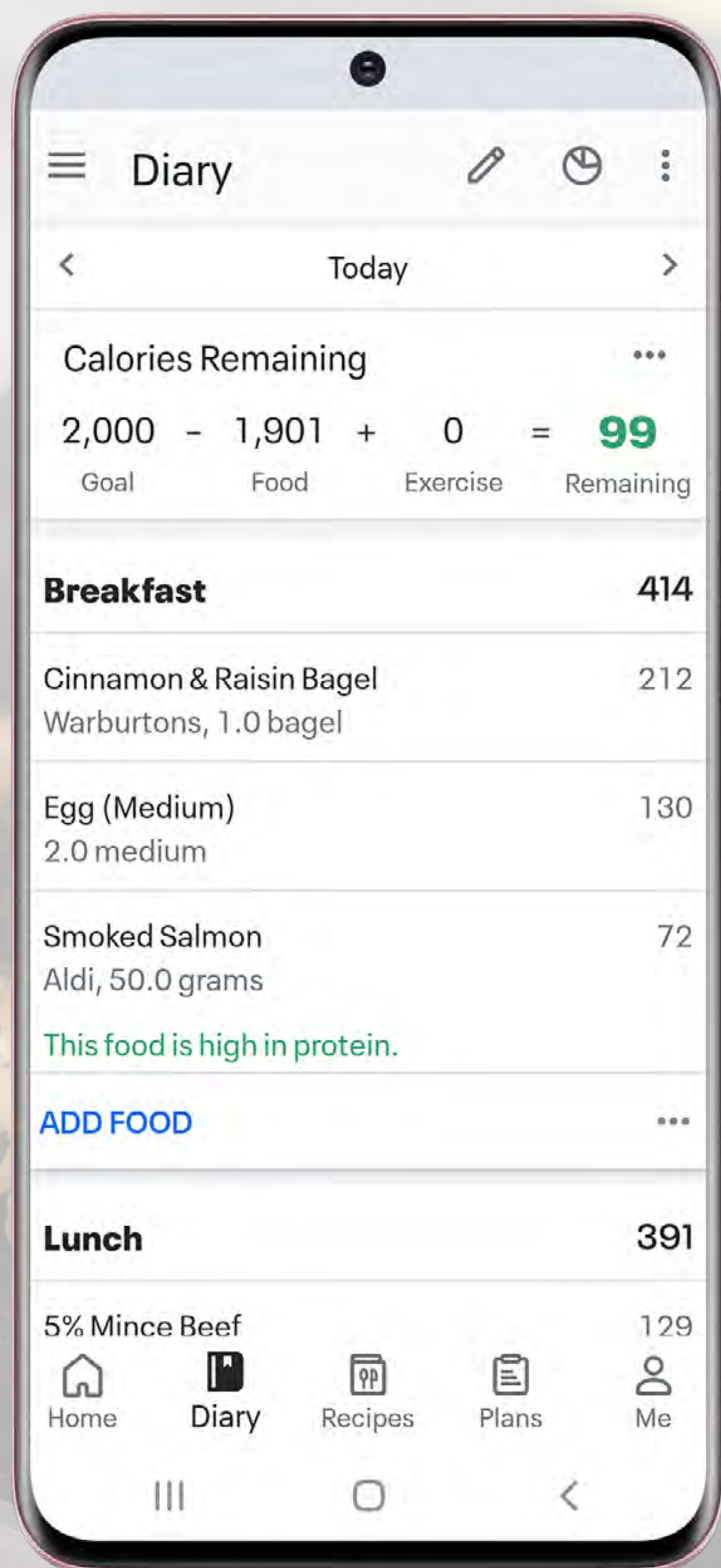
NUTRITION OVERVIEW

HOW TO SEE MACRO SPLITS OF MEALS ACROSS THE DAY

There may be occasions when you want to see not only the Calories of individual meals (which can be seen on the normal diary page), but also the macro split of meals. An example of when you might want to do this is to check that you are hitting a certain amount of protein in a meal.

The simplest way of doing this is from the Diary page. Simply rotate your phone 90 degrees (as shown below).

You can then see the breakdown of the Calories/Carbs/Fat/Protein per food item and per meal.





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