Best Food Tracking Apps

Typically, one of the first things we get asked when someone wants to transform their body and health is, “What should I eat? How many calories?”

We have provided a link in your member education for determining your caloric needs. And we have given you some basic nutrition guidelines for the first part of that question. However, the missing piece is tracking.

How will YOU track your consumption?

The following is a list of food tracking apps, their pros and cons to help you decide how you will monitor your food intake.

A food diary-

Convenient, free, you can control what you record. CONS- You have to have it with you or remember. Calories have to be manually calculated.

My Fitness Pal-

Has both app and computer access. Ties in with fitness apps. Allows you to manipulate macros for different types of diets.

CONS- Most cool features are limited in the base version- must upgrade to pro. Also need pro version to record exercise and offset calories with exercise.

FreeDieting.com

Online only. Not an App. Excellent database for calculating food, nutrient needs and calories. Articles and diet plans available here as well.

CONS-Does not however offer journaling feature.

MyPlate- Has an 8 week meal plan built in, and it can be restarted every Monday. It connects to fitness trackers, and has built in reminders. It has built in 5-10 min workouts built in.

CONS- The pre-set calorie goal is very low. Macros and other tracking is not available in the basic version. Must go gold.

Other Apps:

There are apps coming out every day to assist you in tracking your food. A few that I have tried out:

These apps are free, but have limitations. Most have a Premium version at a cost.

KetoDiet Tracker- If you are going with a ketogenic diet and try to use other trackers, the chances are, you will get regular nastygrams from the app saying that you are way over your fat, or way under your carbs, etc. This is my favorite for tracking the way I typically eat.

CONS- It accounts for exercise when setting up your macros but does not allow for recording.

My Diet Diary- Is a free easy to use app with easy set up. It has a convenient place for you to put your HRM calories burned for your workout. Tracking water and food is done as you go for ease of calculations. It provides reminders for hydration, exercise and other tracking prompts, and can connect to your iphone or other trackers.

CONS- You cannot choose the type of macros you wish to track.

MyDiet Coach- Can add your own challenges like parking further away, drinking more water, additional workout goals, avoiding behaviors, or a custom goal created by you. You are awarded points based on your adherence. There’s a craving panic button to help you get over those nasty all-consuming cravings, and custom reminders like- Look at your Goals!

CONS-Great app but requires pro version to be fully useful.

Lose It- Good basic tracker. Can tie in with fitness apps or easily add JAM calories burned to the diary to add those additional calories to your day.

CONS- Best features, macro counting, reports, goal setting are reserved for Premium.

Whichever method you choose, do find some way to record your intake at least in the beginning. Once you are comfortable, only return to food journaling for a quick reset when you plateau or fall off the wagon.

Remember the words of Peter Drucker (although it’s not his originally)- “What gets measured, gets managed.”- and what gets managed, gets DONE!