



TOP 6 TIPS FOR ACCURATE

Food Tracking

**THINK YOU'RE TRACKING ACCURATELY?
MOST PEOPLE AREN'T – AND THOSE "TINY
MISSES" CAN STALL RESULTS FAST.
HERE ARE 6 QUICK FIXES TO MAKE YOUR
TRACKING AIRTIGHT.**



BEFORE YOU START: GET THESE ESSENTIALS

1. A FOOD SCALE

- ACCURACY STARTS WITH MEASUREMENT. A DIGITAL KITCHEN SCALE THAT MEASURES IN GRAMS IS A MUST-HAVE.
- YOU CAN FIND AFFORDABLE MODELS ONLINE OR AT LOCAL STORES (~\$10-20).

2. USE THE CRONOMETER APP

- WHY CRONOMETER? IT USES A **VERIFIED, SCIENCE-BACKED DATABASE** WITH ACCURATE NUTRIENT DATA YOU CAN TRUST.
- TRACKS BOTH MACROS AND MICRONUTRIENTS FOR A COMPLETE NUTRITION PICTURE.
- IT ALSO FEATURES A **FREE BARCODE SCANNER** TO QUICKLY AND PRECISELY LOG PACKAGED FOODS.
- AVAILABLE FOR FREE ON IOS, ANDROID, AND WEB.



TOP 6 TIPS: ACCURATE FOOD TRACKING

1. WEIGH ALL FOOD – LIQUIDS AND SOLIDS

- ALWAYS WEIGH SOLIDS IN GRAMS. MEASURING SOLIDS BY VOLUME (CUPS, SPOONS) IS NOT ACCURATE ENOUGH AND SHOULD BE AVOIDED.
- MEASURING LIQUIDS BY VOLUME (ML OR CUPS) IS ACCEPTABLE, BUT WEIGHING LIQUIDS IS ALWAYS MORE ACCURATE.

1A. EXCEPTIONS: WHOLE FRUITS & SOME FOODS

- FOR ITEMS LIKE “A BANANA” OR “ONE ORANGE,” IT’S ACCEPTABLE TO LOG BY COUNT INSTEAD OF WEIGHING BECAUSE CALORIE VARIANCE IS USUALLY MINIMAL.
- THIS DOES NOT APPLY TO FOODS LIKE “ONE SLICE OF BREAD” OR ANYTHING WHERE INDIVIDUAL PIECES VARY SIGNIFICANTLY IN SIZE OR WEIGHT.

2. MEASURE BEFORE COOKING

- WEIGH YOUR FOOD BEFORE COOKING TO GET CONSISTENT, RELIABLE DATA.
- COOKING CHANGES WATER CONTENT AND WEIGHT, SO MEASURING RAW IS MORE ACCURATE.

3. TRACK IMMEDIATELY – DON’T WAIT

- LOG YOUR FOOD BEFORE OR AS YOU EAT IT TO AVOID FORGETTING BITES OR UNDERESTIMATING PORTIONS.
- USE APP FEATURES LIKE “FAVORITES” AND RECENT ENTRIES TO SPEED UP LOGGING.

4. TRACK EVERY “TASTE” AND COOKING ADDITIONS

- SMALL BITES, TASTES WHILE COOKING, AND CONDIMENTS ADD UP – LOG THEM TOO.
- DON’T FORGET OILS, BUTTER, SAUCES, DRESSINGS, AND SPRAYS USED IN COOKING OR PREPPING.



5. TRACK “ZERO-CALORIE” CONDIMENTS

- MANY “0 CALORIE” LABELS ACTUALLY ALLOW UP TO 5 CALORIES PER SERVING BY FDA GUIDELINES – THOSE CALORIES ADD UP.
- ALWAYS LOG THESE CONDIMENTS TO AVOID UNDERESTIMATING INTAKE.
- 6. USE VERIFIED ENTRIES OR SCAN PRODUCTS
- ALWAYS PICK VERIFIED FOODS IN CRONOMETER’S DATABASE OR SCAN THE BARCODE FOR EXACT NUTRITION INFO.
- AVOID VAGUE OR GENERIC ENTRIES – THEY CAN WILDLY MISREPRESENT CALORIES AND MACROS.

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Want to Learn More?

Contact me with “top 6 tips food tracking” and I’ll help you dial in your food tracking!

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