



## How to track your calories.

One of the most important aspects of improved health and fitness is what you eat. Many of us think we know all about our food, but do you actually fully understand your relationship with food?

By understanding what you eat and why you eat it will help you change engrained habits and behaviours which have developed since childhood.

As fat loss is one of your goals then I would advise that you track your food. This will help you to learn about your food and food habits, as well as keep you in the calorie deficit you need to be in to lose body fat.

Check out the fitclubwithel portal to learn more about calorie deficit and fat loss.

You can use MyFitnessPal app to track your calories.

### Using MyFitnessPal app (MFP)

Download the MyFitnessPal app and set up an account (if you don't already use it).

#### 1. Add me as friend

Please add me as a 'friend' on your MyFitnessPal. If you have password protected your account then please let me know the password. My account name is fitclubwithel.

#### 2. How to change your goals in MyFitnessPal

##### Website Users

- Log in to <https://www.myfitnesspal.com> in a web browser
- Click "My Home", then "Goals", then select Edit for Daily Nutrition Goals, Fitness, or Micronutrients
- Once you've made your changes make sure to click "Save Changes", those same changes will then appear in the app the next time the app syncs to the website

##### Android and iOS apps

- Tap "Goals" in the Menu (or "More" page)
- Tap "Calories, Carbs, Protein & Fat Goals"
- Or tap "Additional Nutrient Goals, " to adjust additional micronutrient goals

MyFitnessPal distributes fat, carbs and protein calories based on a percentage, in five percent increments. All three goals will total 100%. I would advise you keep your carbs and protein split about the same, and then have a lower fat %.



Don't worry if you don't get your macro split bang on each day, just make sure your fats don't go above the number given.

### And remember...

Whatever eating plan you choose ask yourself the question – 'can I do this for the rest of my life?'

With any eating plan, you need to be realistic. It has to be one you can maintain and be consistent with.

Tracking your food will help you to understand your food, amounts and calories, but I don't want you to get obsessed by numbers. Nor do I want you to not eat certain foods.

There is so much we can take from learning about our nutrition – especially when we are in menopause – that will benefit our health. Food is not all about fat loss!