

Internet Tracking Tools for the Bariatric Patient

*Count your calories and keep a food log daily for the rest of your life

<p>FREE Online Food Diary/ Diet trackers (Phone Apps available)</p> <p>My Fitness Pal: www.myfitnesspal.com</p> <p>FitDay: www.fitday.com</p> <p>Sparkpeople: www.sparkpeople.com</p> <p>Livestrong: www.thedailyplate.com www.livestrong.com</p> <p>USDA Food Pyramid Tracker: www.mypyramid.gov</p>
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<p>Online Resources:</p> <p>www.bariatriceating.com www.obesityhelp.com www.thinnertimes.com http://theworldaccordingtoeggface.blogspot.com</p> <p>The Calorie King: www.calorieking.com</p> <p>Pinterest: www.pinterest.com</p>
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Recipes	Meal Planning/Physical Activity	Meal Delivery
www.skinnytaste.com www.eatingwell.com www.myrecipes.com www.savvyvegetarian.com www.ibreatheimhungry.com	www.hungrygirl.com www.nutritiondata.com www.calorieking.com www.healthydiningfinder.com www.fitsugar.com www.sparkpeople.com	www.blueapron.com www.plated.com www.hellofresh.com www.thefreshdiet.com www.bistromd.com www.dietto.com

Phone Applications	
Livestrong Lose It! My Fitness Pal Calorie Counter My Net Diary 7 minute workout PopSugar Active	Good Food Near You (Healthy menu options) Pepperplate (Meal planning) Mapmywalk (exercise) Fooducate (food scanner) My Family Meal Planner Prep Pad (Scale) Food on the Table

- ✓ Write down everything you eat and drink (please include water too!)
- ✓ Record all of this data **AT THE TIME YOU EAT.**
- ✓ Remember condiments and add-on's (eg sugar, whole/skim milk, or cream in coffee, butter on bread, ketchup, relish, salsa, mustard, etc.)
- ✓ **BE HONEST!** Good information will help you get better results.