

Forum:[Hack Forums](#)

Thread: [Nutrition Apps // Tracking your food](#)

blobtown - September 19, 2018, 8:55 pm

Does anyone track what food they eat using a nutrition app?
I'm thinking about tracking my macro nutrients and caloric intake...

I have some questions;

- 1) What benefits have you found tracking your food?
- 2) It seems like a hassle - is it worth it?
- 3) What app would you recommend using

thedross - September 20, 2018, 12:01 am

(Sep 19, 2018 08:55 PM)blobtown Wrote: [\[CITE\]](#) Does anyone track what food they eat using a nutrition app?
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 1. guaranteed gains
 2. most definitely. if you don't count your macros you're going to progress a lot slower than you could.
 3. myfitnesspal

Sigma - September 20, 2018, 2:05 pm

If you are going to be tracking macros or calories, then you 100% need to use a tracking app. I use myfitnesspal

JuiceWRLD - September 27, 2018, 8:40 am

I've been going to the gym for a while now (3 years or so) and I have not tracked calories until about 4 days ago. I've gotten pretty far with eyeballing my food and understanding what's healthy and what's not. But, in order for me to get to 9-10% BF, you really need to track your macros to make sure you're getting somewhere.

Benefits - depending on if you're cutting or bulking, you will see the results that you're expecting. So, you won't feel like you're wasting time

Hassel - None so far in my experience. You just need to have time in your day to cook, or, just meal prep a week worth of food on a Sunday for example. Basically, you can make it easier or harder for yourself the way you approach it.

App - My Fitness Pal is the best one out there right now.

Grimzyy - September 28, 2018, 3:03 am

1) What benefits have you found tracking your food? - Getting the exact macronutrients and being

able to keep a good eye on sodium intake

2) It seems like a hassle - is it worth it? - Takes me 5 minutes to do my food for the day... don't be lazy

3) What app would you recommend using - My fitnesspal. set all goals and calories to 0 and just track your food from there