🍎 Food Logging Guide

How to Record Your Food Intake

⭐ A Quick Note Before We Get Started

Don't worry about making your food log perfect.

The most important step is simply getting started. If that means **"lazy logging"**—using rough estimates, simple descriptions, or your best guess—that's completely okay.

💡 **Remember:**

> **An honest estimate is almost always more valuable than no information at all.**

Even an imperfect food log can help identify meaningful nutrition patterns.

If you enjoy tracking your nutrition or already own a food scale, measuring foods in grams provides the most accurate data and allows for the most detailed nutrition analysis. In fact, I personally use a food scale and recommend it whenever it's practical.

⭐ **That said, a food scale is absolutely not required.** Whether you weigh every meal or simply estimate your portions, we'll work with the information you provide and make the most of it.

🎯 **The goal isn't perfection—it's building an accurate picture of your everyday eating habits.**

🎯 Why We Ask You to Log Your Food

Your food log helps us understand **what you're actually eating**, so we can identify:

✅ Nutritional strengths

✅ Potential nutrient deficiencies or excesses

✅ Eating habits and patterns

✅ Opportunities for improvement

📈 The more accurate your food log is, the more accurate your nutrition assessment will be.

However, don't feel pressured to log everything perfectly.

⭐ **Consistency is far more valuable than perfection.**

🍽️ What Should I Log?

Please record **everything** you eat or drink throughout the day, including:

🍳 Meals

🍎 Snacks

🥤 Drinks

☕ Coffee

🍵 Tea

🍺 Alcohol

🥛 Protein shakes

🧂 Condiments

🥣 Sauces

🫒 Oils

🧈 Butter

🧴 Cooking sprays *(if used generously)*

💊 Supplements *(optional, but appreciated)*

💡 **Easy Rule**

If it goes into your body...log it.

📏 The Best Ways to Measure Food

💬 There isn't one "correct" way to log your food.

Use whichever method fits your lifestyle.

More detail generally provides better data, but **every method below can still provide valuable information.**

⭐ Gold Standard: Food Scale *(Recommended)*

If you own a food scale, this provides the most accurate information.

Whenever practical, record foods in:

✔ Grams *(preferred)*

✔ Ounces

✔ Milliliters *(for liquids)*

📌 Examples

🥩 Chicken Breast — **185 g**

🍚 Cooked White Rice — **240 g**

🥛 Milk — **250 mL**

🫒 Olive Oil — **14 g**

🫐 Blueberries — **85 g**

⭐ This method provides the highest quality nutrition analysis.

🏷️ Great Option: Nutrition Labels

If you're eating something packaged, simply include:

✔ Brand

✔ Serving Size

✔ Number of Servings Eaten

📌 Examples

Nature Valley Protein Bar

• 1 Bar

or

• 2 Bars

Oreos

• 6 Cookies

🥣 Also Great: Household Measurements

If you don't weigh foods, common kitchen measurements work very well.

📌 Examples

• 1 cup oatmeal

• ½ cup cooked rice

• 2 tablespoons peanut butter

• 1 teaspoon olive oil

• ¾ cup yogurt

• 1 slice bread

• 2 eggs

🍌 Good Option: Count the Item

Many foods are naturally measured by count.

📌 Examples

• 1 banana

• 2 apples

• 3 tacos

• 6 chicken wings

• 1 avocado

• 2 slices pizza

• 1 hamburger

🤷 If You Don't Know...

Just estimate.

Seriously.

An honest estimate is much more useful than leaving the meal out completely.

📌 Examples

👊 About one fist of rice

🍝 Half a plate of pasta

🥜 Small handful of almonds

🥣 Medium bowl of cereal

🥩 Large chicken breast

🧈 A little butter

🥄 Two spoonfuls of peanut butter

🫒 One splash of olive oil

🍅 Small amount of ketchup

⭐ **The estimate doesn't have to be perfect.**

🍽️ Eating Out?

No problem.

Simply tell us:

🏢 Restaurant

🍴 Meal Ordered

📏 Anything you remember about the portion.

📌 Example

Chipotle

Chicken Burrito Bowl

• White rice

• Black beans

• Chicken

• Cheese

• Sour cream

• Guacamole

• Ate the entire bowl

Olive Garden

Chicken Alfredo

• Ate about half the plate

• 2 breadsticks

🖐️ Helpful Portion Size Estimates

If you don't have measuring cups or a food scale available:

👊 **Fist**

≈ 1 Cup

✋ **Palm**

≈ 3–4 oz Cooked Meat

👍 **Thumb**

≈ 1 Tablespoon

👌 **Thumb Tip**

≈ 1 Teaspoon

👐 **Handful**

≈ ¼–½ Cup *(depending on the food)*

🔍 Helpful Details

The more descriptive you can be, the easier it is to accurately analyze your diet.

❌ Instead of:

Chicken

✅ Try:

Grilled Chicken Breast

———————

❌ Instead of:

Bread

✅ Try:

Dave's Killer Bread Thin Slice

———————

❌ Instead of:

Yogurt

✅ Try:

Chobani Nonfat Greek Yogurt Vanilla

———————

❌ Instead of:

Rice

✅ Try:

1 cup cooked jasmine rice

💡 **Specific information is appreciated—but never required.**

🍳 Homemade Meals

If you cook your own meals, simply describe them as best you can.

📌 Example

Turkey Chili

• Ground turkey

• Kidney beans

• Black beans

• Tomatoes

• Onions

• Bell peppers

• About 2 cups

🥘 Mixed Meals

For soups, casseroles, stir-fries, and similar dishes, simply list what you remember.

📌 Example

Chicken Stir Fry

• Chicken

• Broccoli

• Carrots

• Bell peppers

• Soy sauce

• White rice

• About 2 cups total

🥤 Drinks

Please include beverages throughout the day.

📌 Examples

☕ 16 oz coffee

🥛 2 tablespoons creamer

🥤 12 oz Coke

⚡ 20 oz sports drink

🥤 Protein shake

🍺 2 beers

💧 Water *(optional)*

💊 Supplements *(Optional)*

Examples:

• Multivitamin

• Vitamin D

• Fish Oil

• Creatine

• Magnesium

• Protein Powder

✅ A Few Final Tips

✔ Don't try to eat "healthier" just because you're logging your food.

✔ Don't leave foods out because you think they're unhealthy.

✔ Honest information allows for the most helpful recommendations.

✔ Estimates are completely acceptable.

✔ Precision is great when practical—but consistency is even more important.

⭐ **Remember: The best food log is the one you'll actually complete.**