Compiling daily diet in app myfitnesspal.com

Go to www.myfitnesspal.com

Create your account or use your Facebook login for sign in. It is not possible to use the app without login.



After login go to "My Home-Settings". From options, chose "Diary Settings".



Account Settings
Subscription Settings
Change Password
Change email address/email preferences
Change Username
Change Time Zone
Update diet/fitness profile
Diary Settings
Privacy Settings
Automatic News Feed Update Settings
Change Units
Facebook/Twitter sharing settings
Change Language
Delete Account

In option "Nutrients Tracked" chose

"Carbohydrates", "Fat", "Proteins", "Calcium", and "Vitamin C". In option "Meal Names" enter "Breakfast", "Snack I", "Lunch", "Snack II", and "Dinner". Save by click on "Save Changes".

Nutrients Tracked:		Change Nutrients Tracked				
Kilojoules (Required)	_	If you'd like to change which nutrients you are tracking in your food diary, just use the				
Carbohydrates	•	controls to the left to choose which nutrients you'd like to track, then click. "Save Changes				
Fat	•					
Protein	•					
Calcium	•					
Vitamin C	•					
Switch between gran	ns and percentages	We display a macronultient breakdown for each meak you log in your diary. MyFitnessPal Premium members can easily switch between grams and percentages by clicking the diary header.				
	liew:	Change Add Food Default View				
Default Add Food V						
Recent	•	By default we display your most recent entries when you add foods to your diary. If you would like to change this default, click on the drop-down box and select your preferred view.				
Default Add Food V Recent Meal Names:	•	By default are display your most recent entries when you add toods to your daay if you would like to change this default, click on the dop-down box and select your preferred view.				
Default Add Food V Recent Meal Names: Breakfast	•	By default we display your most event entries when you add loads to your days fryu- would like to change this default, click on the dop-down loss and select your preferred view. Change Meal Names Thus on change the revenues of the make loss of by your bod days for exemption to back up when holding holes, way chief means were may family as a final to back up.				
Default Add Food V Recent Meal Names: Breakfast Snacks I	•	By default we display your most recent entries when you add boot to your day, if you would like to change hits default, click on the dop-down box and select your preferred view. Change Meal Names Thus can change be names of the meals used in your tood day, For example, to track yo earing hadds to track."				
Default Add Food V Recent Meal Names: Breakfast Snacks I Lunch	•	By default are disally your most recent entries when you add boot to your days if you would like to change hits default, click on the dop-down box and select your preferred view. Change Meal Names Thus can change the numes of the meals used in your food days. For example, to track to the select your could change your meal names to "Malt to 11AA", "11AAI to "Hart, "				

For adding the foods go to "Food-Food Diary". Click on "Add Food", enter name or key words and find appropriate food. Estimate amount of the food and click on "Add Food to Diary".

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MY HOME	FOOD	EXERCISE	REPORTS	APPS	COMMUNITY	BLOG	₭ SHOP
Food Diary	Database	My Foods	My Meals	Recipes	Settings		
Your Food Dia	ry For: 🖣	Wednesday	, October 26,	2016			
			Kilojoules	Carbs Fat	Protein Cal	cium Vit C	
Add Food Qu	ick Tools		kj	g g	g s) g	
Lunch							
Add Food Qu	ick Tools						
Dinner							
Add Food Qu	ick Tools						
Snacks							
Add Food Ou	ick Tools						

For adding the foods, you can also use mobile app "MyFitnessPal" available for iPhone and Android.





After completion of the list for whole day, go to web myfitnesspal.com and open the food diary ("Food-Food Diary"). Set the window size to fit the entire list including sums of the parameters on the screen. Use "Print Screen" to take a copy of the screen, save it as a picture, crop it and fit it into A4 page format.

rour Food Diary For: Thursday, O	ctober 13, :	2016				
Breakfast	Kilojoules kj	Carbs g	Fat g	Protein g	Calcium g	VILC g
Cappucino - Homemade Cappucino, 1 cup	460	13	3	8	30	0
Bananas, raw, 150 gram	473	29	0	1	1	18
Home Made - Oat Meal - Oat Meal:, 1 cup	1,351	62	8	10	0	0
Homemade - Egg, 1 egg	293	0	5	6	2	0
Orange juice - Raw, 1 cup	467	26	0	2	3	207
Add Food Quick Tools	3,044	130	16	27	36	225
Lunch						
Mcdonald's - Chicken, 2 sandwich	3,012	80	32	28	0	0
Mcdonalds - Mcdonalds Coke, Large, 30 oz	1,255	81	0	0	0	0
Mc Donalds - Ice Cream/ Desert, 100 g (as sold in cup)	1,653	62	14	6	0	0
Add Food Quick Tools	5,920	223	46	34	0	0
Dinner						
Chicken - Chicken Tight Rosted, 1 tight	640	0	10	16	0	0
Rice, 0.75 cup cooked	628	35	0	3	0	0
Black Isle - Goldfinch IPA, 330 ml	439	8	0	0	0	0
Add Food Quick Tools	1,707	43	10	19	0	0
Snacks						
Starbucks - Pumpkin Spice Late - Grande - Whole Milk, 16 oz	1,757	52	17	14	45	2
Opavia - Bebe, 1 baleni	962	35	8	4	18	0
Add Food Quick Tools	2,719	87	25	18	63	2
Totals	13,390	483	97	98	99	227
Your Daily Goal	10,000	299	80	120	100	100
Remaining	-3,390	-184	-17	22	1	-127
	Kilojoules kj	Carbs g	Fat g	Protein g	Calcium g	Vit C g

Print the list and bring it on practice.