TRACKING TOOLS PROS AND CONS

PEN AND PAPER/ NOTES SECTION OF PHONE

PROS
- Able to write your mood before and after a meal and the time of day that you ate it
- Makes you think twice by bringing awareness to food choices
- Good if you prefer a physical tracking tool

TAKING PHOTOS OF YOUR FOOD

PROS
- Visualization of portion size
- Creates awareness of food consumed with less stress

USE YOUR INSTAGRAM ACCOUNT/ SOCIAL MEDIA PROFILE

PROS
- Potential to be inspired by other accounts
- Followers give you a sense of responsibility which can hold you accountable
- Easy to discover new healthy recipes and share photos of yours

DOWNLOAD A TRACKING APP

PROS
- Big database with convenient label-scanning option
- Includes a pie chart with the amount & percentage of protein, fat, and carbs consumed
- Micro-nutrient lists available to assess food quality
- Upgrade available to specify macro/micros. timing of meals, & modify day-to-day
- Can edit and plan for the following day and review previous days

TRACKING TOOLS PROS AND CONS

PEN AND PAPER/ NOTES SECTION OF PHONE

CONS
- Time consuming or inconvenient
- Under or over estimating the amount of food entered

TAKING PHOTOS OF YOUR FOOD

CONS
- Doesn't take into account the amount of calories or preparation methods used
- Underestimation of food actually consumed (May not take a picture of every tiny snack eaten)

USE YOUR INSTAGRAM ACCOUNT/ SOCIAL MEDIA PROFILE

CONS
- Hate comments
- Misinformation not regulated
- Conflicting views can make it confusing to sift through

DOWNLOAD A TRACKING APP

CONS
- Some user-generated calories/macros may be inaccurate
- Can become obsessive & interferes w/ quality of life
- Guessing entry, rather than weighing/measuring. Leads to inaccuracies
- Estimated calorie needs aren't 100% reliable & may lead to the "screw it" mentality (when goal is too low)