**Part 2 – Logging on MyFitnessPal**

**Key Takeaways**

* **Accurate food logging** is essential for understanding your intake and making the right adjustments.
* Use **grams and a kitchen scale** for the most precise entries—avoid logging in cups or ounces when possible.
* Always verify nutrition entries in the app by checking the **calories, macros, fiber, sodium, and saturated fat**.
* Create custom foods or meals when needed to avoid repeated searches and ensure accuracy.

**Action Steps**

1. **Get a Digital Kitchen Scale**
   * Inexpensive and available in most stores or online
   * Essential for weighing packaged and cooked items
2. **Log Using Grams**
   * When possible, choose gram-based entries (e.g., 1g x serving weight)
   * Weigh items before cooking for the best accuracy
3. **Verify Nutritional Information**
   * Match calories, macros, fiber, sodium, and sat fat with food labels
   * Prefer entries with a green checkmark, but always double-check
4. **Create Custom Foods**
   * For packaged items not found in the app or when using international versions
   * Go to: More > My Meals, Recipes & Foods > Foods > Create a Food
5. **Create Meals & Recipes**
   * Group items you eat together often
   * Save meals (like a protein shake or burrito bowl) to save time
   * Use "Create a Recipe" for mixed dishes like chili, stew, etc.
6. **Log All Food & Beverages**
   * Don’t forget sauces, snacks, bites while cooking, or restaurant meals
   * Estimate when necessary, but aim for **consistency over perfection**
7. **Log Meals Out** 
   * Search for the restaurants’ nutritional guide online
   * Use ChatGPT or other AI tools to help with logging your meals out

**Common Mistakes to Avoid**

* Logging by volume (e.g., cups) instead of weight (grams)
* Trusting inaccurate entries without cross-checking
* Skipping sauces, oils, or snacks
* Assuming all meat logs are the same (check brand or label)

**Related Resources**

* 📈 **Calories in Foods & Drinks + Substitutes** (Excel)
* 📈 **Weight Change in Cooked Foods** (Excel)

**Video Timestamps**

00:00 Keys to Success

00:40 What to Type in the Search Bar

02:15 Verifying the Nutritional Facts Match

04:04 Adjusting Serving Size/Amount of Servings

05:51 Creating a Food

08:38 Advantages of Foods/Meals/Recipes

09:24 Which Foods to Create

11:33 Foods I Do Not Create

12:09 Short Recap

12:34 Why These 5 Nutritional Components Are Key to Your Health

15:26 Importance of Weighing Foods vs Logging in Volume

17:25 Process of Logging a Snack

19:17 Logging Cooked Foods (1 serving)

21:30 Comparing Uncooked Logs

21:47 Logging Cooked Foods in Bulk

22:44 Storing Food (option 1)

22:58 Storing Food (option 2)

23:48 Comparing Cooked Logs

25:17 My Morning Shake

27:03 Creating a Meal from Main Menu

29:01 Putting a Plate Together from Meal Prep

29:45 Creating a Meal from Items in Diary

30:45 Creating a Recipe

35:45 Editing Recipe + Adding a Created Food

37:21 Storing Recipe + Calculating Weight of 1 Serving

38:05 Logging Meals Out