Two of the top food tracking apps are My Macros+ (my absolute favourite) and MyFitnessPal. We use these to track our nutrition intake, whether we're focusing on macronutrient targets or overall calories, in order to transform our body composition and hit a variety of goals.

Getting your app customized and set up exactly how you need it will take some time at first, but once you can ensure that your entries are absolutely correct, you can feel more confident that you're doing your best! These are 5 vital ways that can help you improve your food log entries so you know you're absolutely in the right direction towards your success.

## 1. CROSS-REFERENCE ENTRIES

The first option that pops up in your app isn't necessarily always best one. Opting for the verified entries is going to be the best choice, but when that's not available then it's important to look at trends. I like to look at usually 3-4 options, check all their information and then collect the data to see what's going to be more accurate. I always like to ensure that the finer details are included like fibre and sodium content in foods; if I can see those numbers in an entry, then I am likely to presume it's more accurate.

## 2. USE THE LABEL SCANNER

Both of the mentioned apps have a barcode scanner option (MM+ has an actual nutrition label scanner!) that you can use and it's quite accurate. But when you do use it, be sure to double check that everything you see on the package label is true to what appears on the app. There can be a discrepancy with products that are sold in different countries but they use the same barcode.

## 3. CREATE YOUR OWN ENTRY

What better way to remove the inaccurate information than to do it yourself! Sure, it's going to take a little bit of time, but I promise you that it's worth it! Use the scanner, double check that the information matches, and you can save it in the Favourites section.

## 4. MANUALLY ADD MACRO TOTALS

We know that food labels can have a variance and that the labels aren't always 100% spot-on. We learned this from my YouTube video and its matching audio bit (on the Courtney For Life Podcast, episode 14) called Food Labels, Macros & Calories. Doing a little quick math to tally up the protein, carbohydrate and fat amounts can show you the total calories, which is a great tool to see if the information in that specific entry is accurate.

Both proteins and carbs are 4 calories per gram (multiply the total of each of these by 4) and fats are 9 calories per gram (multiply this total by 9.)

*Example: if we see the label read: P10 C22 F8 then: (10x4) + (22x4) + (8x9) = 200 calories*

LINK FOR PODCAST EPISODE     LINK FOR YOUTUBE VIDEO

## 5. BE SPECIFIC (2 parts!)

If you're going to track your macros, there's no use in doing it inaccurately.

a. Remember to be using a digital food scale and selecting options that are measurable in grams, ounces and millilitres if you want to be tracking accurately. Measurements like cups and tablespoons can be really inaccurate, and all those little variances over time will absolutely add up to a lot of inconsistent and false data.

b. Make sure your search is accurate. Are you looking for 'chicken breast' or 'cooked skinless chicken breast'? Know what you're searching for.

Applying these 5 tips will help you improve your macronutrient tracking in whatever app you prefer in order to achieve your goals.