

Your Food Diary Guide: Setup

USING MYFITNESSPAL APP ON YOUR TABLET OR MOBILE DEVICE



MyFitnessPal
Calorie Counter & Diet Tracker
★★★★★ 10.8K

The Set Up

1 DOWN THE [FREE MY FITNESS PAL APP](#)

Search for the app in the App Store (iPhone/iPad) or Google Play (Android devices). The premium account is not required.

2 CREATE AN ACCOUNT



You will be prompted to sign up for a free account the first time you open the app. You will be asked to enter your gender, age, height, weight and weight goals. My Fitness Pal uses this information to set a calorie target. A realistic calorie target is the same number as your resting metabolic rate (see the Metabolism, Calorie Target & Distribution).



PRIVACY:

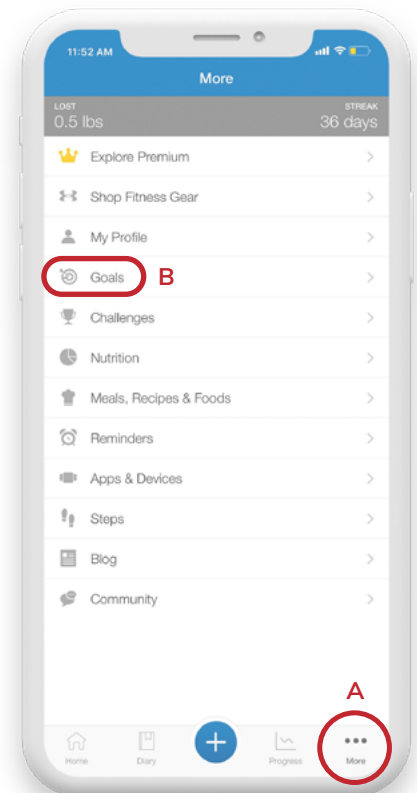
If you are concerned about your privacy and confidentiality, do not use your real name as your username and do not upload an identifying photo. You can also review your privacy options under Settings Profile Privacy Settings.

3 CALORIE TARGET

- Click  in the bottom right hand corner (**see A**), then Goals (**see B**).
- Click Calorie & Macronutrient Goals.
- Change your calorie target to the calorie level agreed upon with your dietitian.
- Go back to the  screen by clicking the back arrow in the top left-hand corner.

NOTE


MyFitnessPal's default macronutrient goals are 50% of calories from carbohydrate, 20% from protein and 30% from fat. Canadian dietary guidelines advise 45-65% of calories from carbohydrate, 10-35% from protein and 20-35% from fat. You can make modest adjustments if desired but aim to keep protein in the range of 20-25%. Keep in mind that the quality of carbohydrate, protein and fat is more important than achieving a specific distribution of macronutrients. Diet quality is discussed in another document.

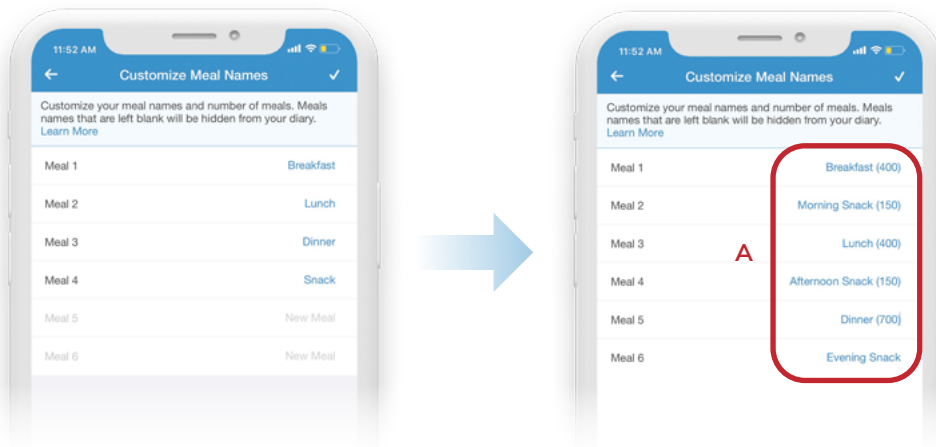


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4 EXPAND SNACK CATEGORY


- Click  in the bottom right hand corner, then **Settings** (third from the bottom)
- Click on **Diary Settings**, then **Customize Meal Names**
- Change the meal names to include 3 Snack categories (morning, afternoon and evening) (see A).
- Within the first few appointments, you and your dietitian will discuss how to spread your calories throughout the day. You may consider including your calorie target for each meal and snack in brackets in the meal names as shown in the example below.
- Click the check mark in the top right corner to save the changes.
- Go back to **Diary Settings** by clicking the back arrow in the top left hand corner.



5 DIARY SHARING

- Within **Diary Settings**, click **Diary Sharing**.
- Select the **Friends Only** option. This will allow your dietitian to view your food records.
- Click the check mark in the top right corner to save the changes.
- Go back to the  screen by clicking the back arrow in the top left-hand corner three times.

6 ADD FRIENDS

- From the  screen, click **Friends**
- Click the plus sign (+) in the top right corner, then **Email or MyFitnessPal Username**
- Enter the Email or usernames in the To: field
 - You can invite any friend who is part of your supportive network.
- Enter your name on the next line and then click the check mark in the top right corner to send your invitation.