

# Food Tracking Benefits

*You have just come on board as a coaching client, and I am so excited to have you! This is one of the first exercises I have all my clients complete, to provide an insight into their usual dietary habits. But, it is important to be fully aware of both the benefits and downfalls of food tracking before diving in!*

-Noemi



## Improved Awareness

If used correctly, it can help to indicate some foods/meals and eating patterns that may be slowing progress i.e. Calorie-dense



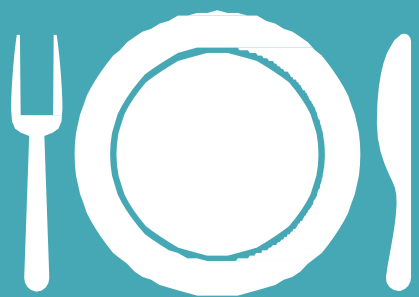
## Consistency

Getting in a regular schedule of food tracking and logging can help you to establish a regular eating pattern, without skipping important meals.



## Increased Accountability

By adding in the practice of tracking, you may feel more responsible about getting the three pillar meals in, hitting all of the main macronutrients and getting plenty of fruit, vegetables and water.



## Mindful Eating

When you learn about the Caloric density of some of your favourite foods and meals, you'll begin to appreciate smaller portion sizes. You may eat slower, truly taste your food and be more mindful.

# Food Tracking Downfalls

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## Obsessive Behaviours

If you find yourself panicking when you forget to scan the packaging of a food product, or asking the chef at a restaurant what brand of rice they used, then tracking might not be for you.



## Disordered Eating

One unfortunate side-effect of food tracking can be the development of disordered eating behaviours. This includes avoidance of certain foods, skipping meals, banking Calories and more!



## Social Avoidance

If you experience the above, you may begin to avoid social eating environments and normal activities for fear of losing control. This is another red flag to watch out for and may indicate that food tracking is not suited to you!