PAUL WALLACE FITNESS
MADE PERSONAL

A CLIENT'S GUIDE TO
MYFITNESSPAL
Calorie tracking made simple!

08:31

myfitnesspal™

SIGN UP FOR FREE

LOG IN
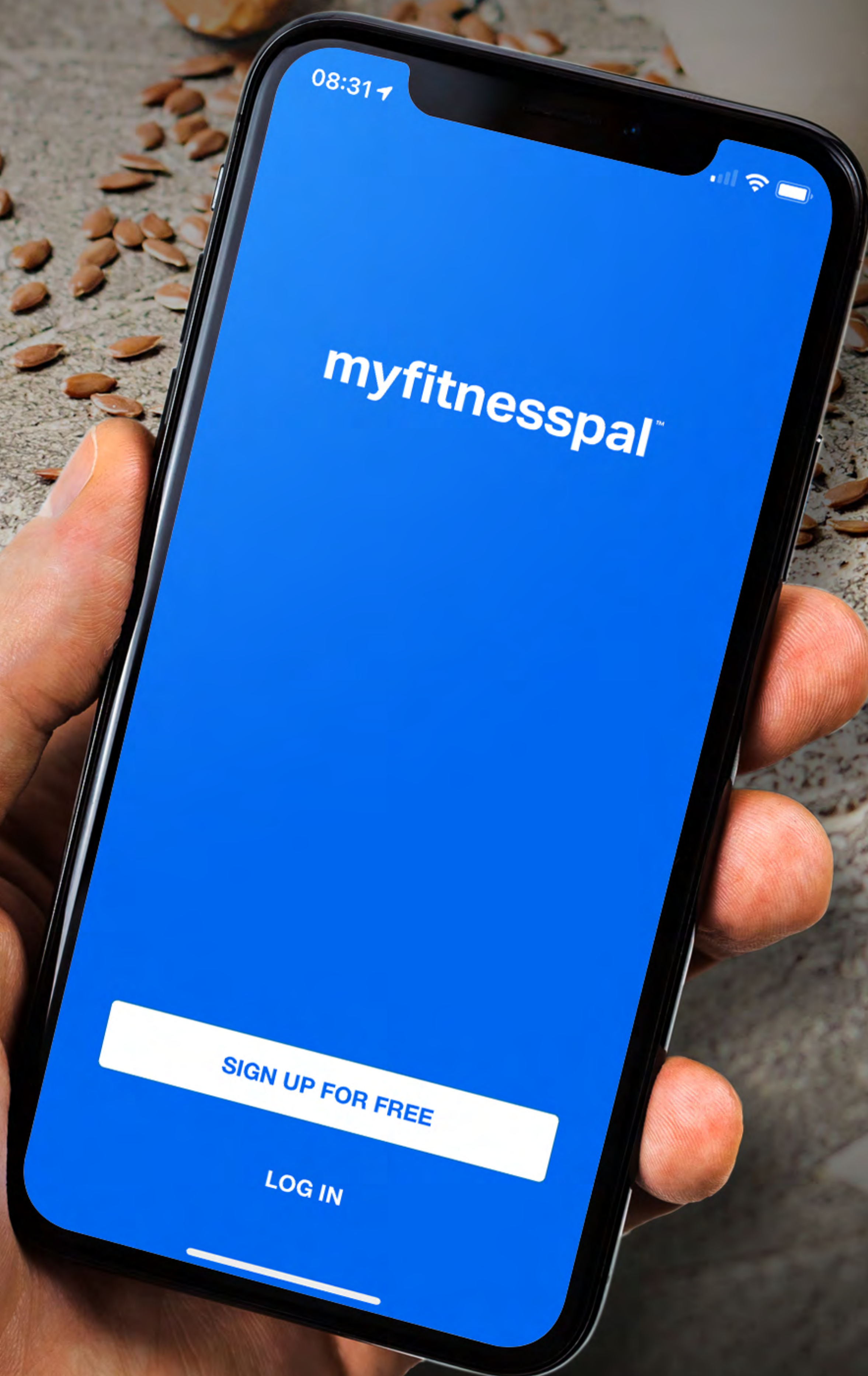
PAUL WALLACE

PAUL WALLACE
PAUL WALLACE FITNESS

CONTENTS

CONTENTS CONTINUED

01 | WHAT IS MYFITNESSPAL?

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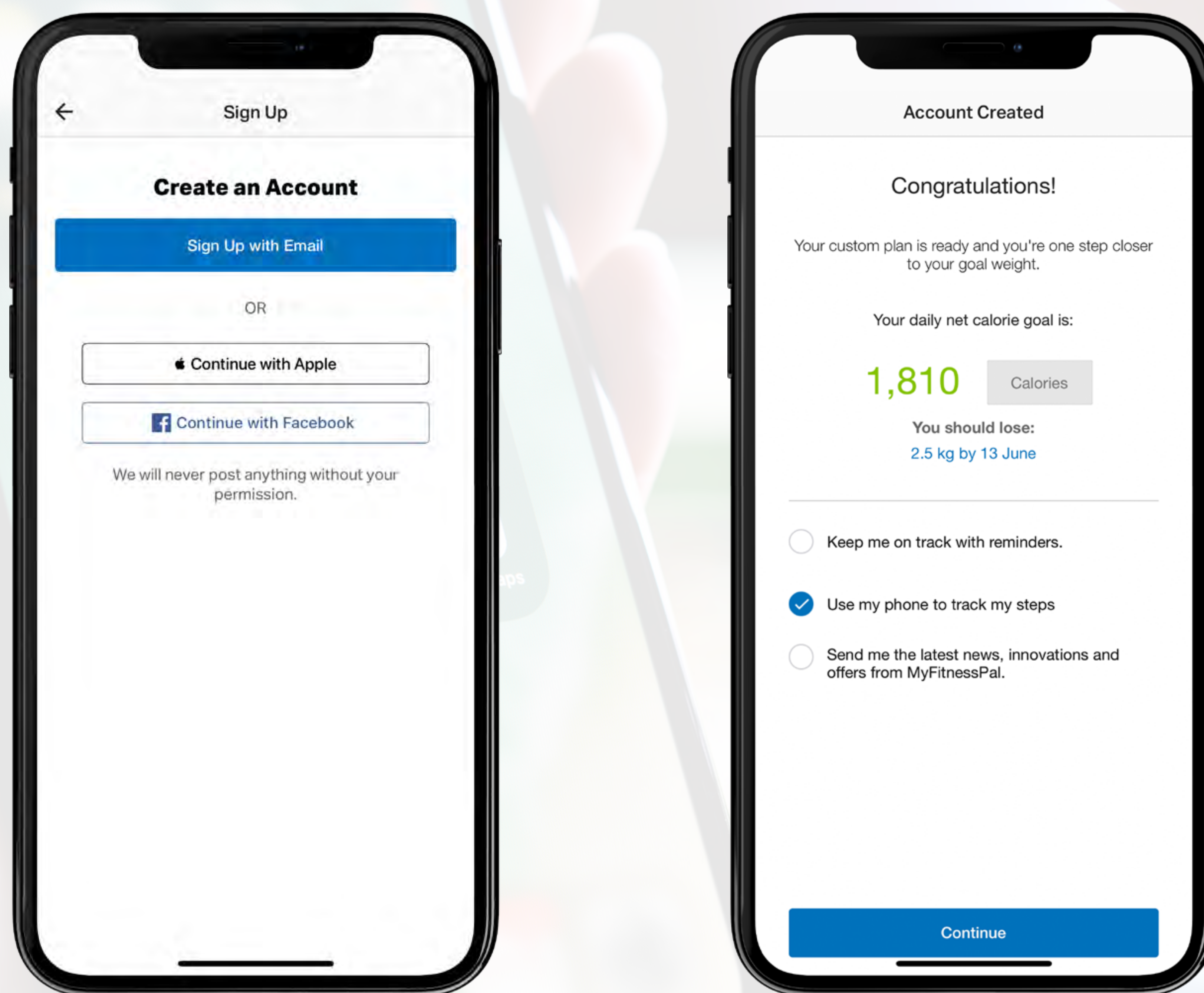
Download the App from the App store or Android equivalent for free, by simply searching for Myfitnesspal.

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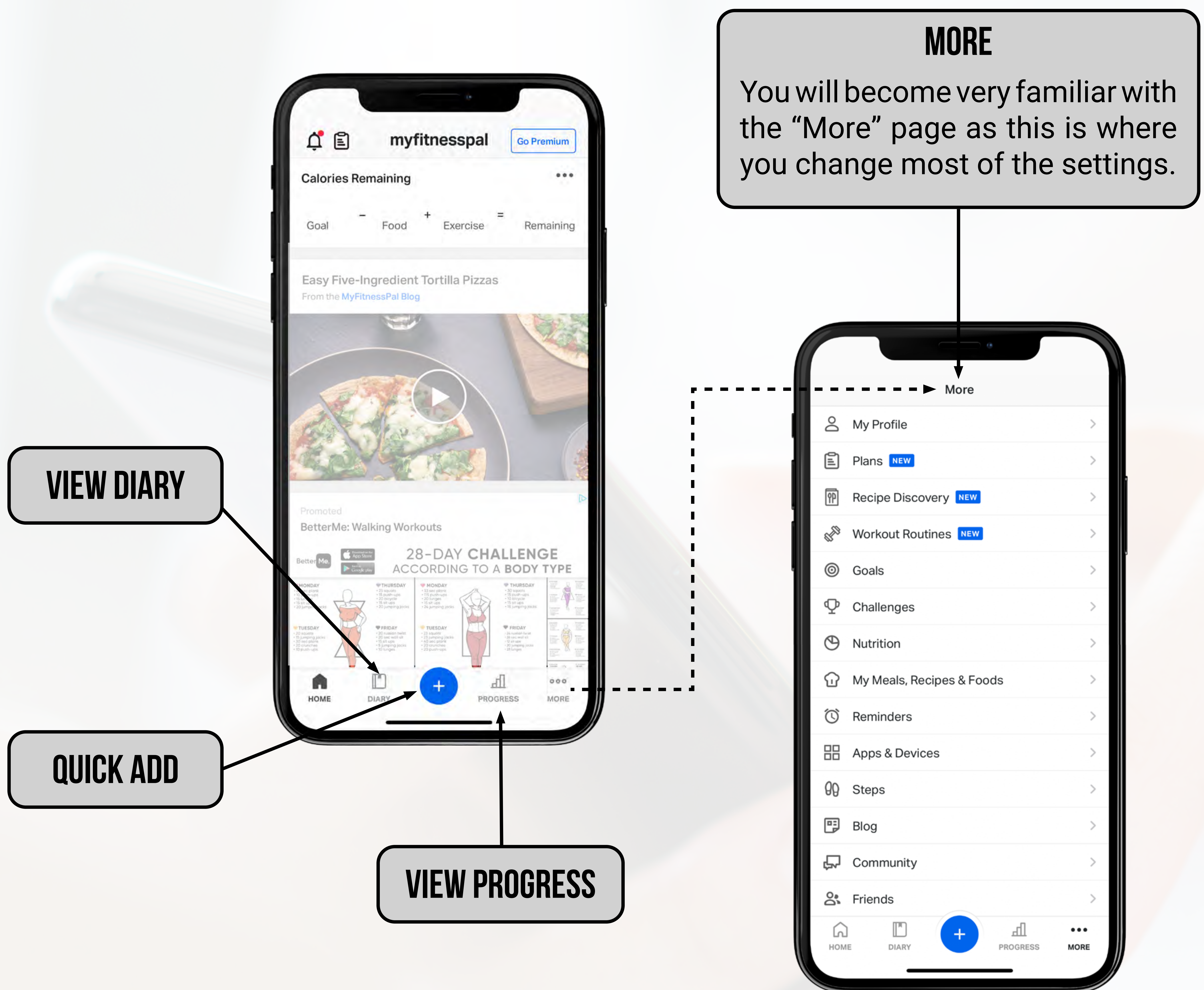
💡 **TIP** - Don't concern yourself too much with what MFP suggests. You will be shown how to amend the Calories and Macros to suit your customised goal later in this guide (page 7).

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), View Progress and More.

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

MORE

You will become very familiar with the "More" page as this is where you change most of the settings.

VIEW DIARY

QUICK ADD

VIEW PROGRESS

More

- My Profile
- Plans NEW
- Recipe Discovery NEW
- Workout Routines NEW
- Goals
- Challenges
- Nutrition
- My Meals, Recipes & Foods
- Reminders
- Apps & Devices
- Steps
- Blog
- Community
- Friends

TIP - You can also track photos and body weight under the "Progress" section.

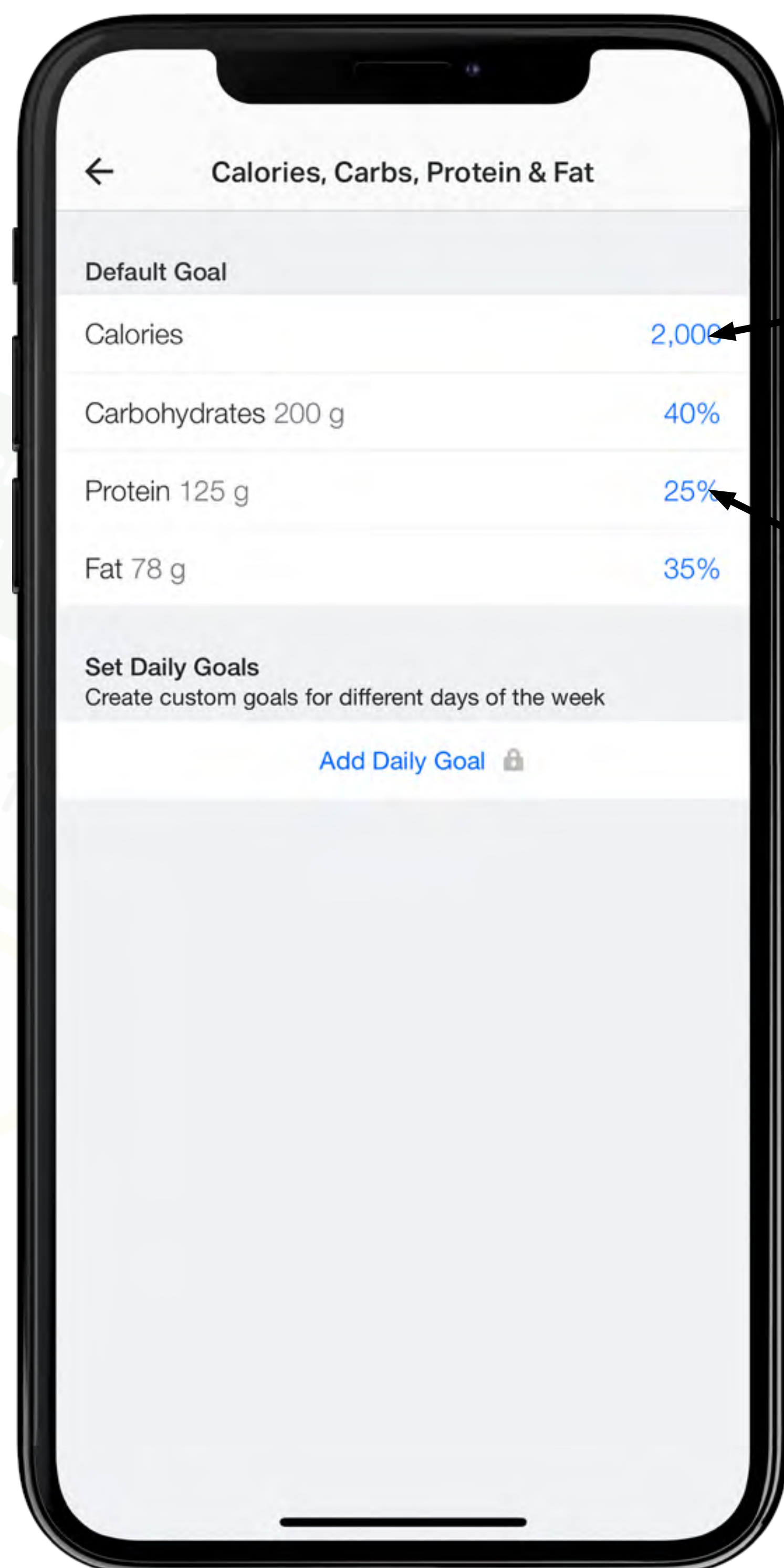# 04 | SETTING CALORIES & MACROS

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 "MORE"
> 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.

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:

Use the sliders to adjust the values and confirm by tapping the tick

You can only confirm the selection once the values total 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 34).

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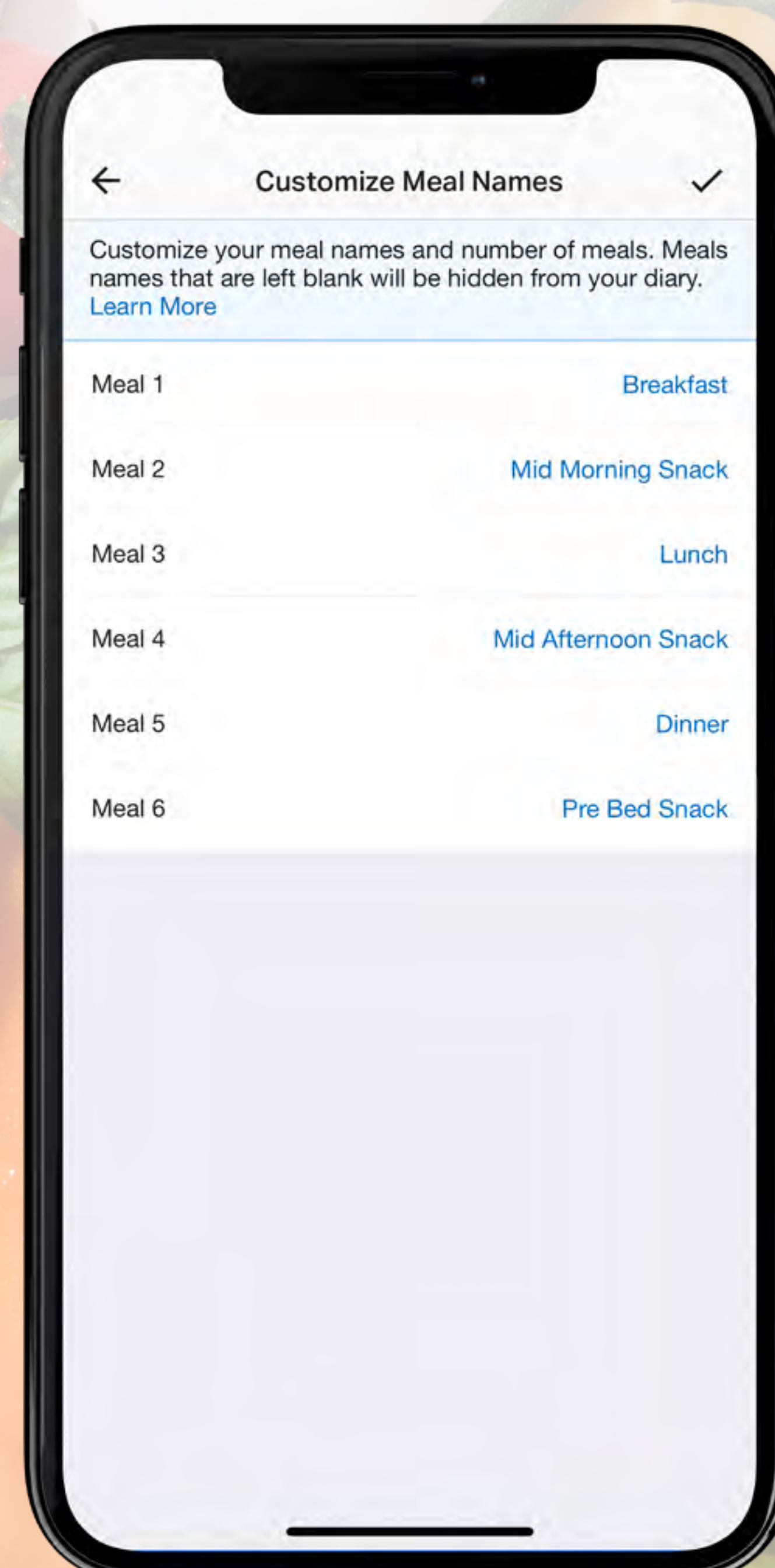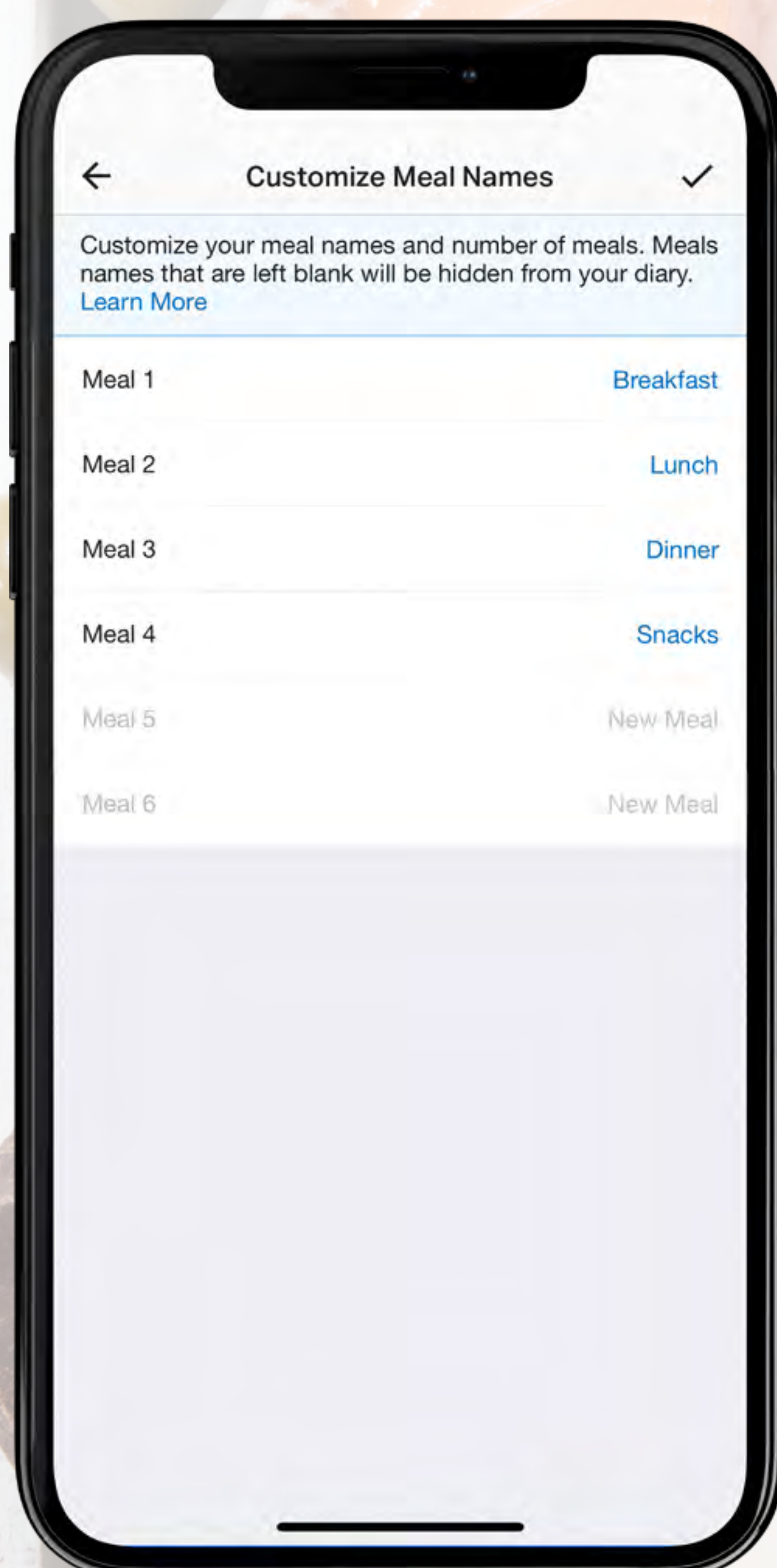
STEP 1 - SELECT "MORE"
STEP 2 - SELECT "SETTINGS"
STEP 3 - SELECT "DIARY SETTINGS"
STEP 4 - SELECT "CUSTOMISE MEAL NAMES"
STEP 5 - TAP THE TICK TO CONFIRM

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.
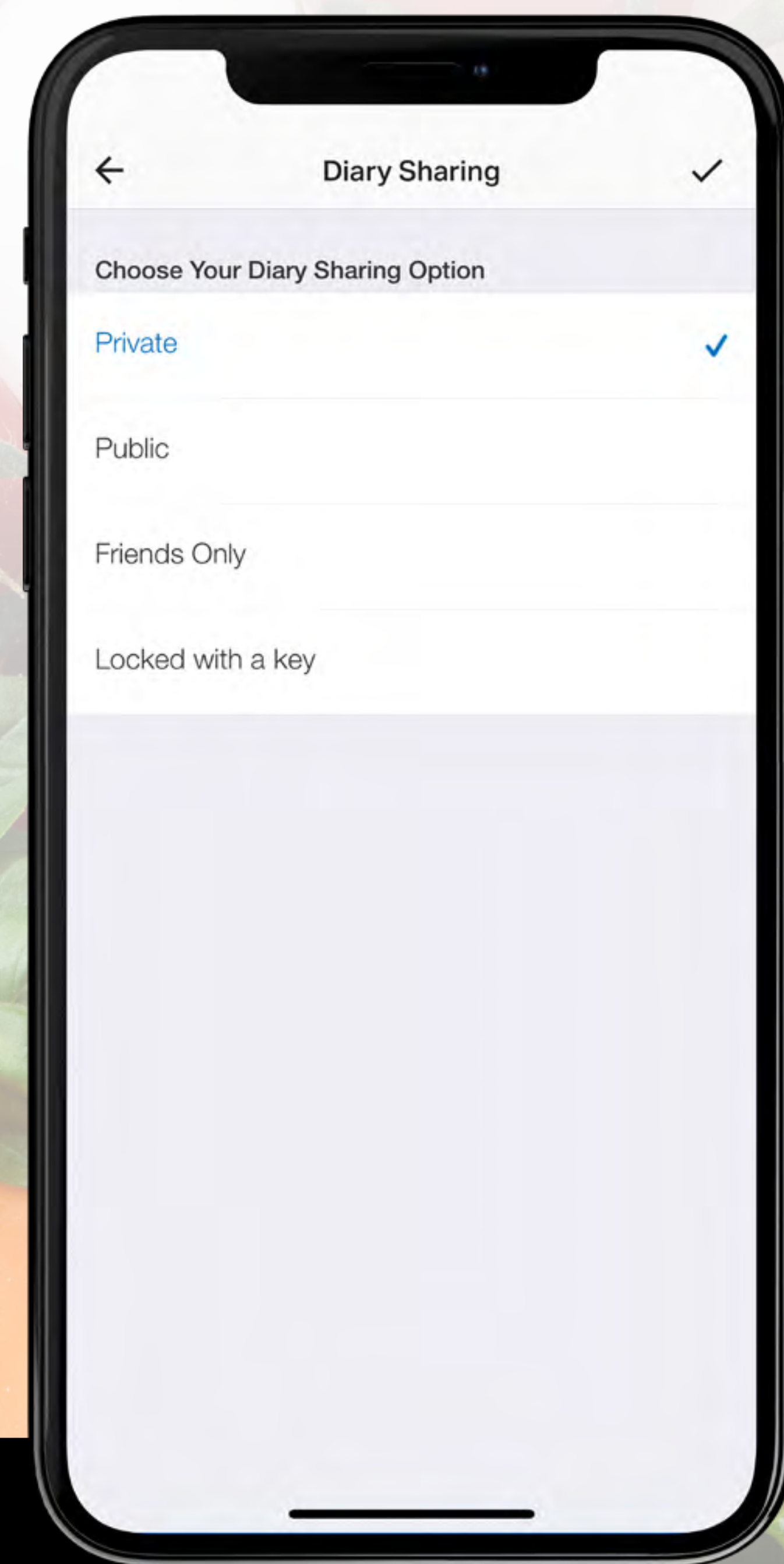
STEP 1 - SELECT "MORE"
STEP 2 - SELECT "SETTINGS"
STEP 3 - SELECT "SHARING AND PRIVACY"
STEP 4 - SELECT "DIARY SHARING"
STEP 5 - CHOOSE YOUR OPTION
STEP 6 - TAP THE TICK (TOP RIGHT)

←   Diary Sharing   ✓

Choose Your Diary Sharing Option

Private   ✓

Public

Friends Only

Locked with a key

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.

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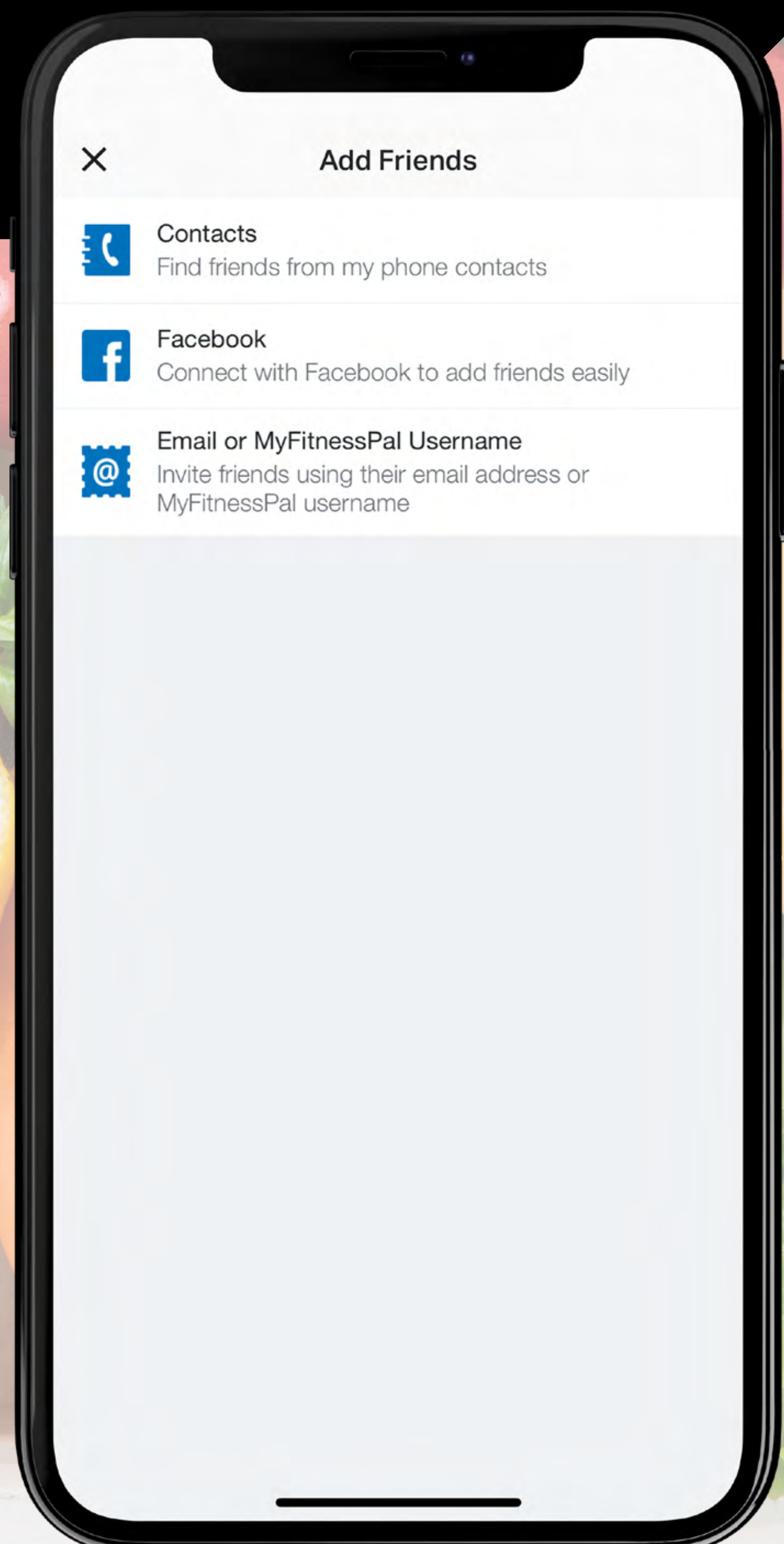
You can also add or invite friends on MFP using your phone contacts, Facebook account, their MFP username or email address.

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 "MORE"
STEP 2 - SELECT "FRIENDS"
STEP 3 - TAP "+" (TOP RIGHT)

Add Friends

Contacts
Find friends from my phone contacts

Facebook
Connect with Facebook to add friends easily

Email or MyFitnessPal Username
Invite friends using their email address or MyFitnessPal username

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

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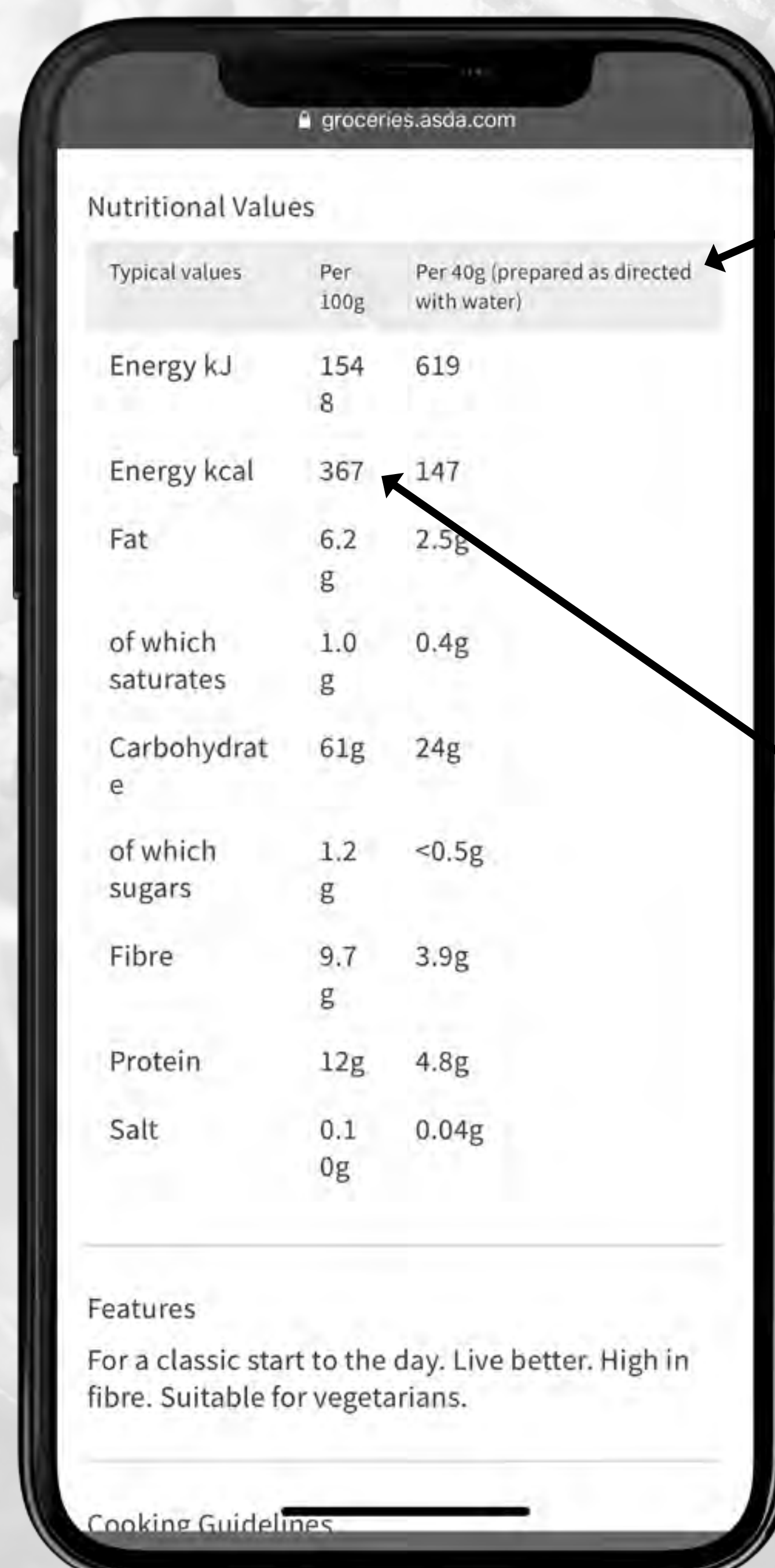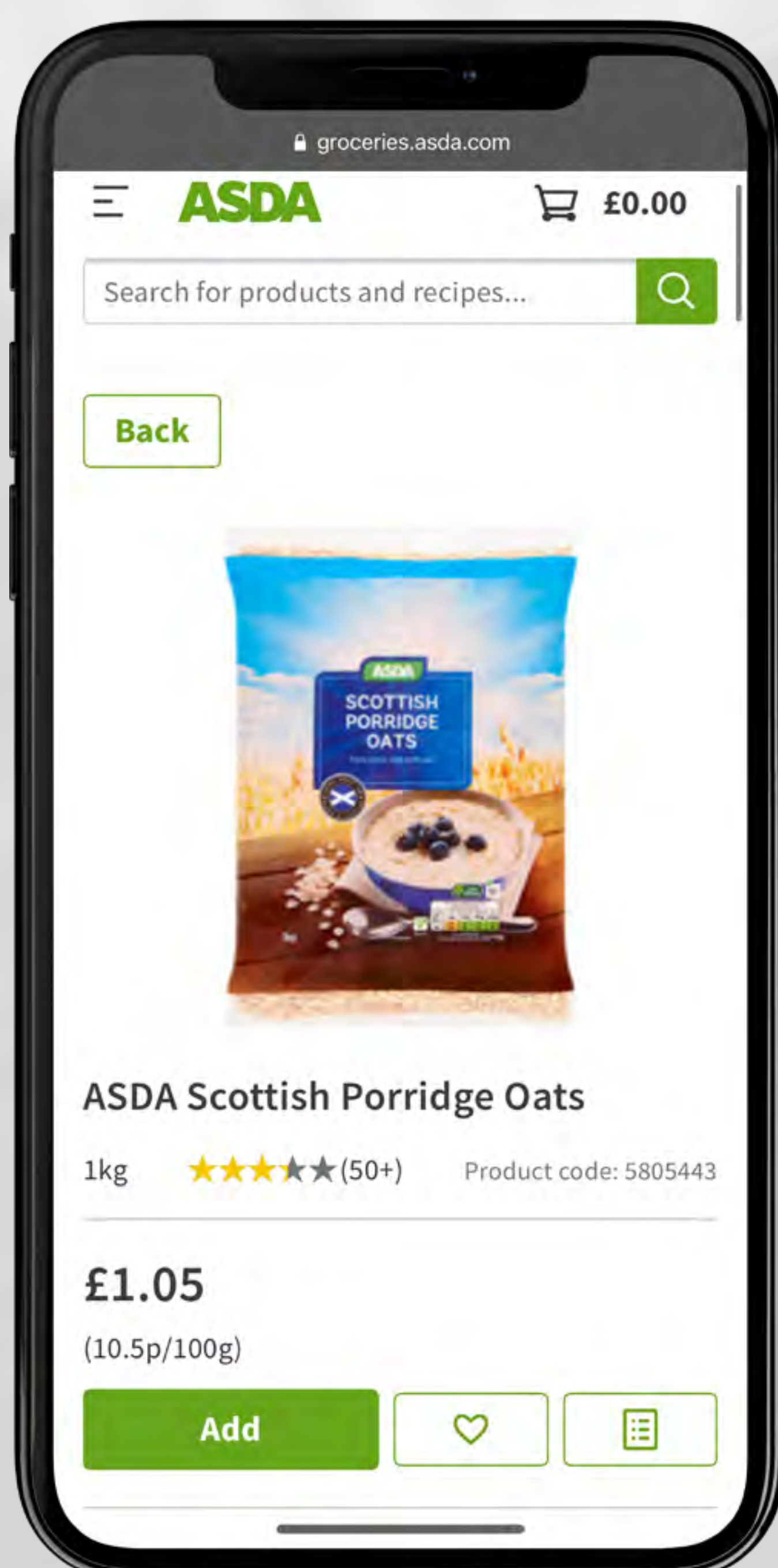
Note - where it says "prepared as directed", if you were to use milk but didn't track this, the Calories for the meal would be inaccurate.

Use this value per 100g
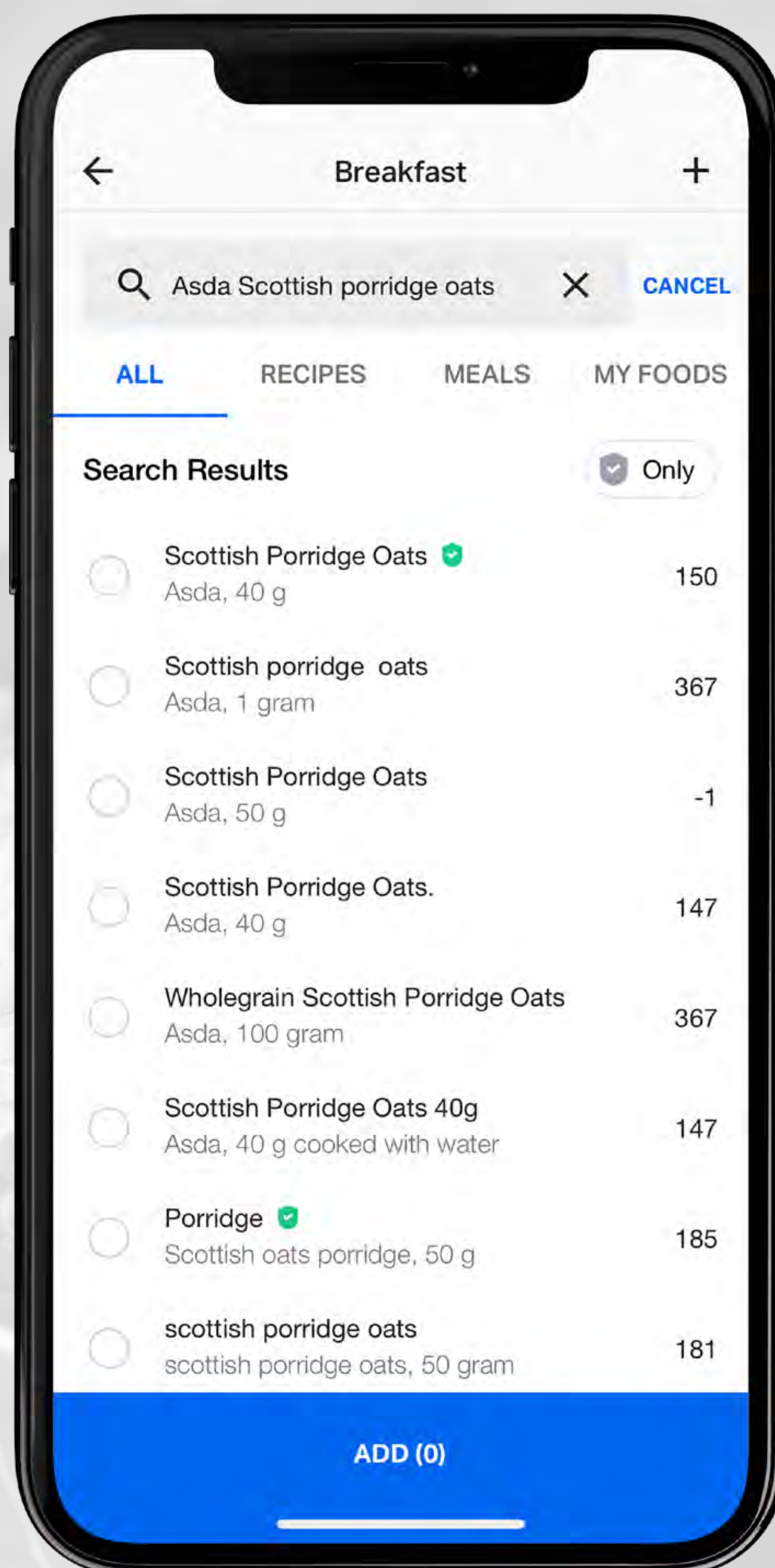(ensure you are looking for the kcal and not KJ value)
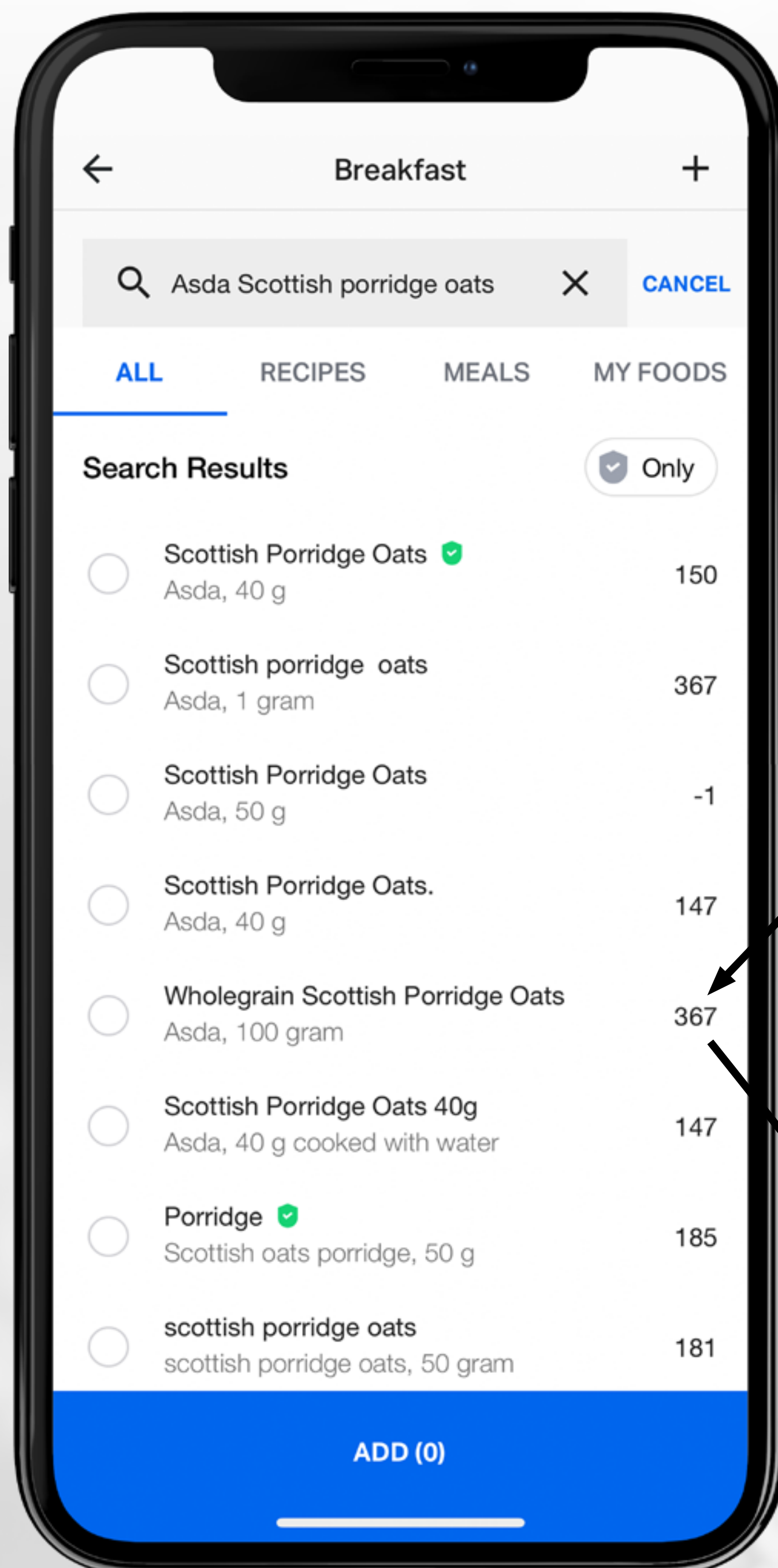
07 ADDING A FOOD
FROM THE EXISTING MFP DATABASE

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

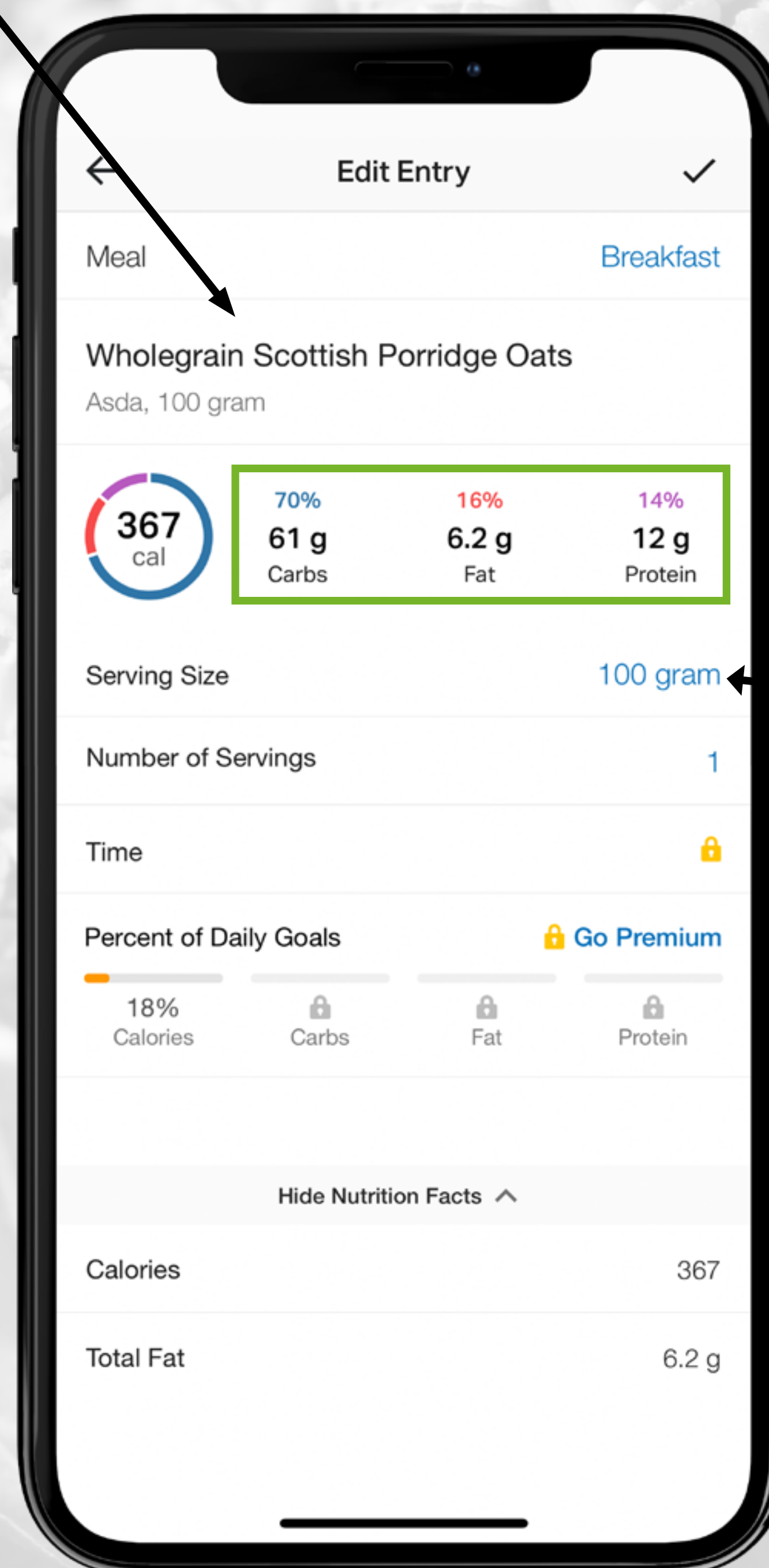Click "ADD FOOD" and enter the item you want to add into the search bar.

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.**

Breakfast

Asda Scottish porridge oats

ALL   RECIPES   MEALS   MY FOODS

Search Results   ✓ Only

Scottish Porridge Oats ✅
Asda, 40 g   150

Scottish porridge oats
Asda, 1 gram   367

Scottish Porridge Oats
Asda, 50 g   -1

Scottish Porridge Oats.
Asda, 40 g   147

Wholegrain Scottish Porridge Oats
Asda, 100 gram   367

Scottish Porridge Oats 40g
Asda, 40 g cooked with water   147

Porridge ✅
Scottish oats porridge, 50 g   185

scottish porridge oats
scottish porridge oats, 50 gram   181

ADD (0)

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.

Edit Entry

Meal   Breakfast

Wholegrain Scottish Porridge Oats
Asda, 100 gram

367 cal   70% **61 g** Carbs   16% **6.2 g** Fat   14% **12 g** Protein

Serving Size   100 gram

Number of Servings   1

Time   🔒

Percent of Daily Goals   🔒 Go Premium

18% Calories   🔒 Carbs   🔒 Fat   🔒 Protein

Hide Nutrition Facts ⌃

Calories   367

Total Fat   6.2 g

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

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.
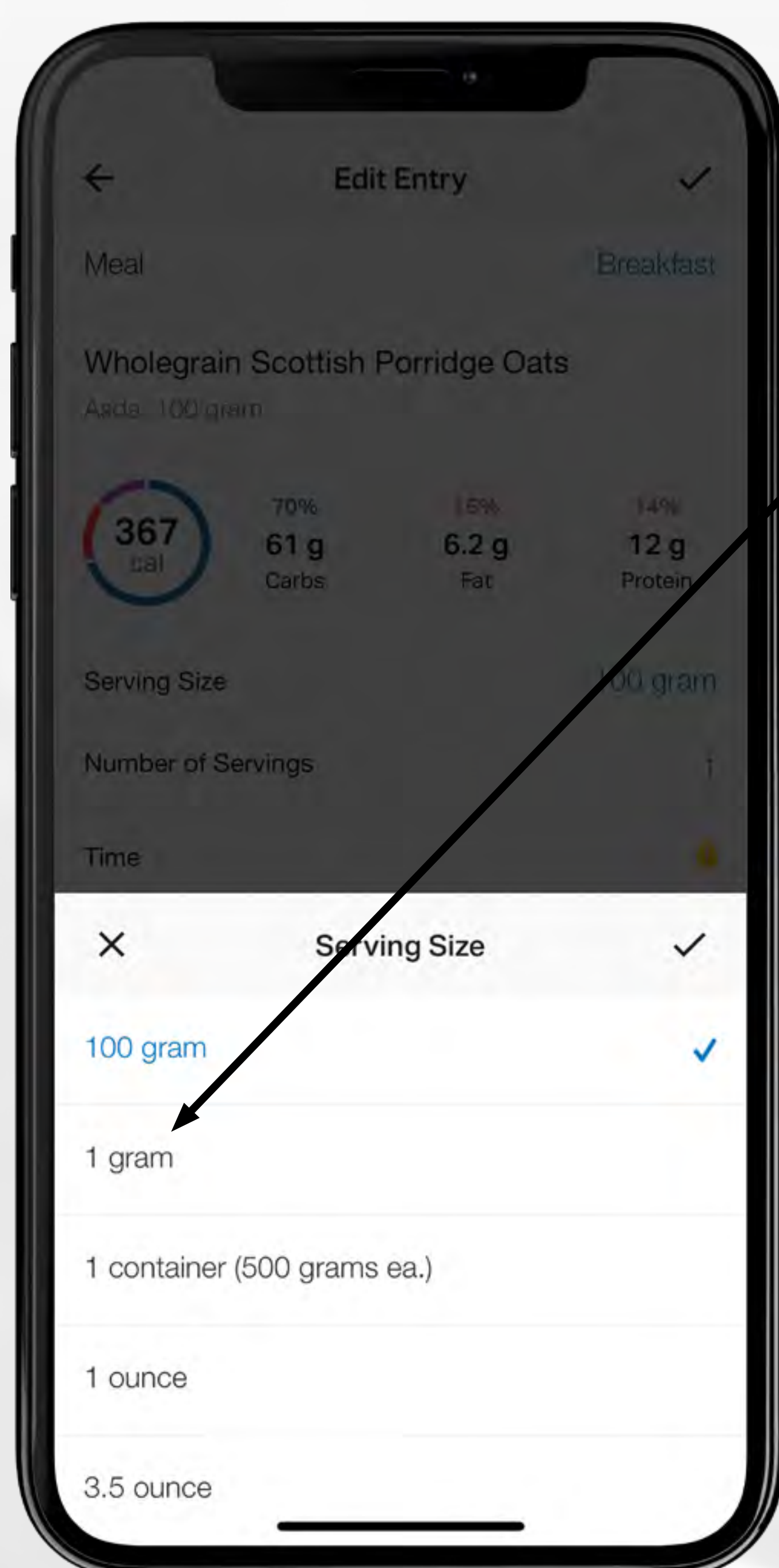
Select the 1 gram option and then confirm by tapping the tick.
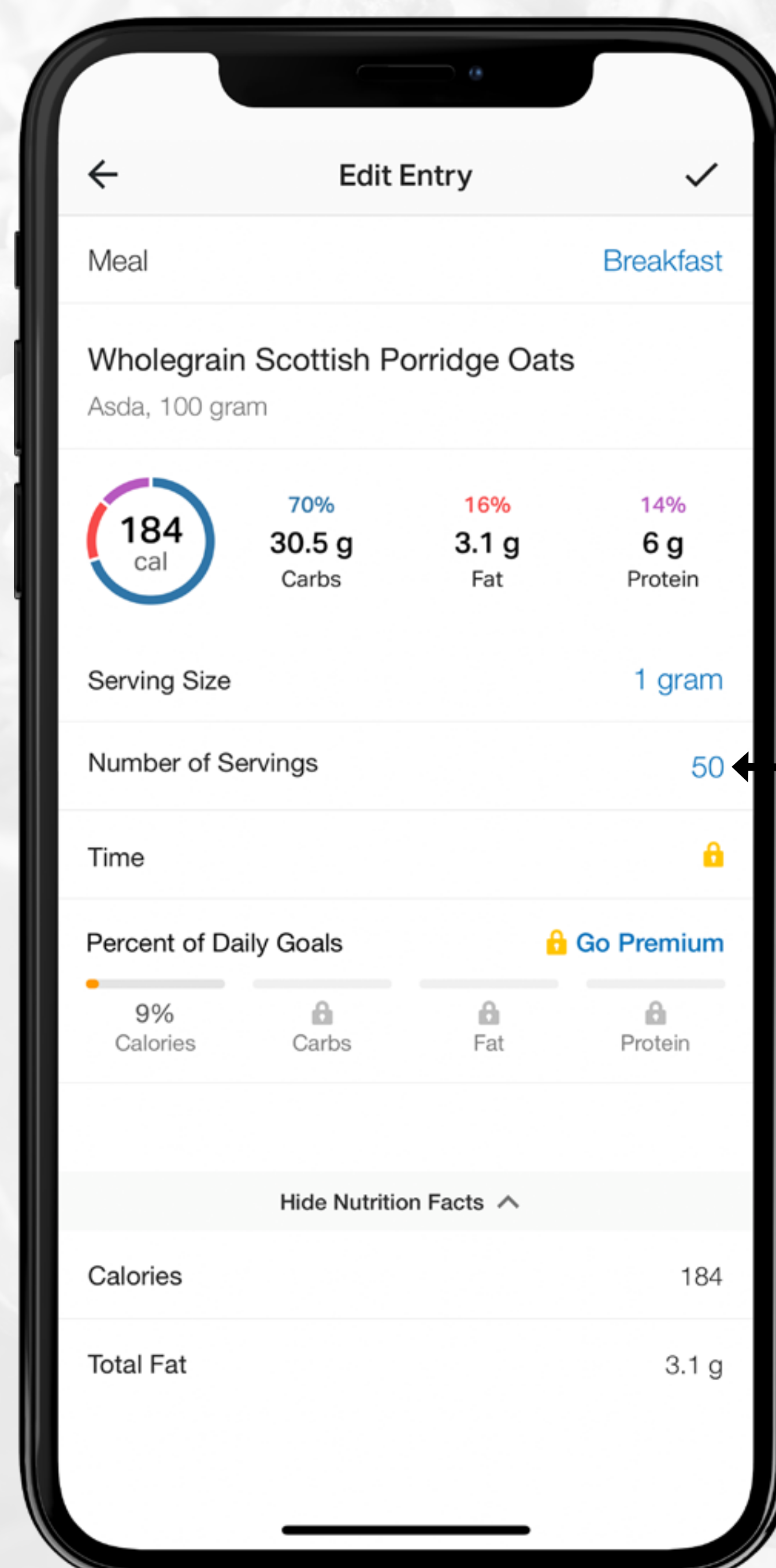
Enter the number of grams being consumed here and confirm by tapping the tick in the top right hand corner. This correct amount will then appear in your Diary.

PAUL WALLACE FITNESS

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 an option to "SCAN BARCODE" (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 - SELECT "SCAN BARCODE"
STEP 3 - USE CAMERA TO SCAN BARCODE
STEP 4 - OR ENTER BARCODE MANUALLY
STEP 5 - CHECK FOR ACCURACY
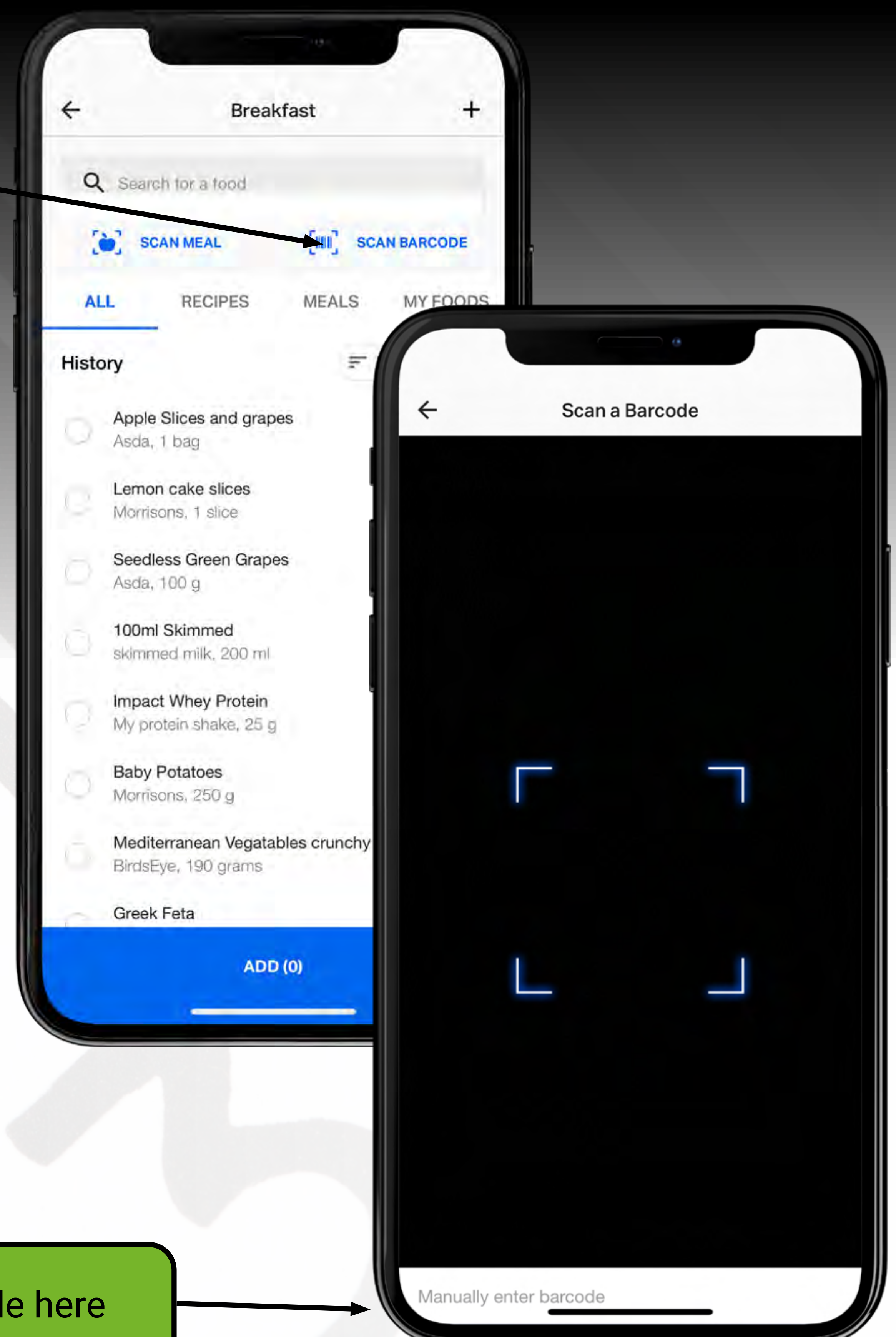
💡 **TIP** - You can enter the numeric barcode here

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)
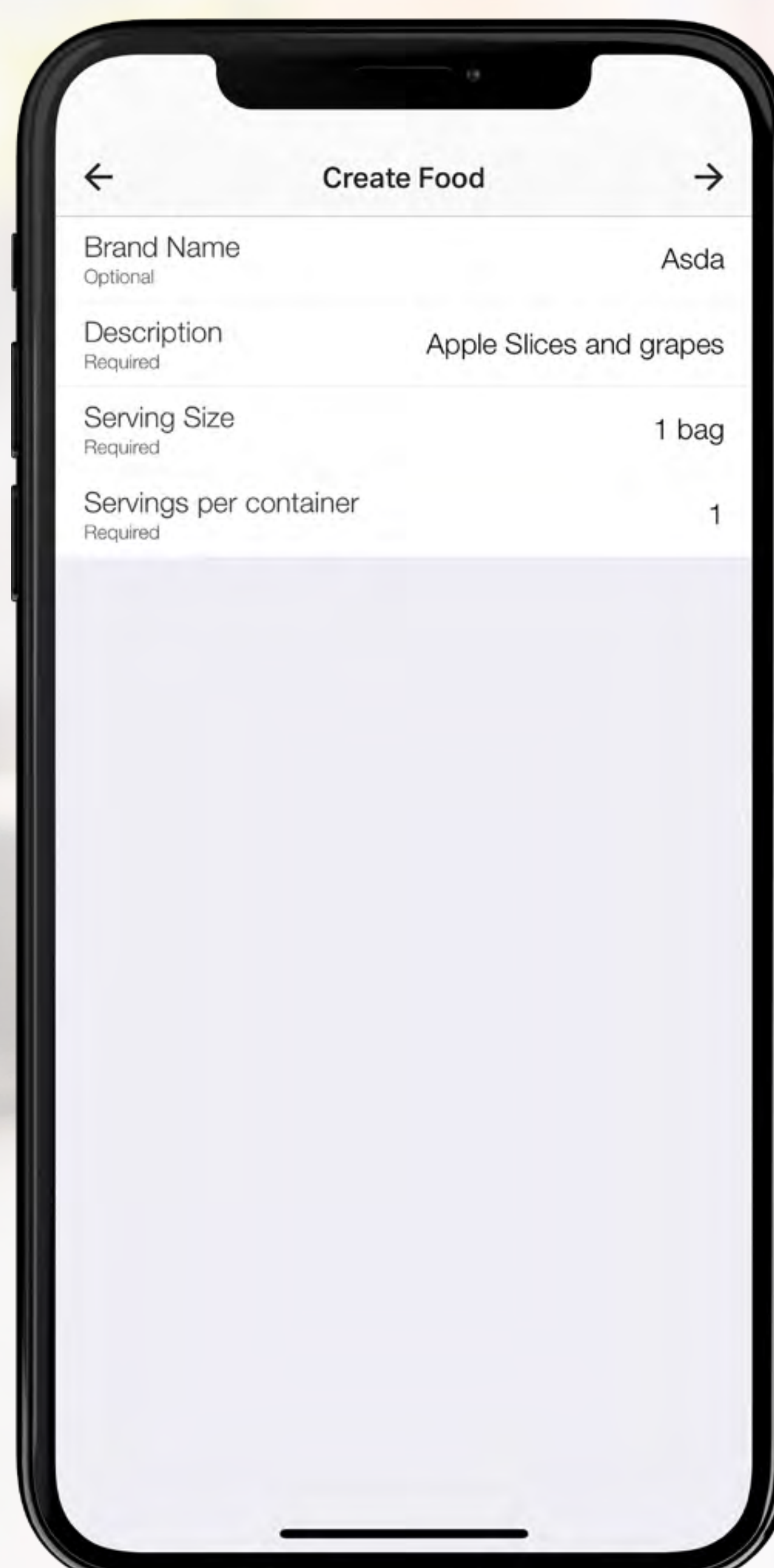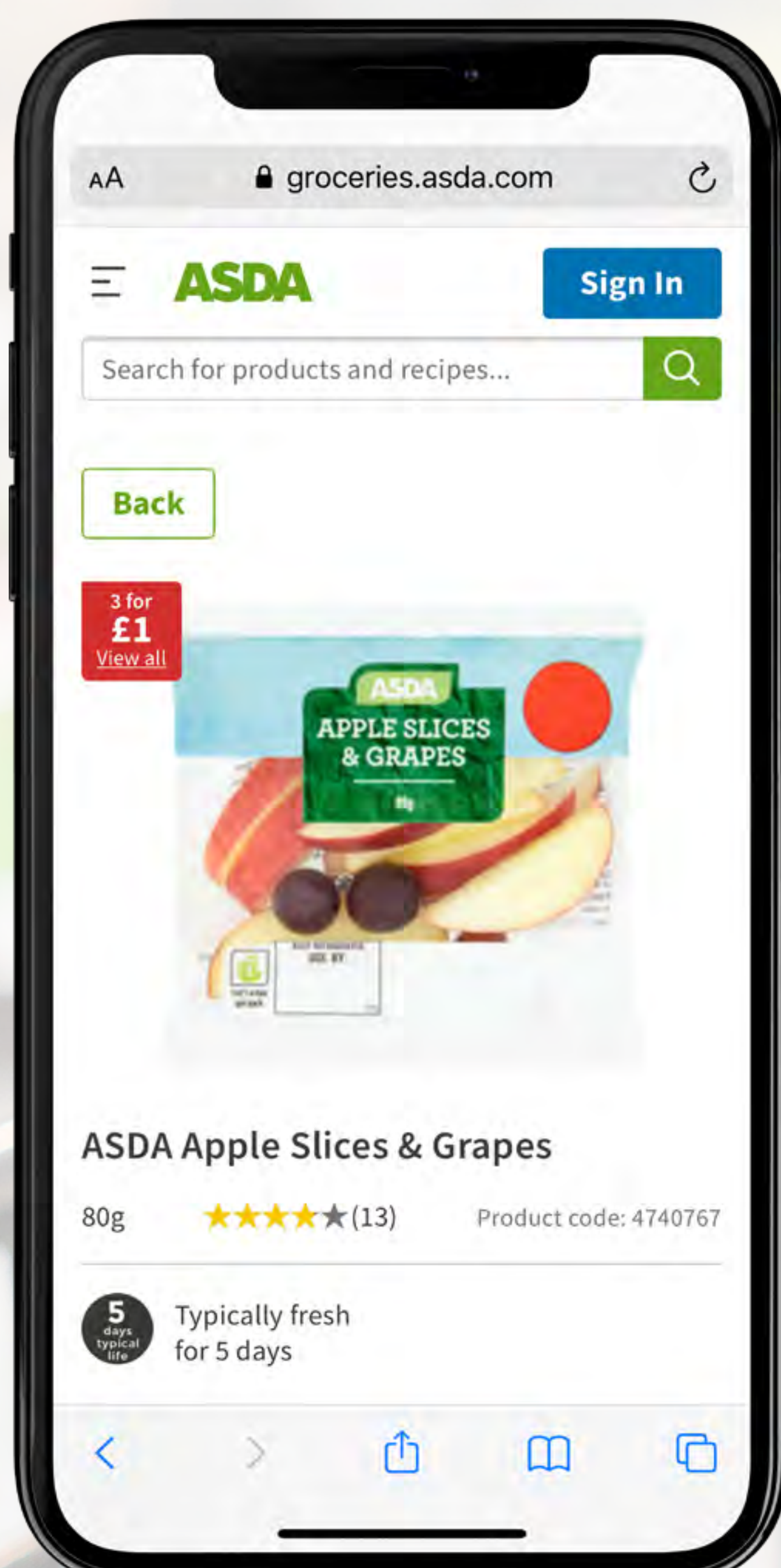## STEP 5 - ADD CALORIES & MACROS (IMAGE 3)
From back of packet/product website
STEP 6 - TAP THE TICK (TOP RIGHT OF IMAGE 3)

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).

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).
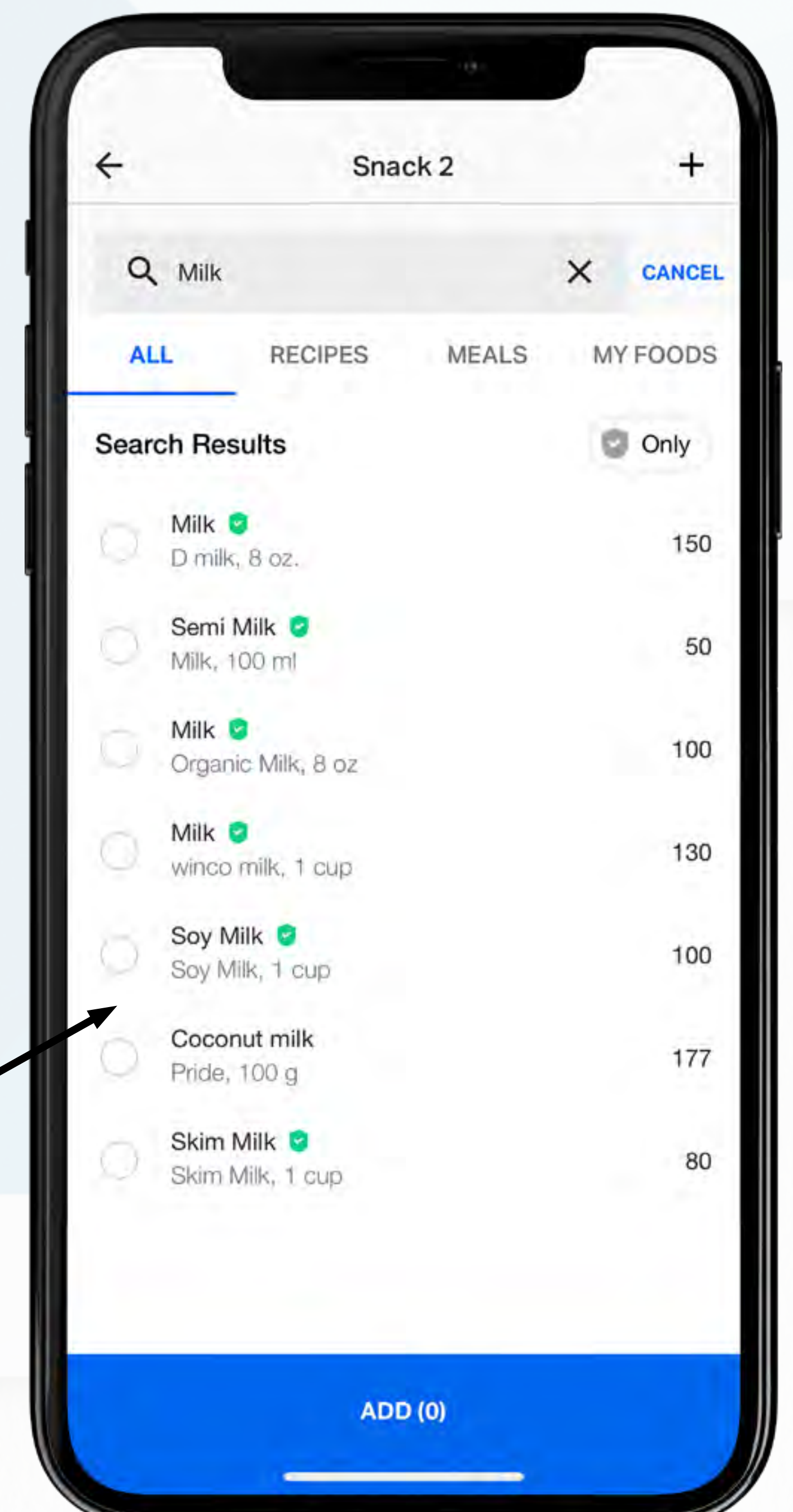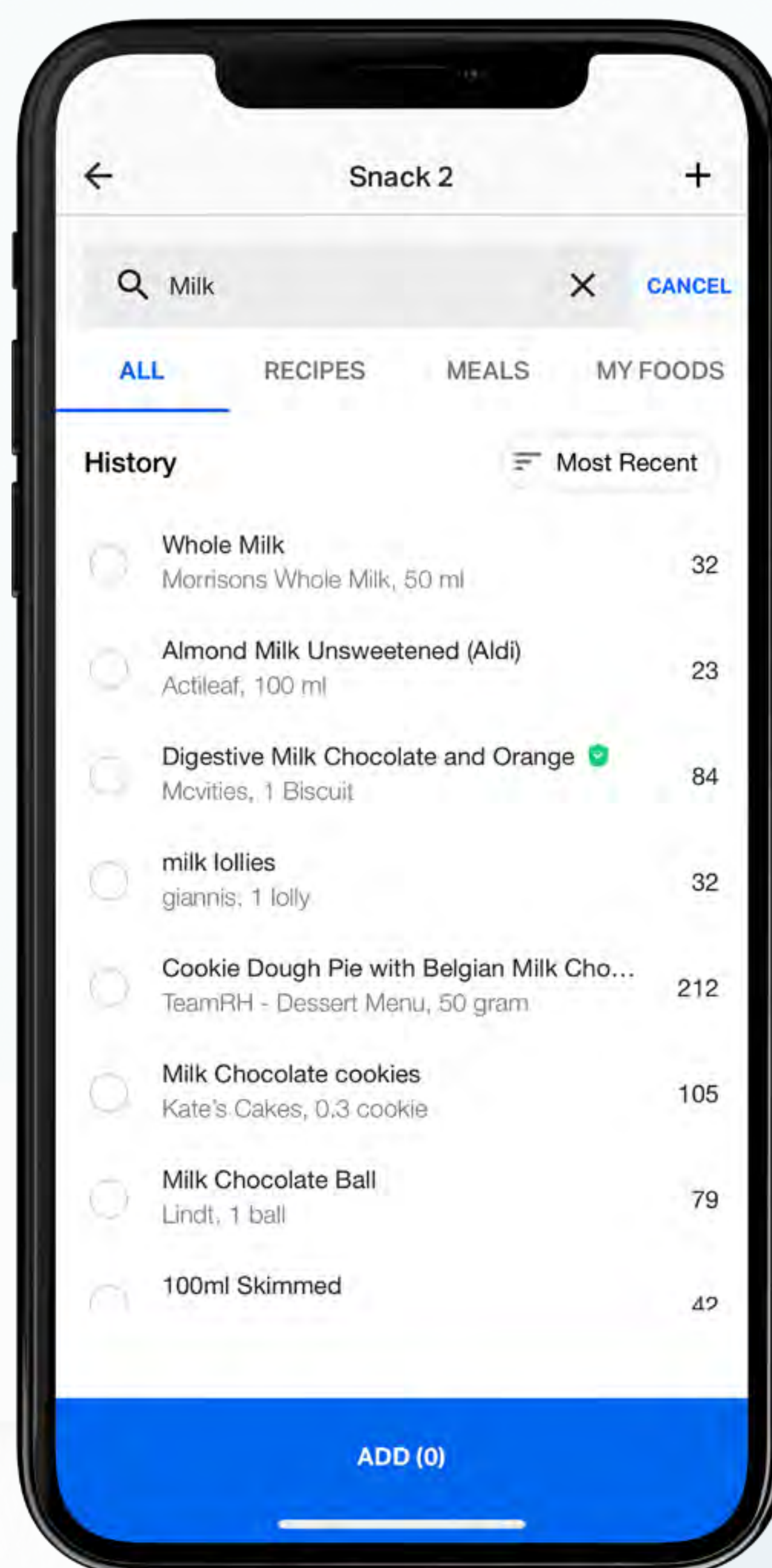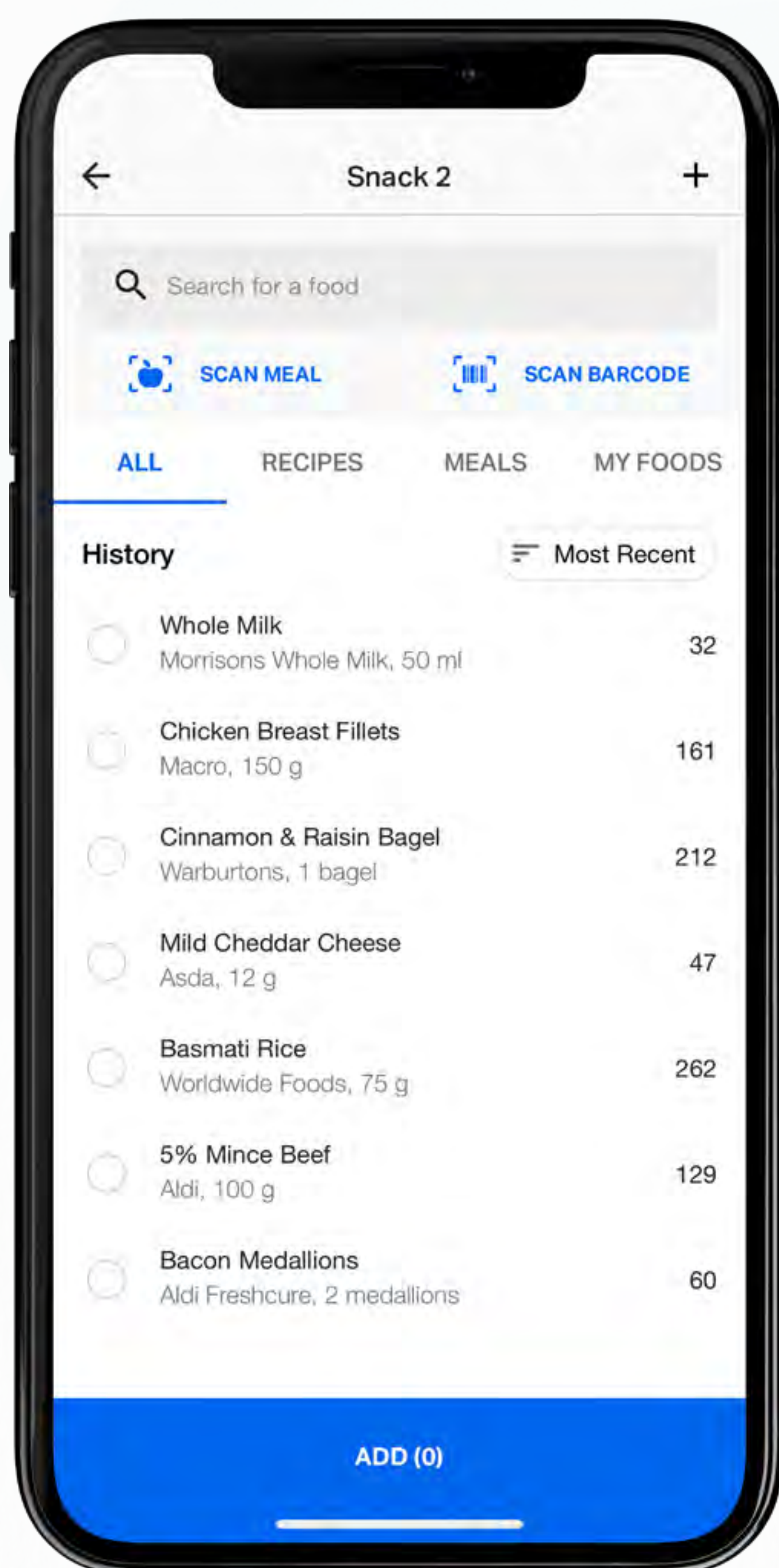

This search shows why it is better to be more specific with your search term i.e. rather than just entering milk enter "ASDA semi skimmed milk" to narrow the search down.

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 and swipe left on the item.

This will delete that entry from your Diary and amend your Calories and macros accordingly.
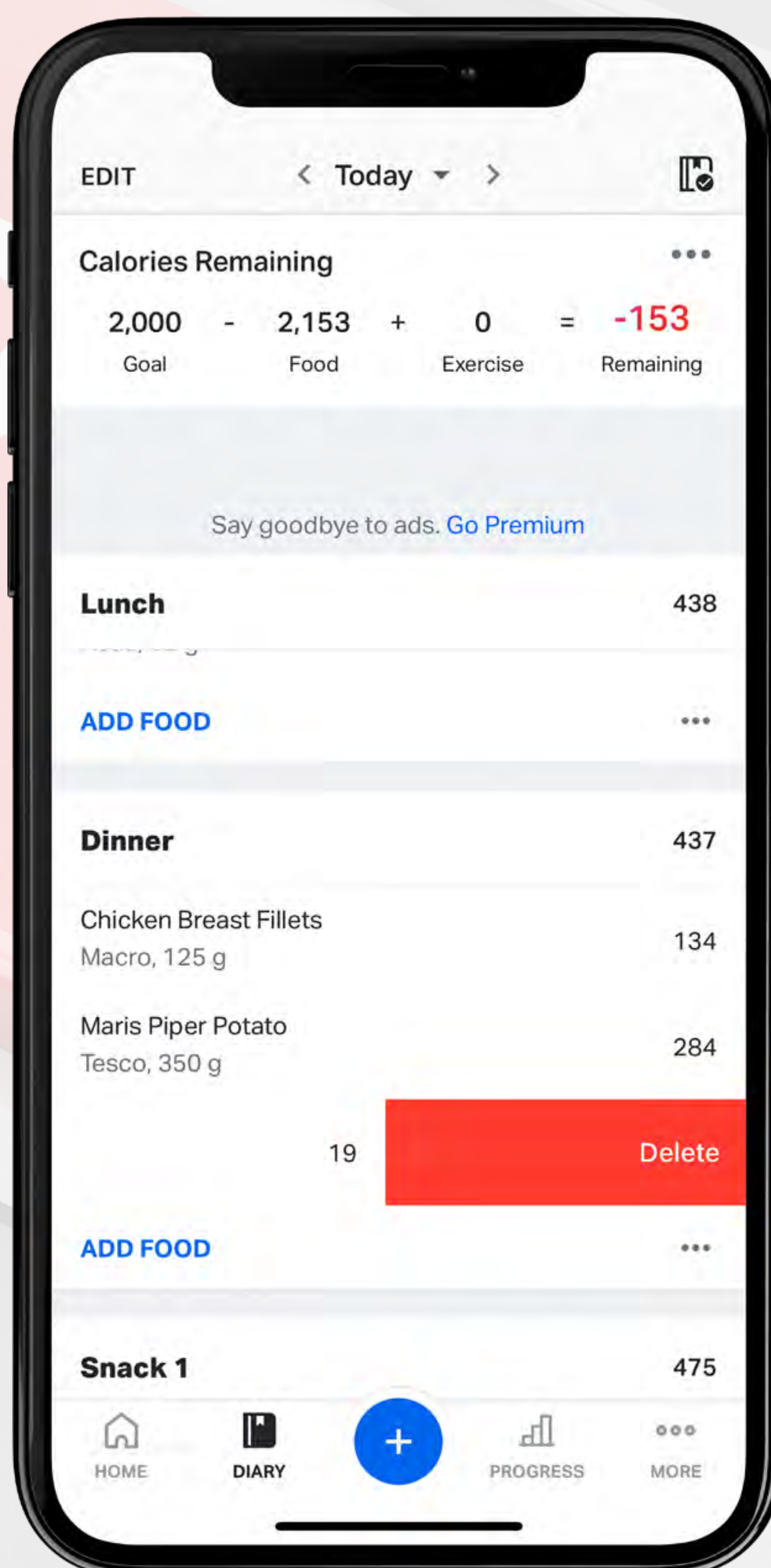
A common mistake when tracking foods on MFP occurs when tracking cooked or uncooked measures.

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	1185kJ
	155kcal	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"

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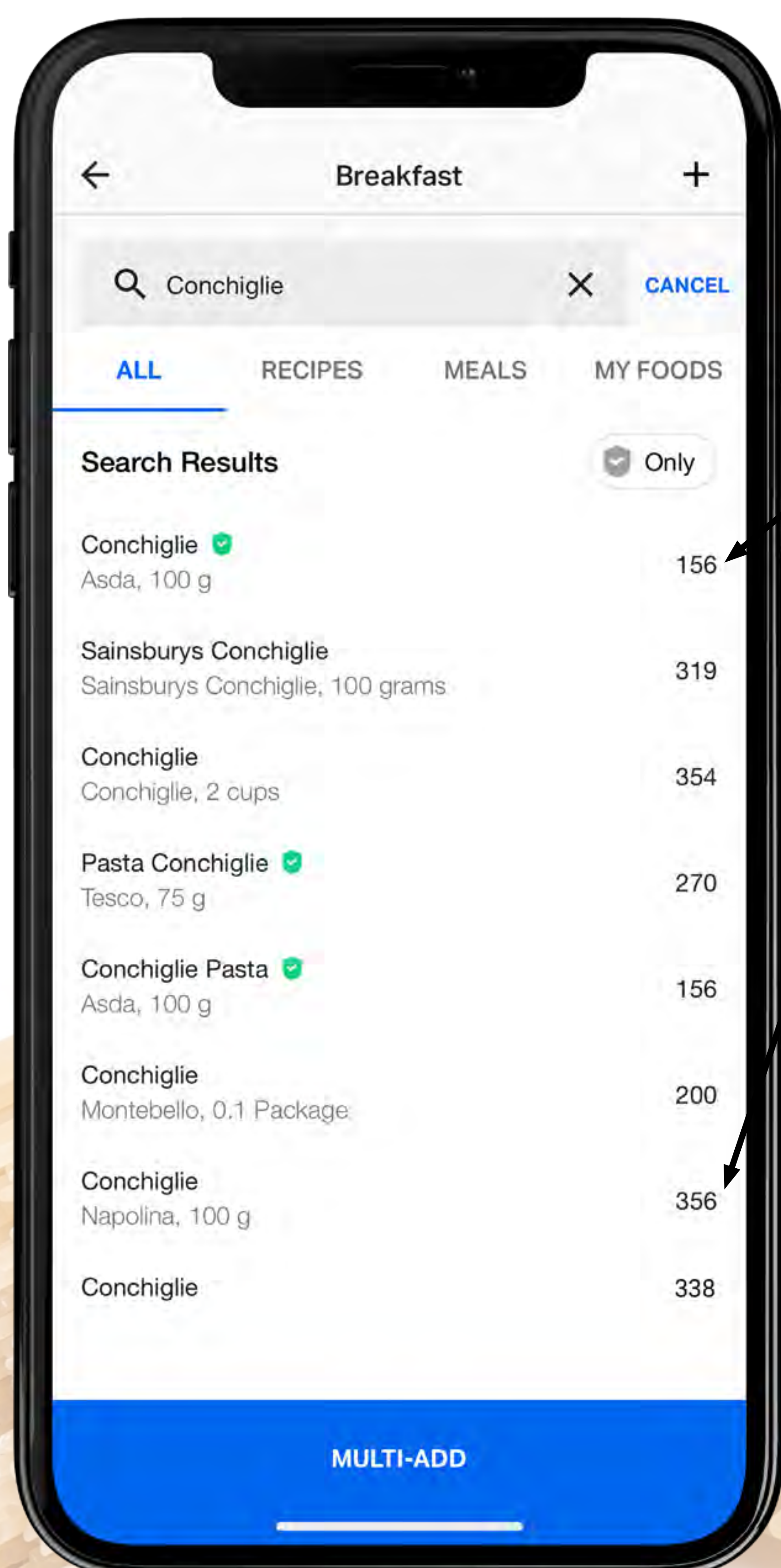
Here you will see a search record for "Conchiglie" pasta that shows both cooked and uncooked weights

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 ovencooked serving (100g) contains
Energy	489kJ/116kcal	579kJ/136kcal

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

PAUL WALLACE FITNESS

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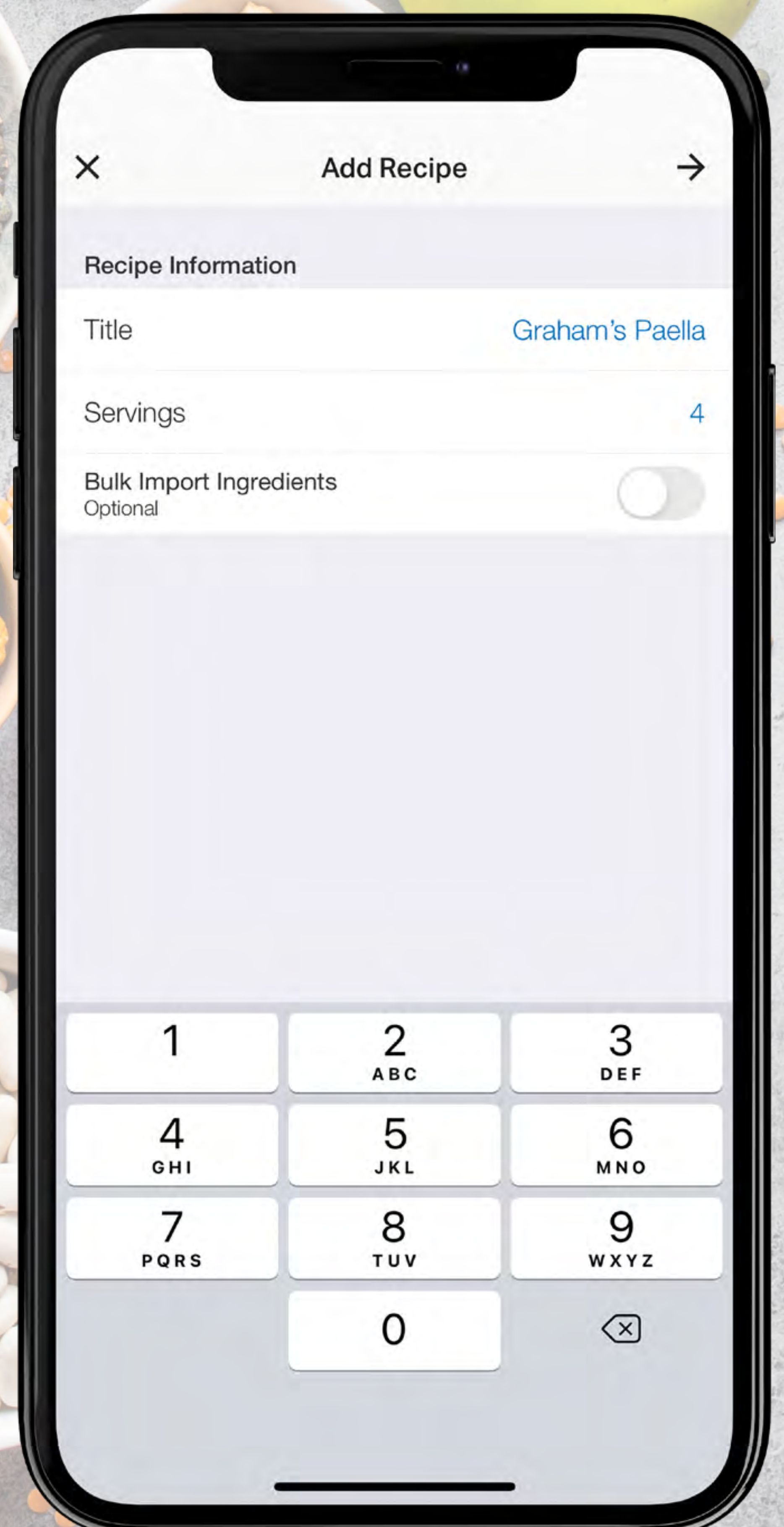**STEP 3 - SELECT "RECIPES" TAB**
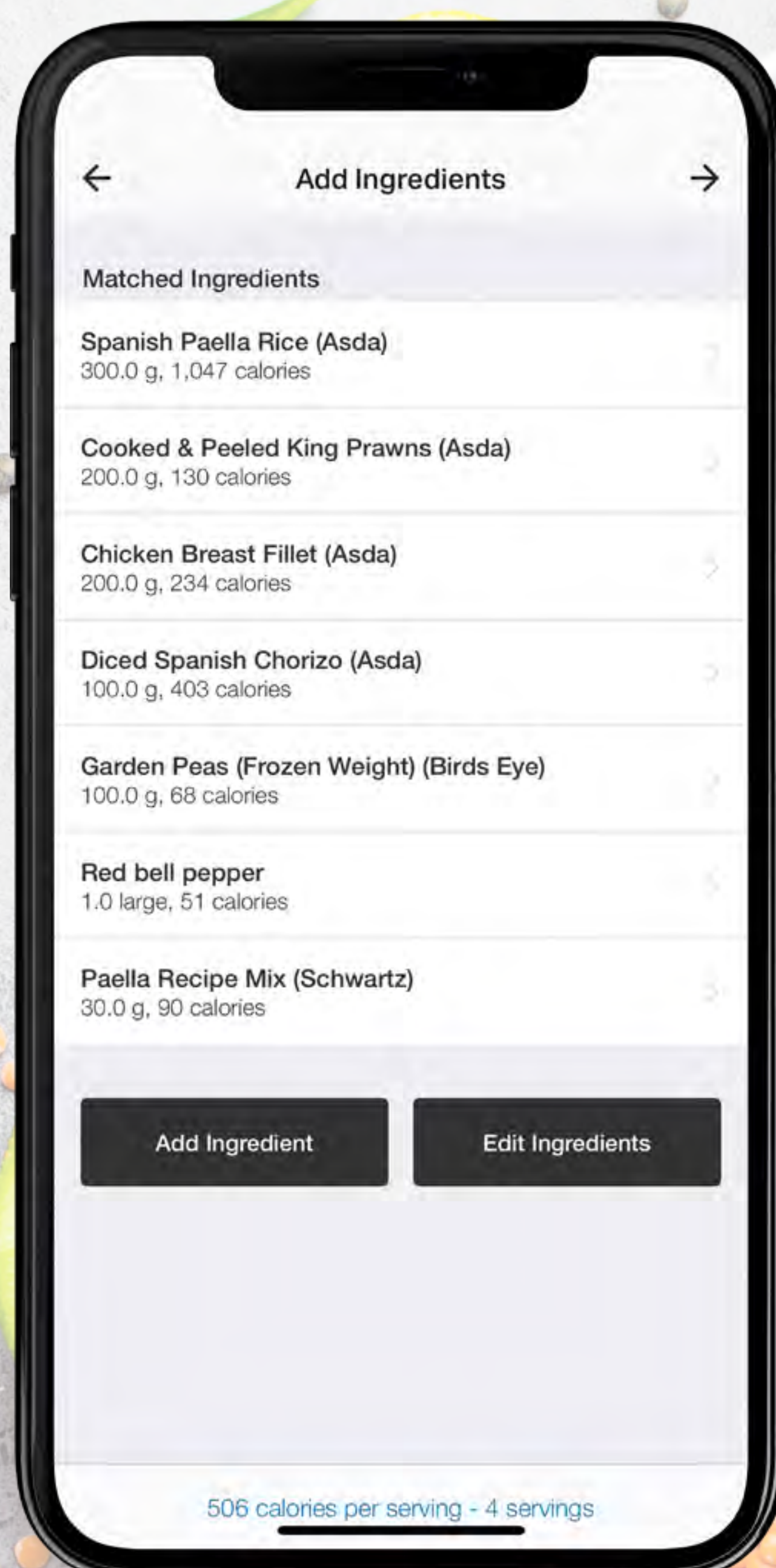**STEP 4 - SELECT "CREATE A RECIPE"**
STEP 5 - SELECT "ENTER INGREDIENTS MANUALLY"

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 arrow in the top right hand corner.

Add Ingredients

Matched Ingredients

Spanish Paella Rice (Asda)
300.0 g, 1,047 calories

Cooked & Peeled King Prawns (Asda)
200.0 g, 130 calories

Chicken Breast Fillet (Asda)
200.0 g, 234 calories

Diced Spanish Chorizo (Asda)
100.0 g, 403 calories

Garden Peas (Frozen Weight) (Birds Eye)
100.0 g, 68 calories

Red bell pepper
1.0 large, 51 calories

Paella Recipe Mix (Schwartz)
30.0 g, 90 calories

Add Ingredient   Edit Ingredients

506 calories per serving - 4 servings

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 - TAP ARROW IN TOP RIGHT

Save Recipe

Title	Graham's Paella
Servings	4

Nutrition Facts (per 1 Serving)

Calories	506
Total Fat	10.2 g
Total Carbohydrates	68.8 g
Protein	32.4 g

More Nutrition Facts

Save   Save & Log it

SAVING AND RETRIEVING RECIPES

Click "Save & Log it" if tracking immediately.
Click "Save" if it is to be tracked on a future date.

To retrieve your recipe on a future date:

From the Diary, select "ADD FOOD".
Now select the "RECIPE" tab.
Choose your recipe and "ADD".

09 CREATING A MEAL
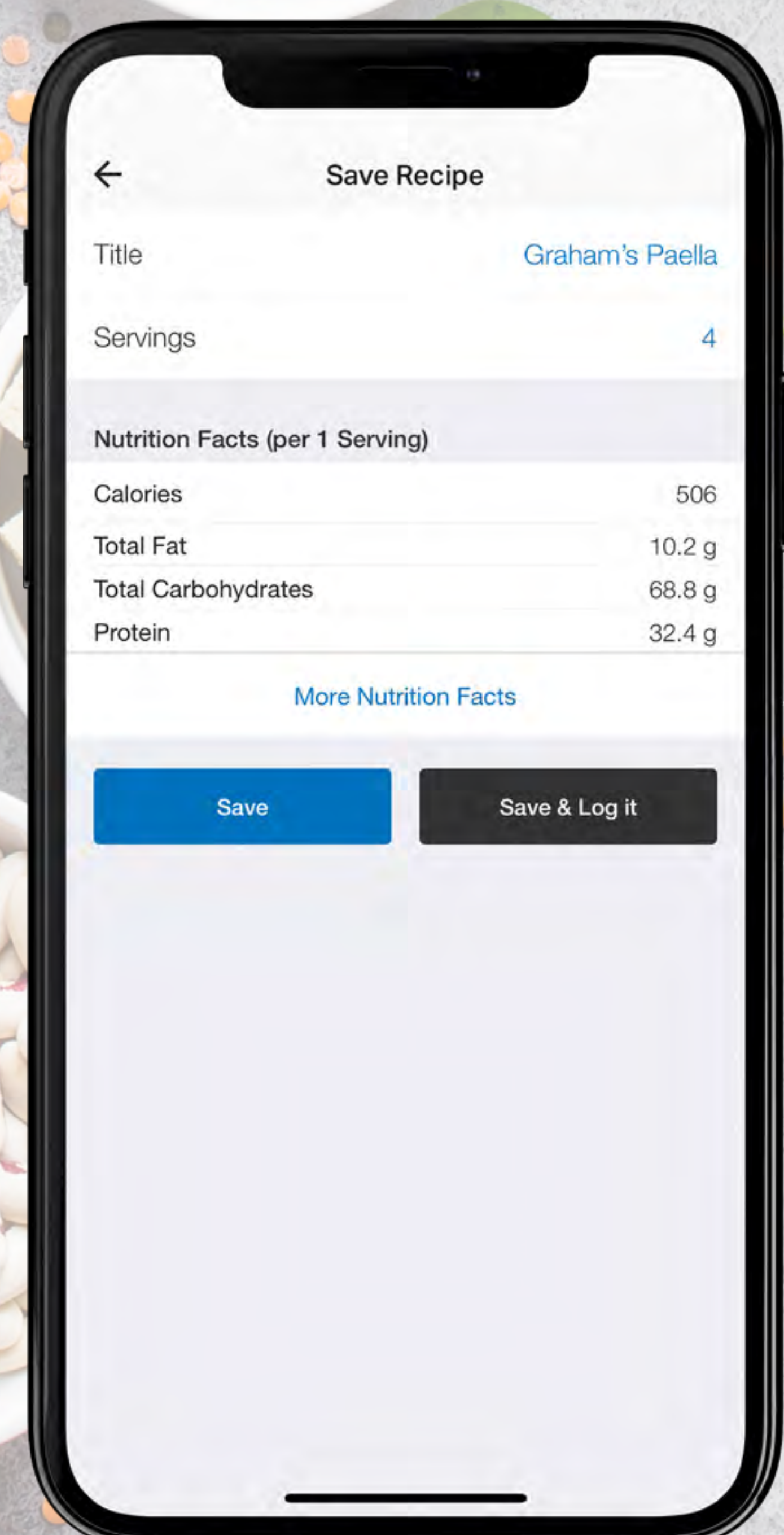
Why create a meal?

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), you could use the "swipe to add meal function" (page 27), or you could create a meal as shown below:

STEP 1 - SELECT "MORE"
STEP 2 - SELECT "MY MEALS, RECIPE AND FOODS"
STEP 3 - SELECT "MEALS" TAB
STEP 4 - SELECT "CREATE A MEAL"
STEP 5 - GIVE YOUR MEAL A NAME
STEP 6 - ADD FOOD
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"
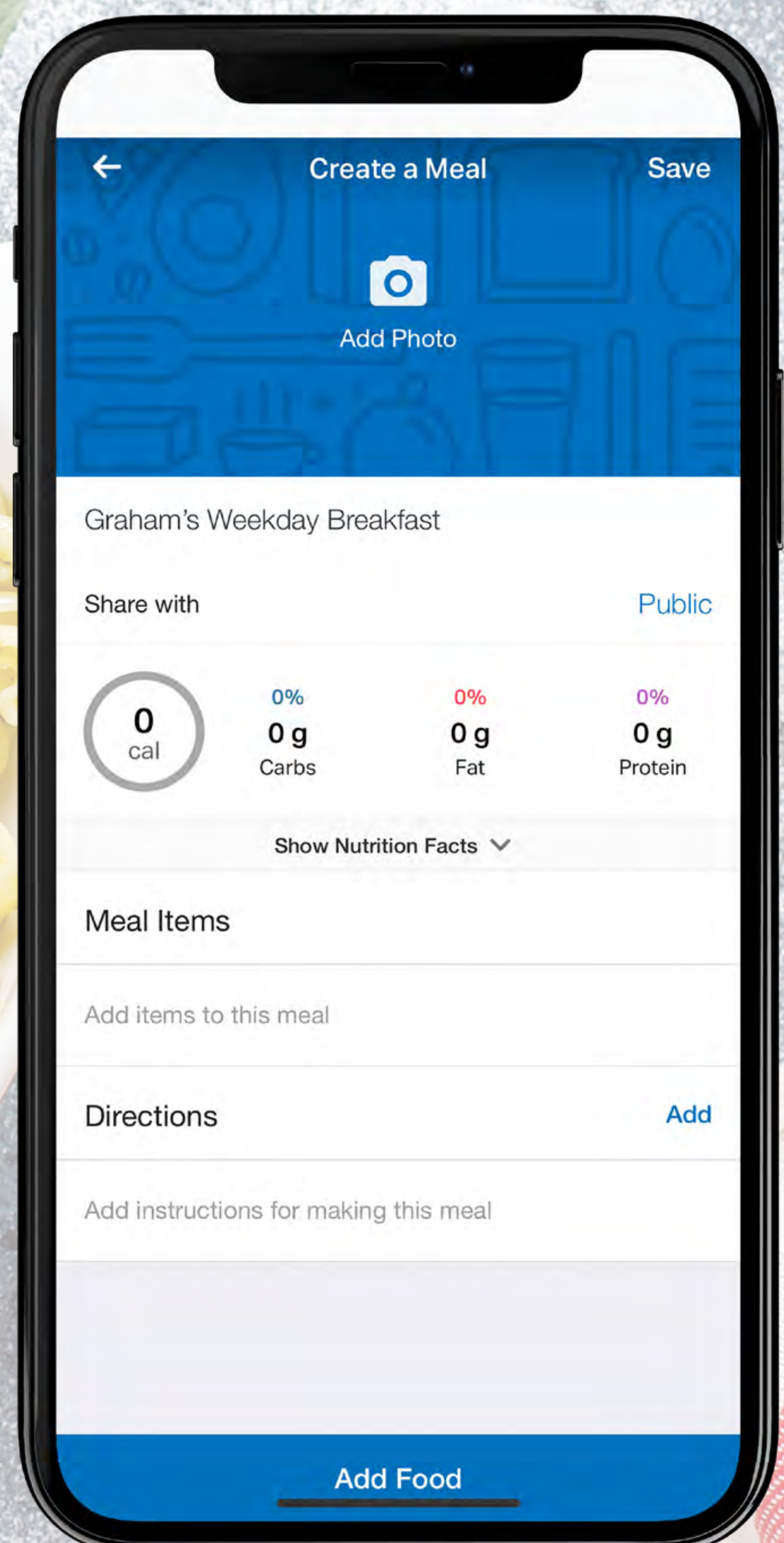
You can also create a meal directly from your Diary as shown below:

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

STEP 2 - TAP ON THE THREE DOTS

STEP 3 - SELECT "SAVE AS MEAL"

STEP 4 - NAME YOUR MEAL
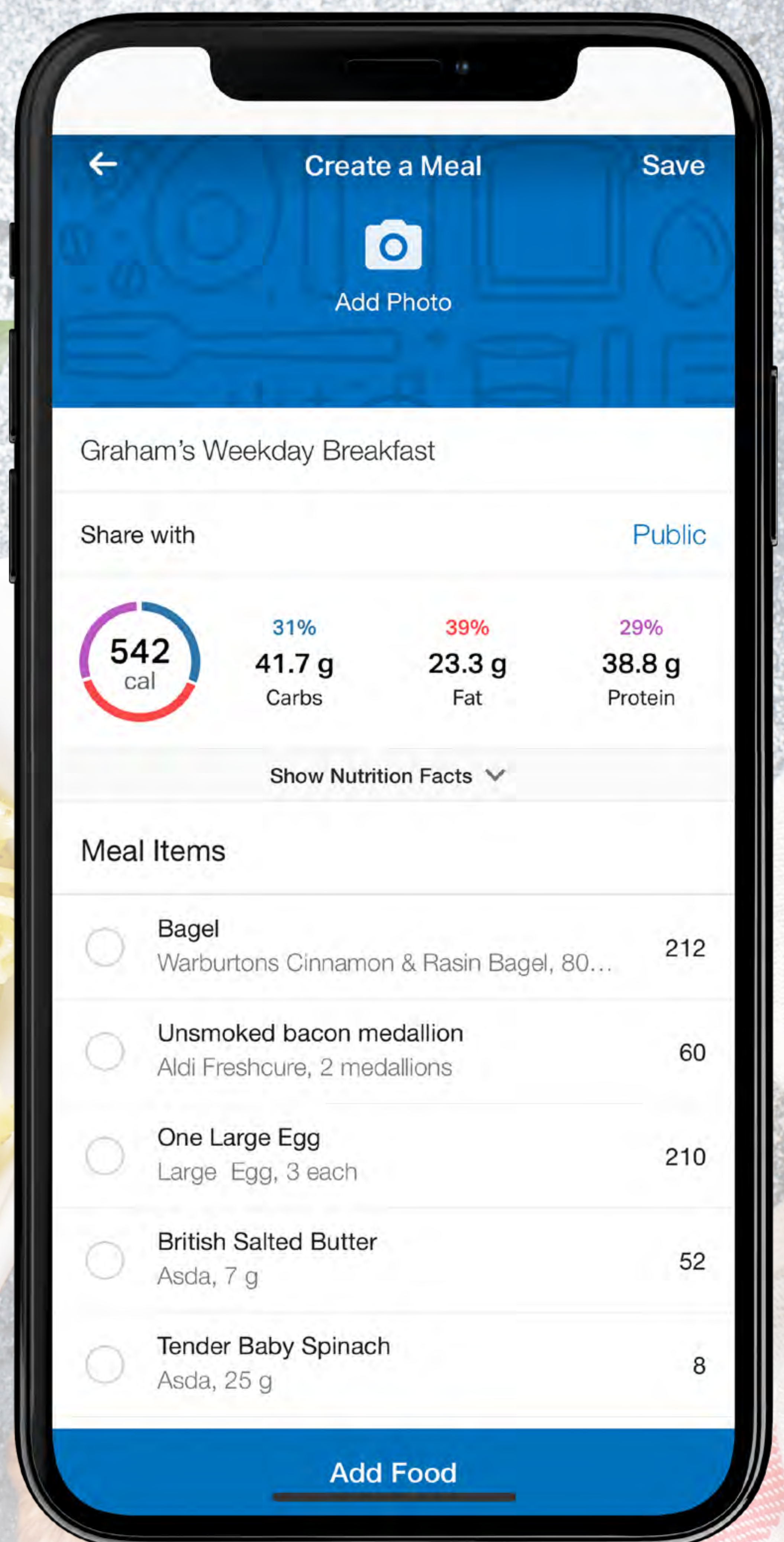
STEP 5 - SELECT "SAVE"

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 "ADD"

← Create a Meal Save

📷 Add Photo

Graham's Weekday Breakfast

Share with   Public

542 cal   31% **41.7 g** Carbs   39% **23.3 g** Fat   29% **38.8 g** Protein

Show Nutrition Facts ∨

Meal Items

Bagel	Warburtons Cinnamon & Rasin Bagel, 80...	212
Unsmoked bacon medallion	Aldi Freshcure, 2 medallions	60
One Large Egg	Large Egg, 3 each	210
British Salted Butter	Asda, 7 g	52
Tender Baby Spinach	Asda, 25 g	8

Add Food

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 "Swipe right to add meal" function.

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

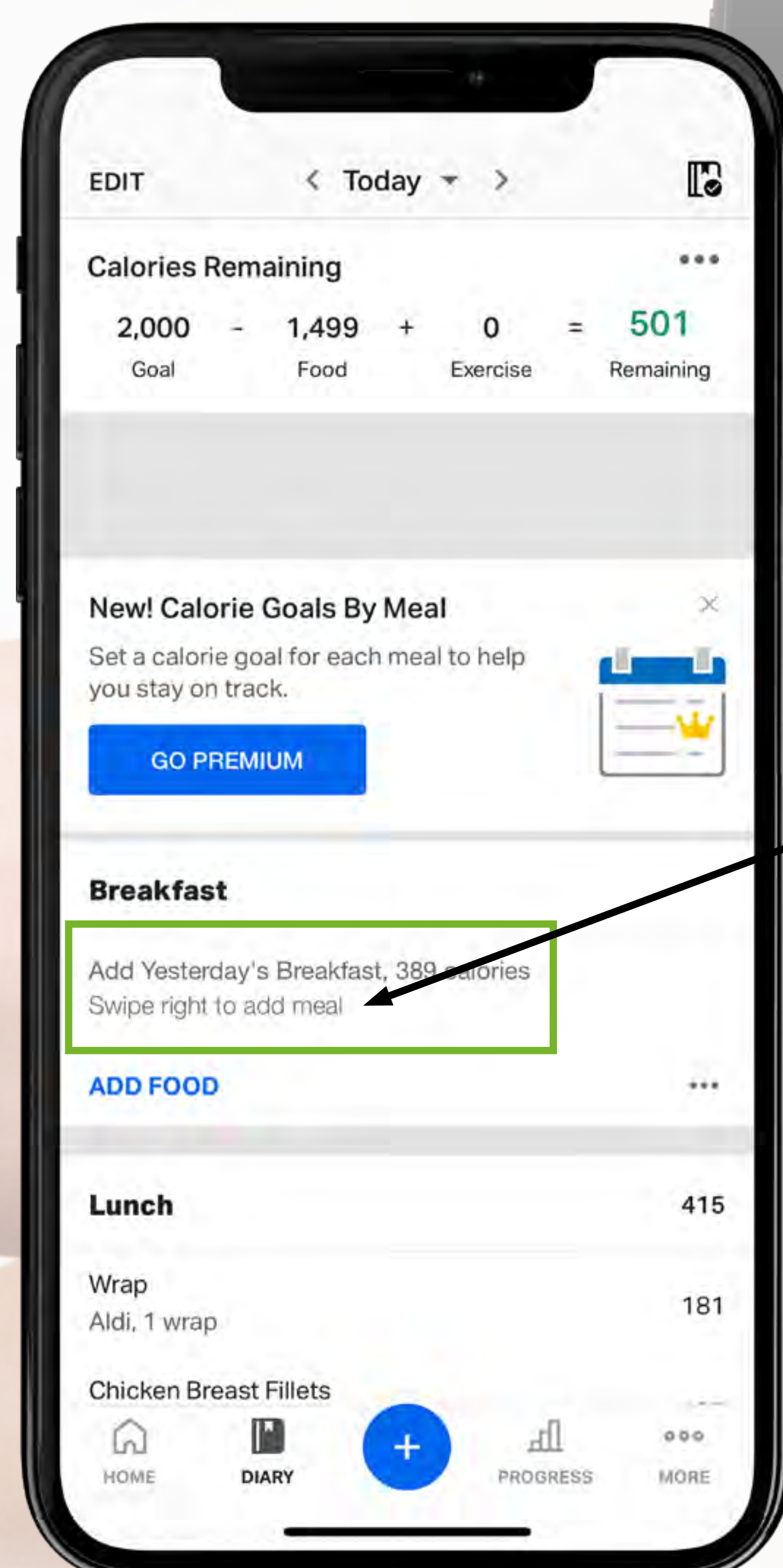Follow the steps below to set this up:

STEP 1 - GO TO THE DIARY PAGE

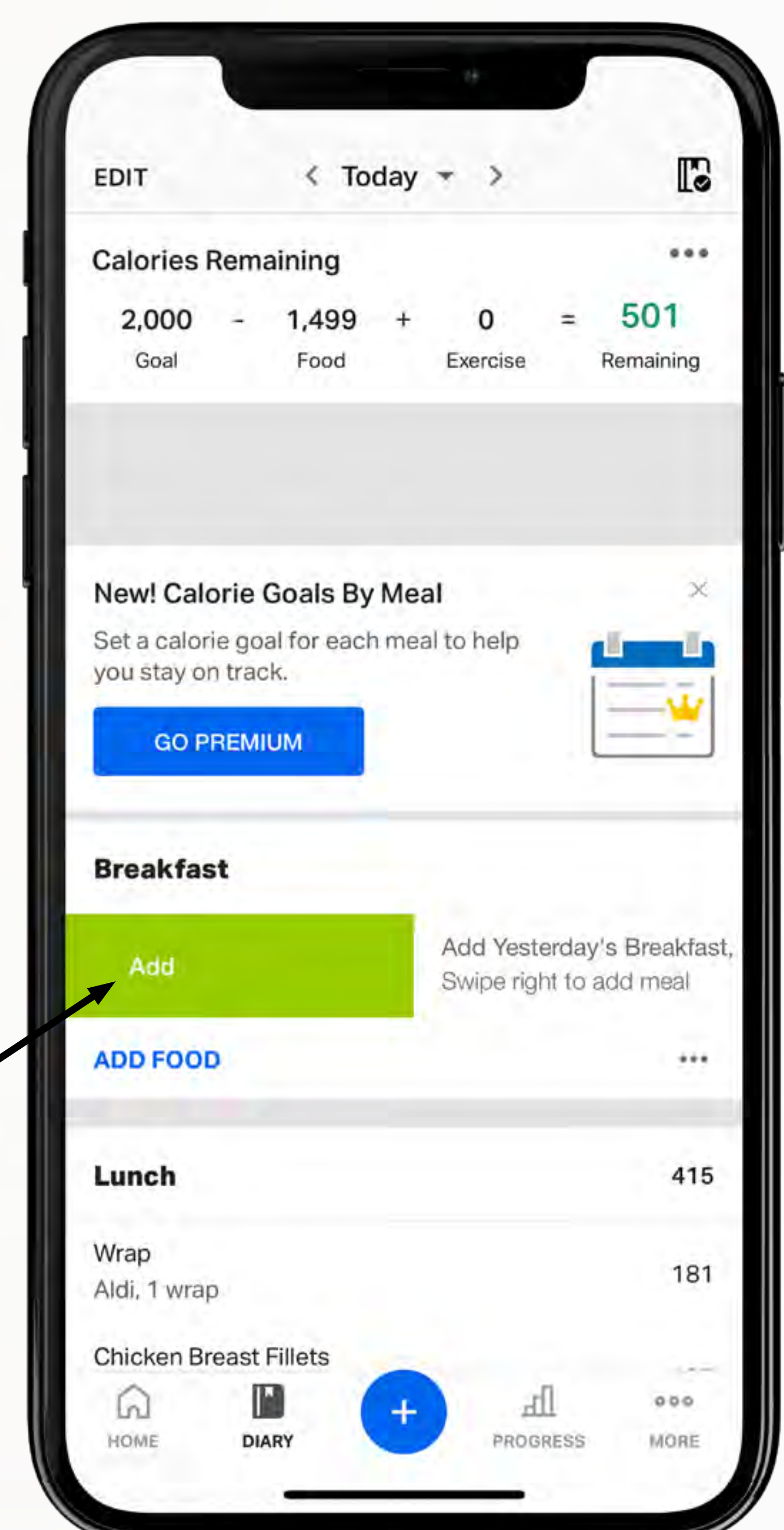**STEP 2 - GO TO THE MEAL YOU WISH TO ADD THIS FUNCTION TO**

STEP 3 - TAP ON THE 3 DOTS

STEP 4 - TURN ON SMART COPY

STEP 5 - YOU SHOULD NOW BE ABLE TO ADD EITHER THE PREVIOUS DAYS MEAL (OR THE MOST RECENT PREVIOUSLY LOGGED MEAL YOU ENTERED IN THAT MEAL).

"Swipe right to add meal" function is now available

Now swipe to add to your diary (note this option only works on the current day)

Another option to make tracking your meals easy is to use the "Copy From Date" function.
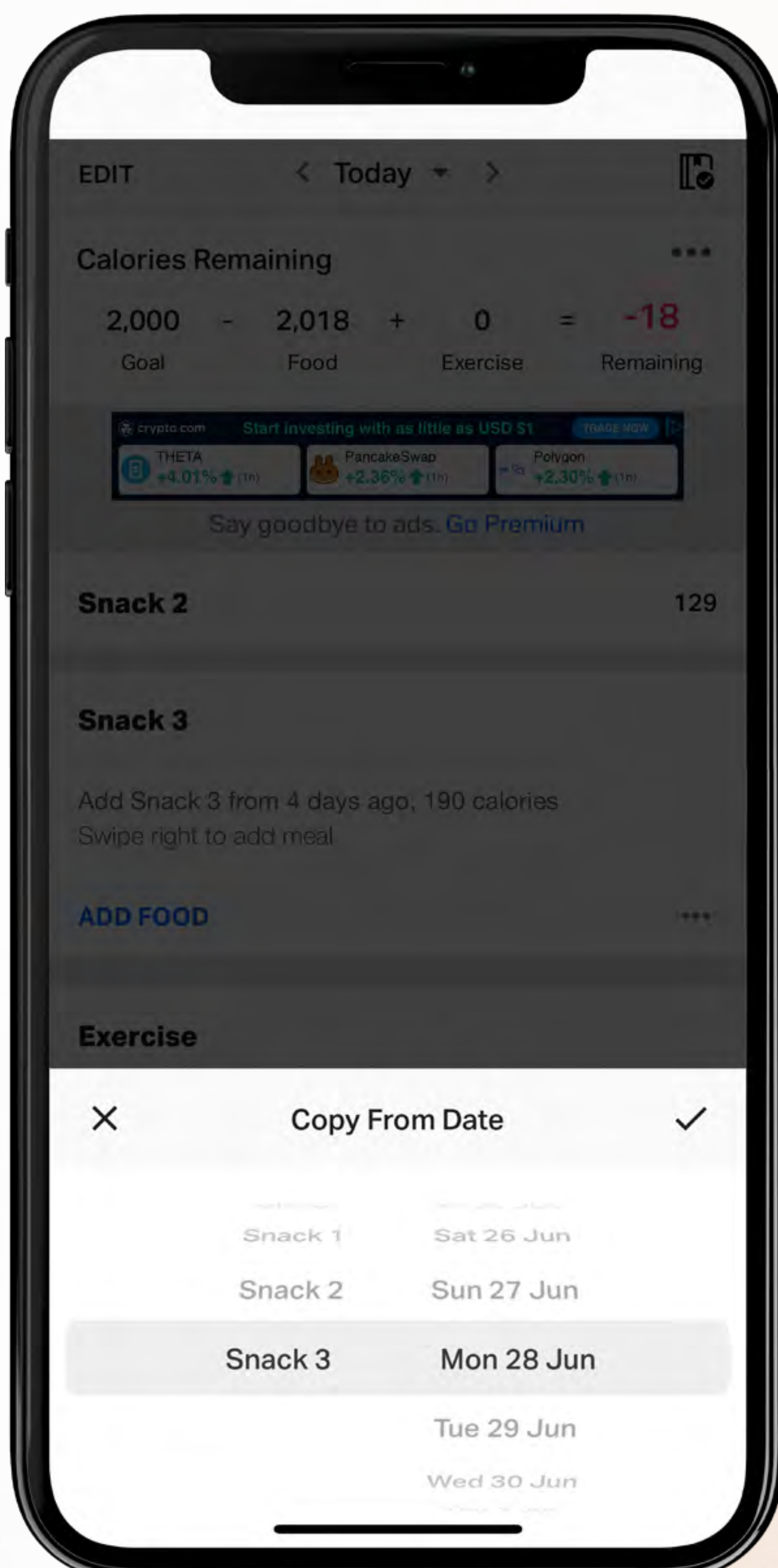
STEP 1 - GO TO THE DIARY PAGE
STEP 2 - GO TO THE MEAL YOU WISH TO COPY A MEAL TO
STEP 3 - TAP ON THE 3 DOTS
STEP 4 - SELECT "COPY FROM DATE"
STEP 5 - SELECT THE MEAL AND DATE YOU WISH TO ADD THIS FROM
STEP 6 - MAKE YOUR SELECTION AND TAP THE TICK TO CONFIRM

💡 **TIP** - This function can only be used for meals previously added a month either side of todays date.

💡 **TIP** - This can be a useful tool if you want to replicate a meal you eat less frequently.

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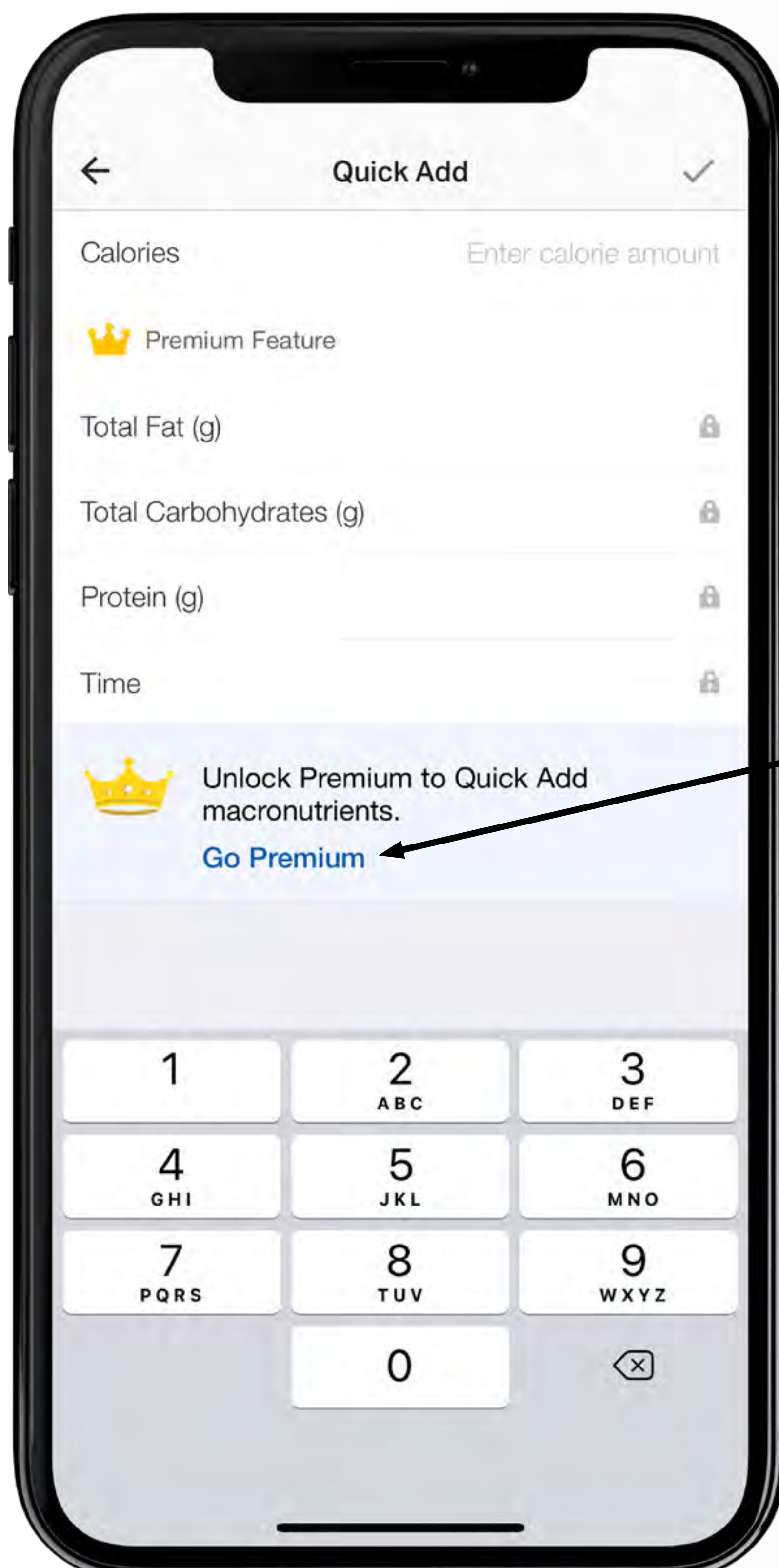
In the free version of the App, you can only "Quick Add" Calories and not macros.

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.

PAUL WALLACE FITNESS

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.
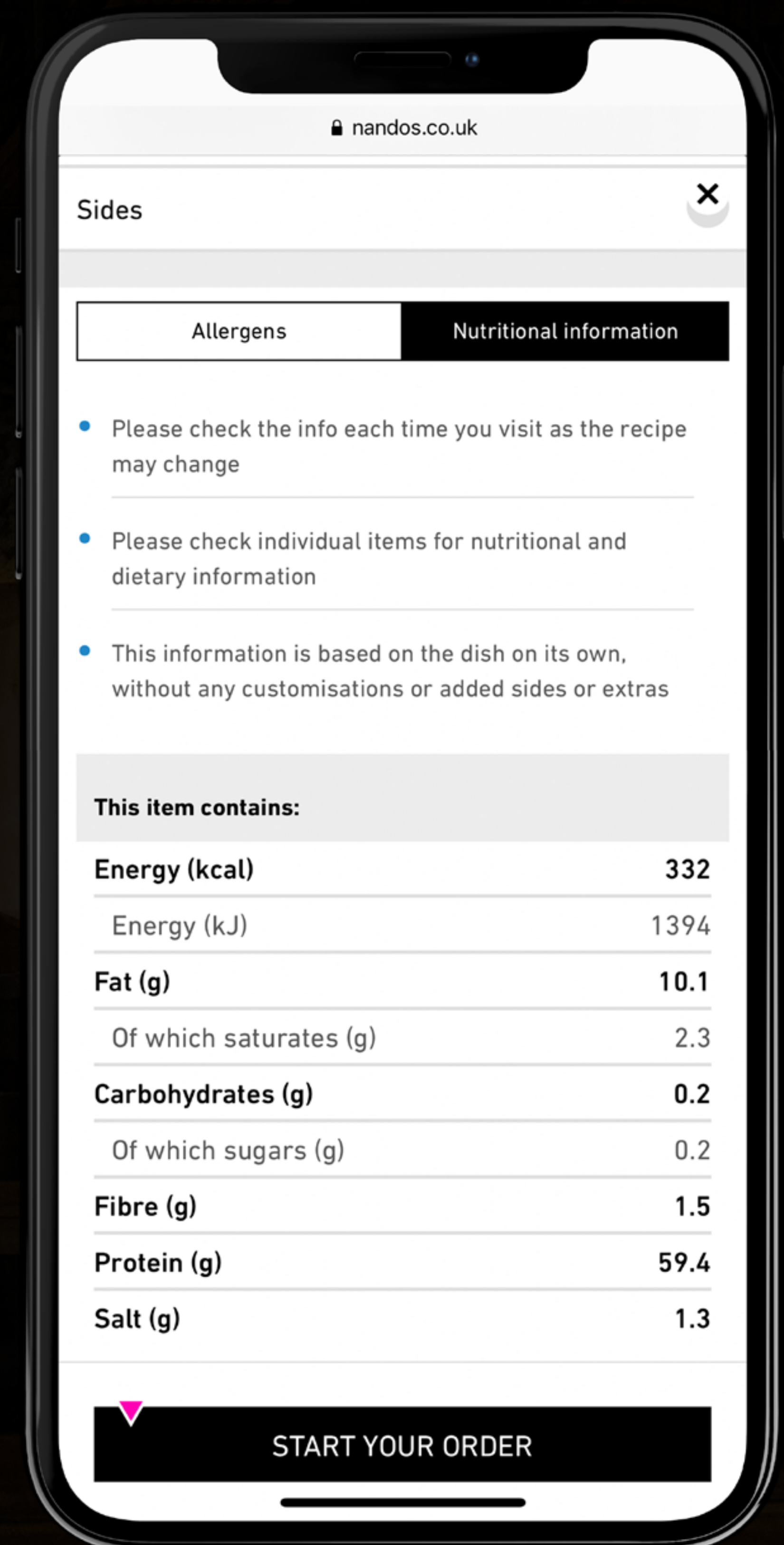
2 - Break the meal down into its simplest forms

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.

PAUL WALLACE FITNESS

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.
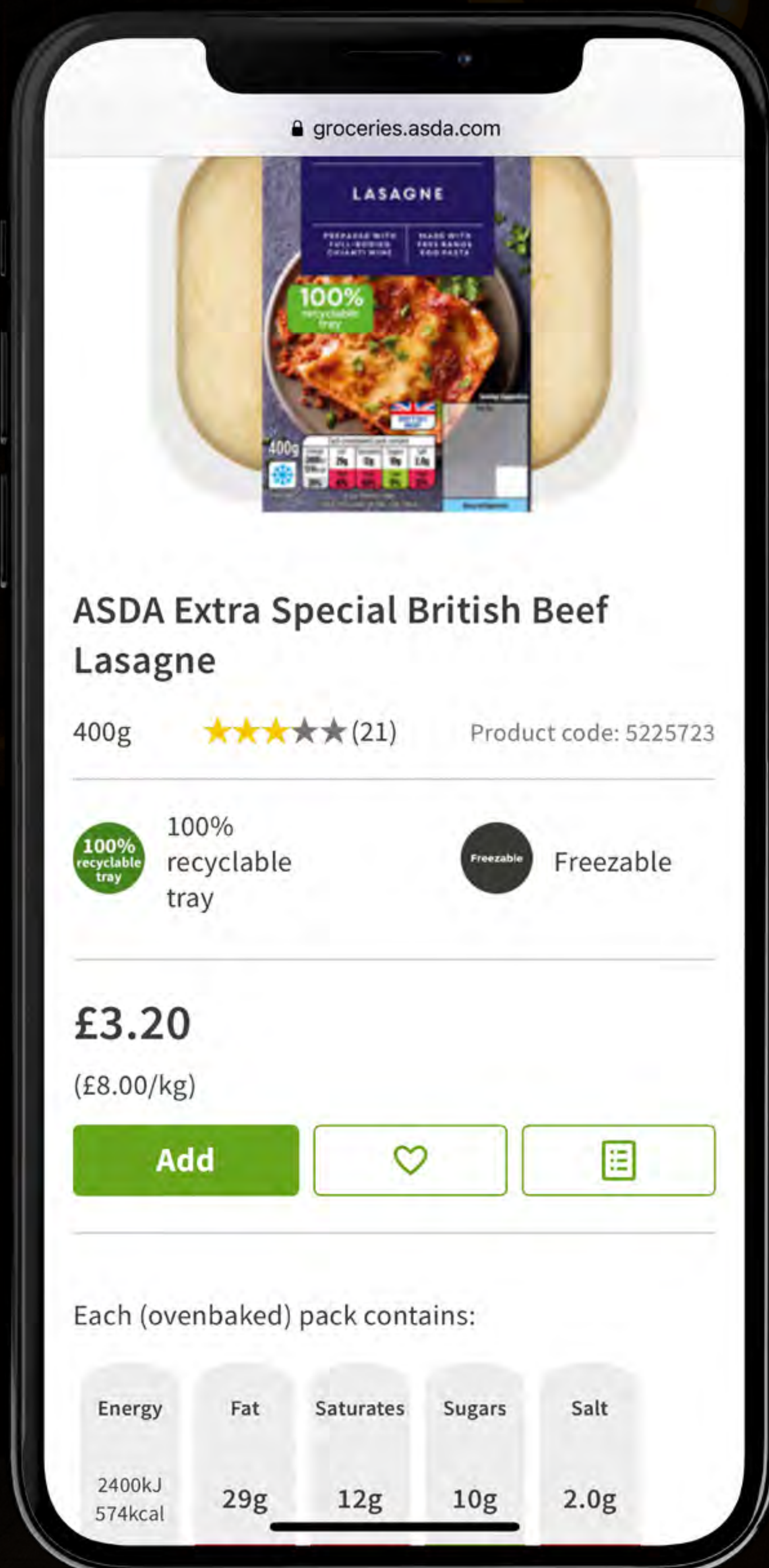
4 - Track a ready meal from a supermarket

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.

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.

Your Calorie "Goal"

Estimated Calories burned as "Exercise"

The total Calories tracked as "Food"

"Remaining" Calorie balance
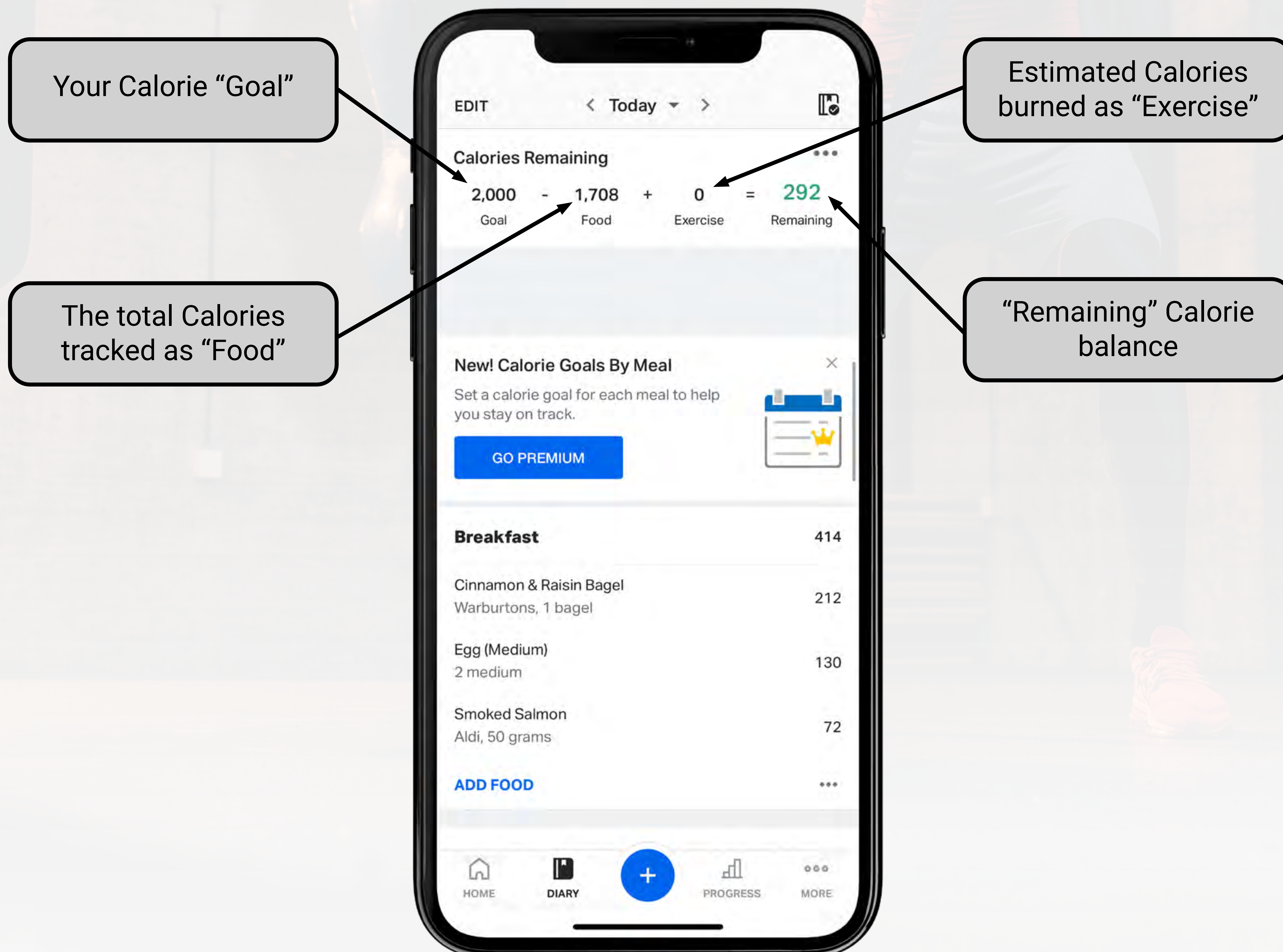
If you were to simply focus on the Calories "Remaining", this could potentially cause a problem.

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 "MORE"
STEP 2 - SELECT "STEPS"
STEP 3 - SELECT "DON'T TRACK STEPS"
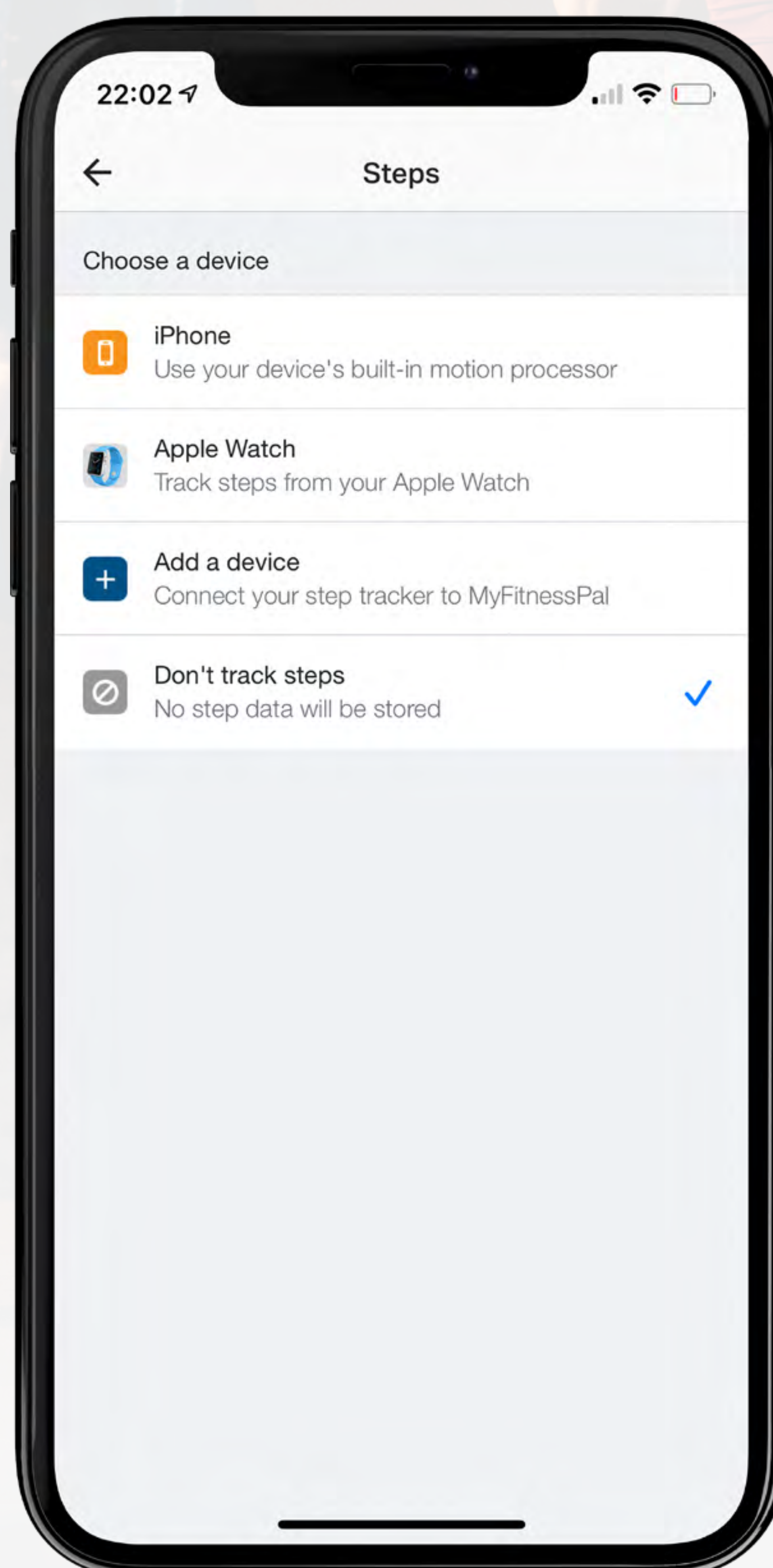
Another option is to look at the privacy settings on your phone and ensure that MFP cannot read data from your phone relating to steps and workouts.

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

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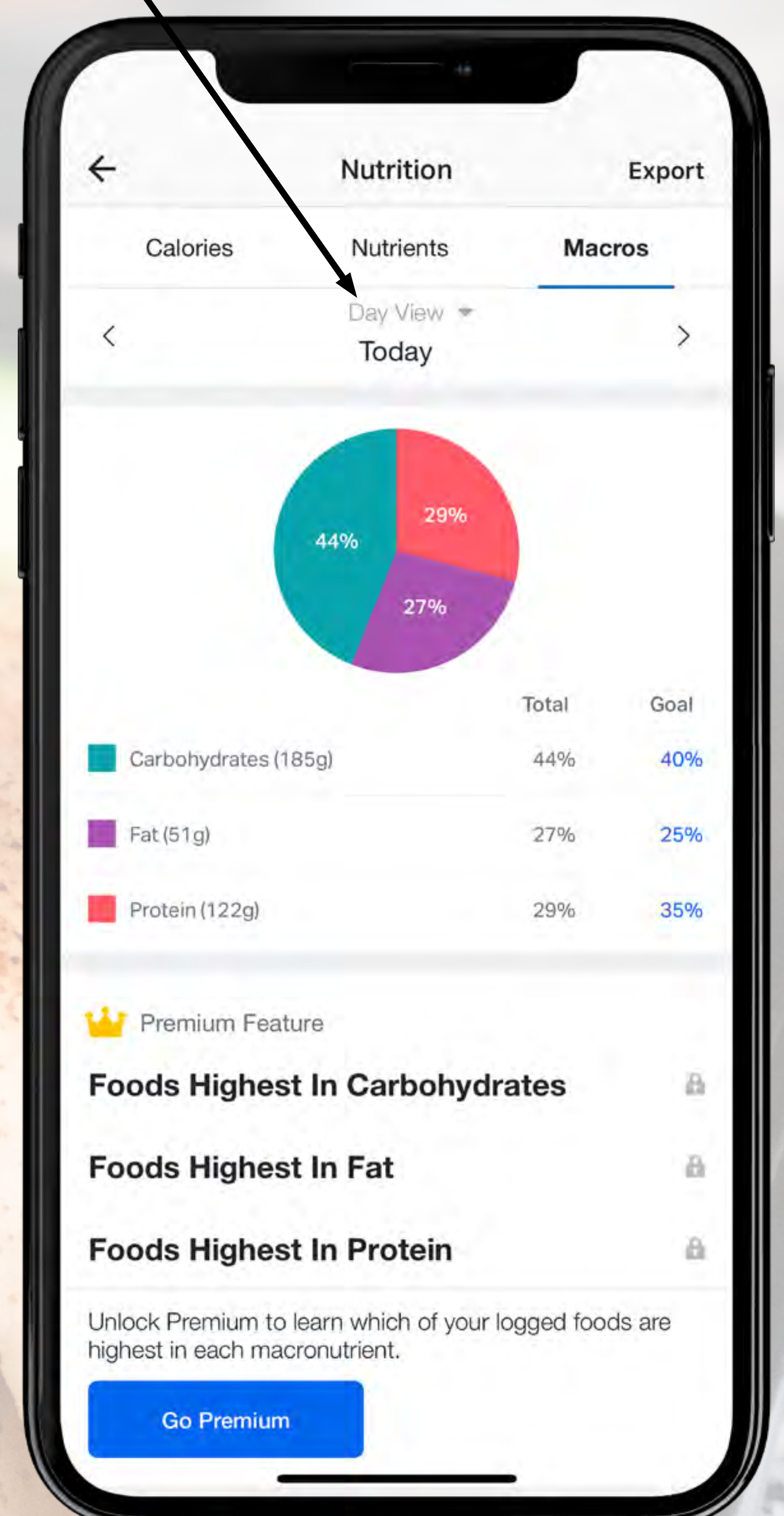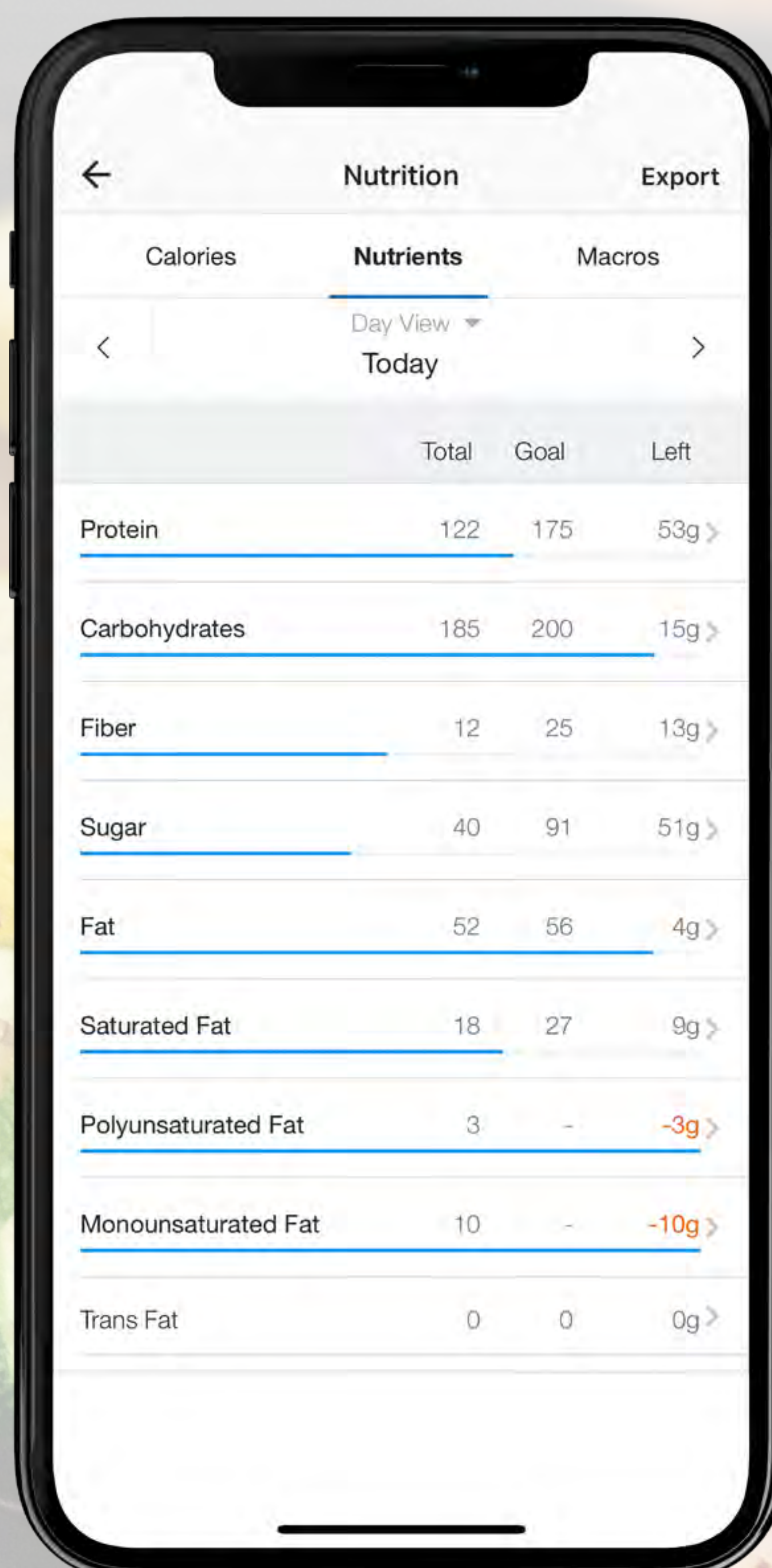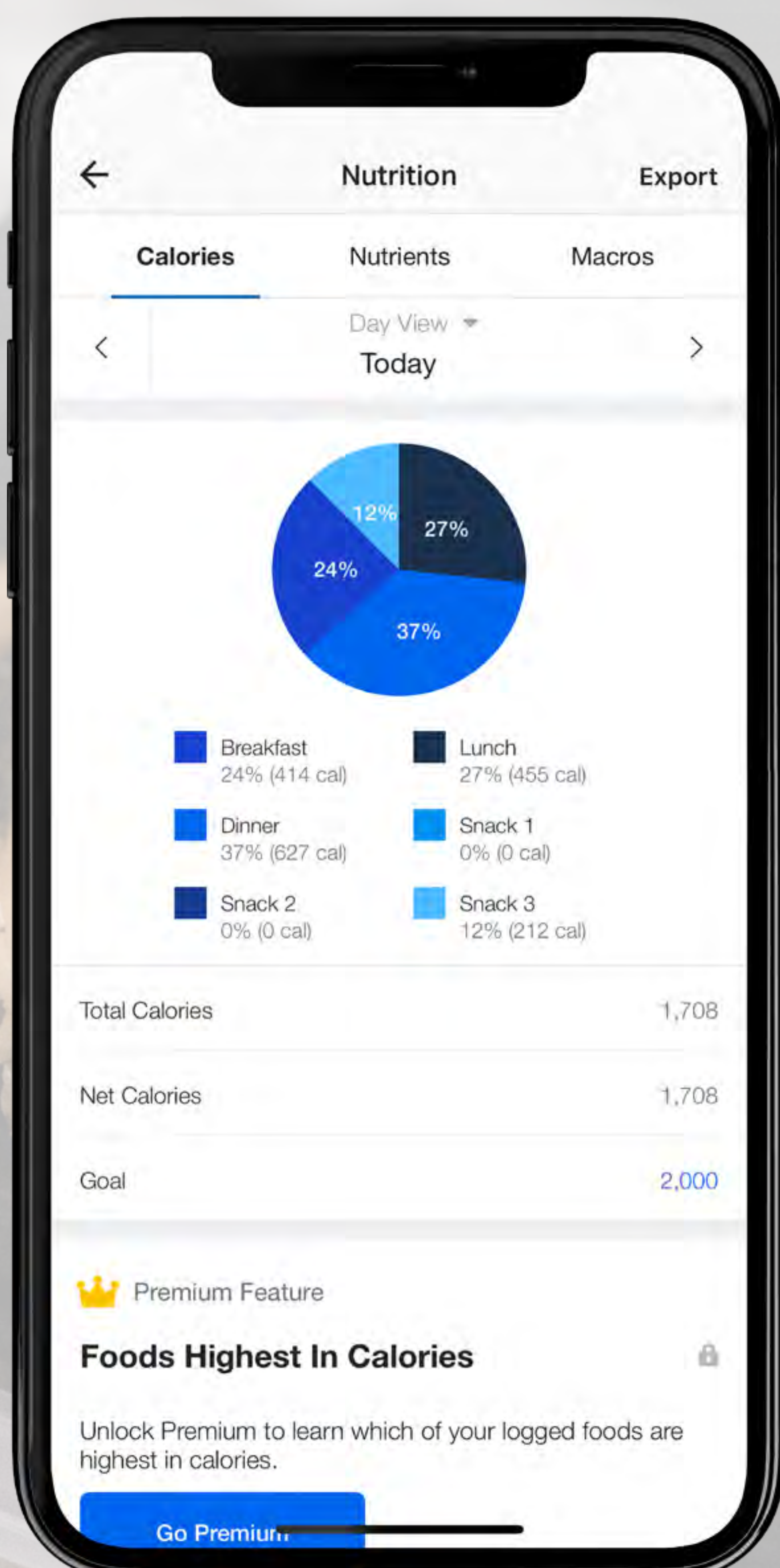
To see a weekly summary, click where it says "Day View" and change this to "Week View". If you do this on a Wednesday for example, it will show you from the previous Thursday up to and including Wednesday (the day you are looking at).

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).
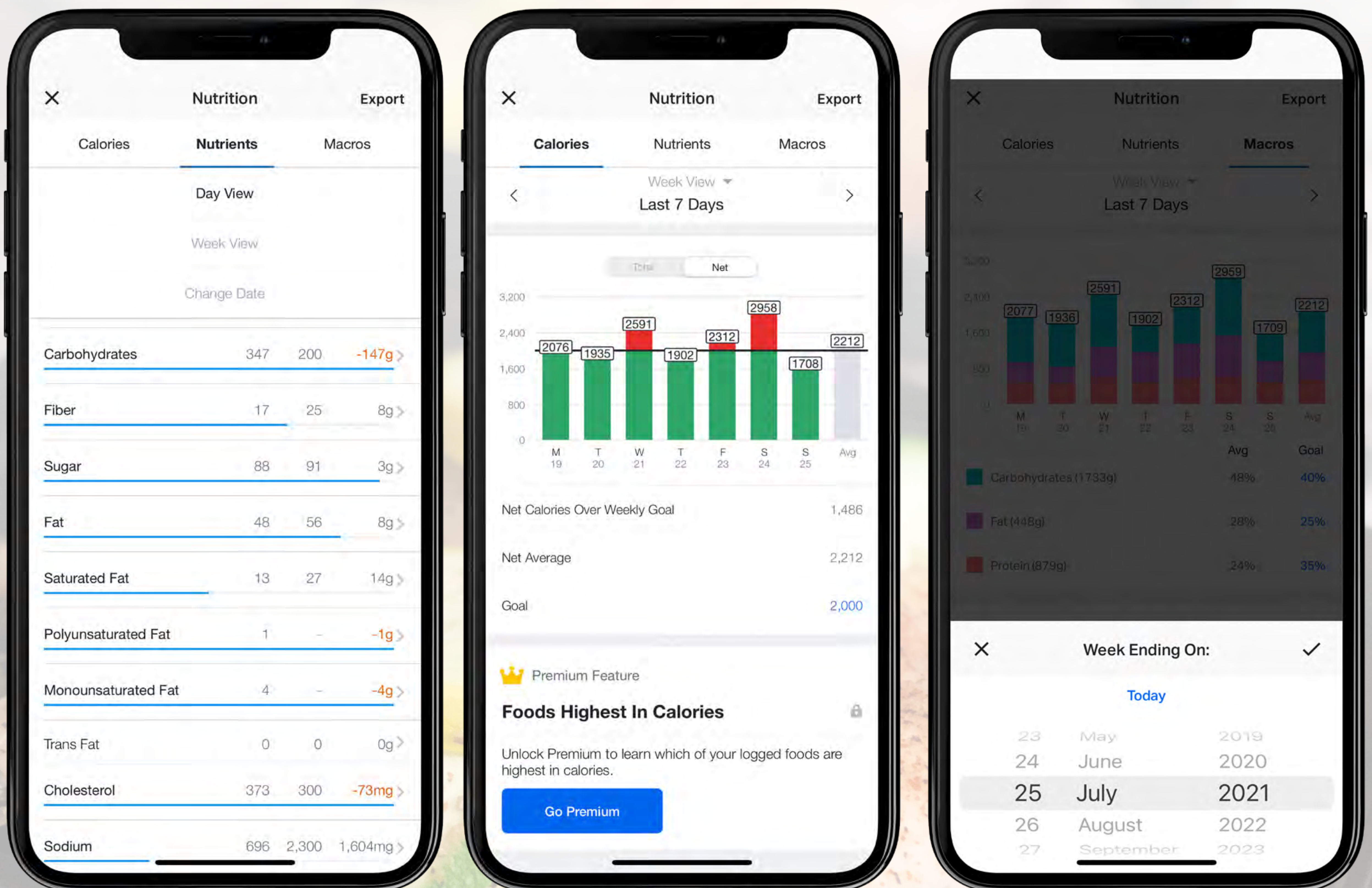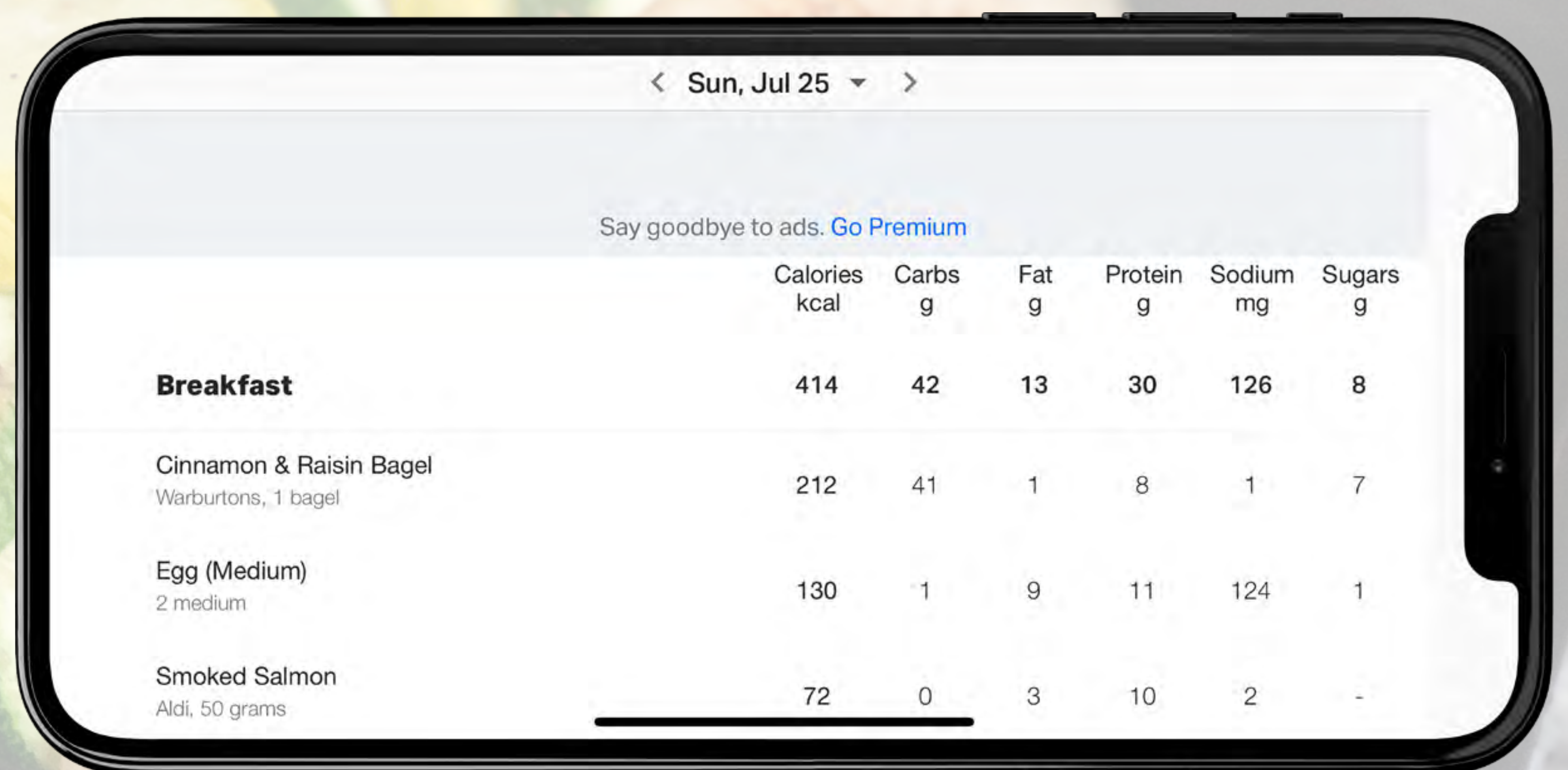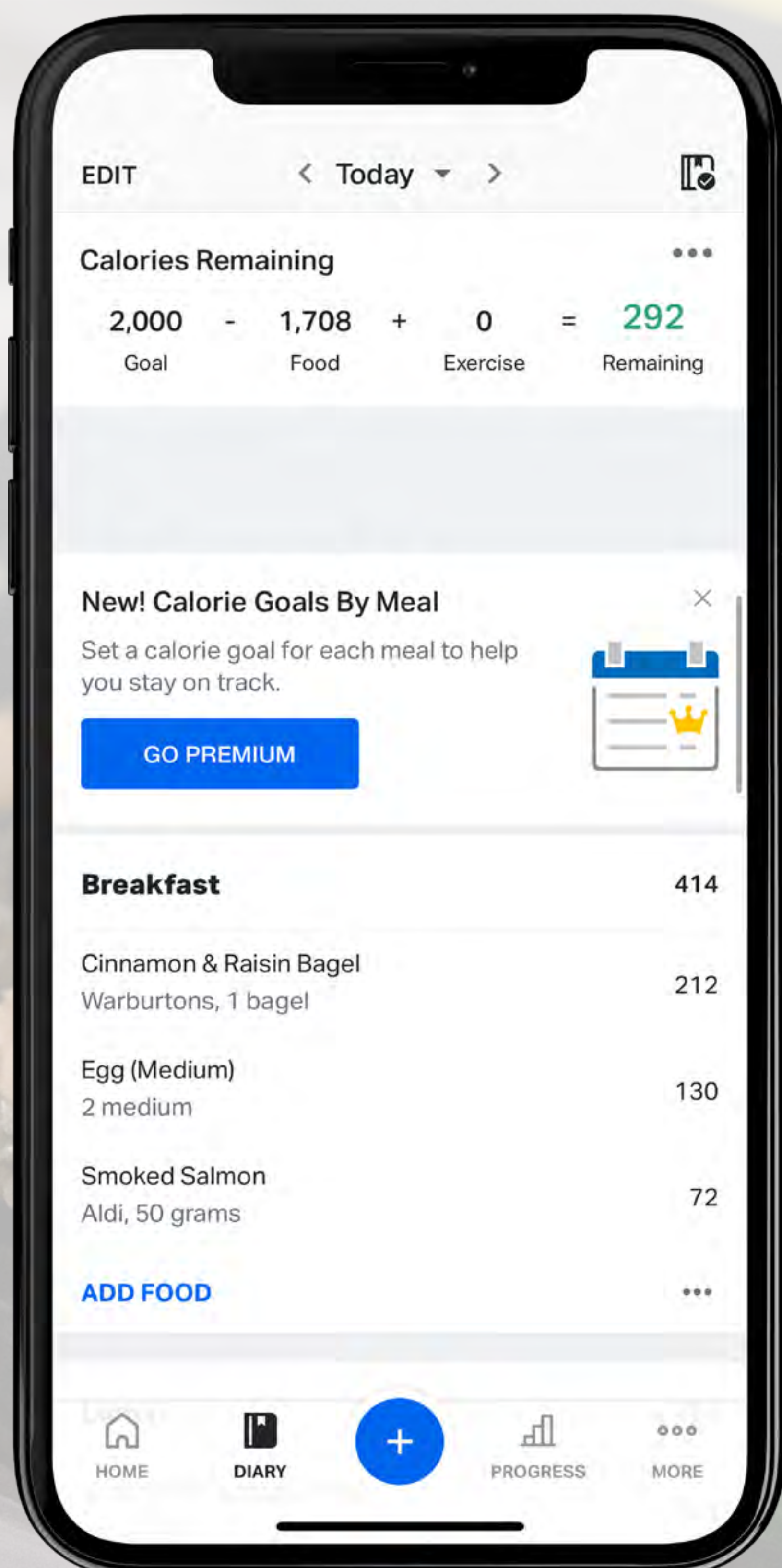

💡 **TIP** - If you tap on the bar chart it will put the Calories for each of the days at the top of the bars.

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.

PAUL WALLACE FITNESS