

How To Use myfitnesspal

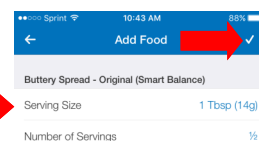
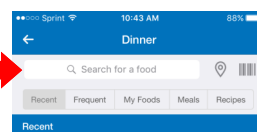
Creating an Account

1. Download the “Calorie Counter & Diet Tracker by MyFitnessPal”.
2. Sign up using your email or Facebook account.
3. Enter your weight goal, activity level, age, height, and weight to create an account.



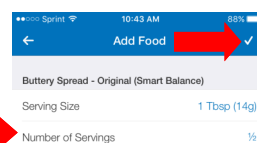
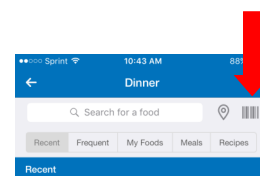
Logging Daily Intake of Food

1. Click on the blue “+” sign at the bottom of your screen and select the “Food” icon.
2. Select which meal you are logging food for.
3. Type in a food in the search bar at the top. Click “Search” to find the nutrition information.
4. Click on the food that most closely matches what you ate.
(Note: If eating a mixed dish like salad, list each ingredient separately for more accuracy)
5. Select the serving size for the food you ate. Click the check mark in the upper right corner.



Scanning a Barcode to Upload Exact Nutrition Information

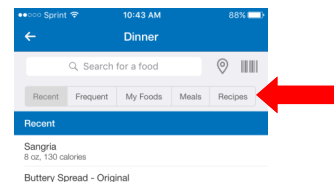
1. Click on the blue “+” sign at the bottom of your screen and select the “Food” icon. Select which meal you are logging for.
2. Select the small, barcode icon in the top right corner.
3. Once selected, your phone’s camera will turn on. Match the corners of the box with the edges of the food item you want to scan.
4. Next, a new screen will appear with the nutrition facts of the food item you scanned in. The serving size of the food item should autopopulate. Click on the number of servings for how many servings you actually ate. Add the food to your log by clicking the check mark in the upper right hand corner.



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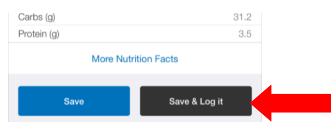
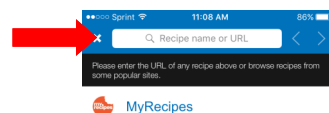
Entering Recipes

1. After clicking the blue “+” sign at the bottom of your screen, selecting the “Food” icon, and selecting which meal you are logging food for, click “Recipes” on the bar at the top left of your screen.
2. Select “Create a New Recipe”.



Importing a Recipe from the Web

3. Click “Add from the Web”.
4. Search the name of the recipe or enter the link in the bar at the top of the screen.
5. Select “Import Recipe”.
6. Click the “→” in the upper right corner.
7. You can add/edit ingredients by scrolling to the bottom of the “Matched Ingredients” list.
8. You can change the number of servings by clicking the bar at the bottom of the screen that says how many calories per serving and how many servings the recipe makes.
9. Click the “→” in the upper right corner.
10. Click “Save & Log It”.



Manually Entering a Recipe

3. Click “Enter Ingredients Manually”.
4. Type in the recipe name and the number of servings the recipe makes. Click the “→” in the upper right corner.
5. Click “Add Ingredient” and type in each ingredient. Click “Search”. Click on the matching ingredient and select amount. Click the checkmark in the upper right corner. Repeat this process until all ingredients are added.
6. Click the “→” in the upper right corner.
7. Click “Save & Log It”.

