

MEASURING AND

WEIGHING FOOD

At Stronger U, **one of our primary goals is to change the way you eat and view food.** One of our main tools for helping you do just that is by teaching you how to accurately measure and account for the food you eat on a daily basis. This is something we accomplish through weighing and measuring our food using tools like food scales and liquid measuring cups so you can soon learn what proper portion sizes look like. Over time, this allows you to understand where your calories come from, which foods can best help you meet your macronutrient targets, and then plan a day effectively so you can eat for your goals and enjoy the foods you want in the appropriate amounts.



Real Life Application

In order to weigh your food accurately, you'll need to get a food scale. You can find one on Amazon or any local store. The brand isn't important. From there, you will begin weighing and measuring everything you eat.

When preparing food, the first thing you will do is weigh it and log it in MyFitnessPal. The food scale will be your primary tool here. Except when measuring a liquid or a beverage, which you can do with a liquid measuring cup. We understand that weighing everything you eat can sound intimidating at first, but this is an eye-opening skill that you'll quickly get more comfortable with. Think of it as a fast-track to food education. Soon, you'll begin to understand what various serving sizes look like and [building your own recipes in MyFitnessPal](#). Oh, and you might not ever be able to view peanut butter the same again. We're sorry about that.



Develop some familiarity with your food scale. Learn how to weigh various foods on it. Learn functions like the “[tare](#)” button, which allows you to zero-out the scale with something on it.

We have added entries to MyFitnessPal for many basic food options that will be accurate for you to use. All are raw unless specified. To find these entries in MyFitnessPal **add “Stronger U” to the search bar for that food.**

Many of the popular tracking apps allow for user-generated entries from individuals and larger organizations like restaurant chains. This can be helpful when we’re searching for a particular dish, but because of this **everything won’t always be 100% accurate.**

To double-check the accuracy of foods, use the [USDA’s FoodData Central](#).

While we recommend weighing and logging your food raw, we understand that’s not always possible. So at the end of the day, always **log food the same way you weigh it** (if you weigh food raw/uncooked, enter raw/uncooked. If you weigh it cooked, enter it cooked). This is important because food can lose water while cooking (like chicken or other meats) or gain water while cooking (like rice or pasta).

All nutrition labels and entries in MyFitnessPal, unless otherwise specified, **reflect the nutritional value of raw food.**



Main Takeaway

Through learning how to use a food scale and liquid measuring cups, you’ll begin to gain a better eye for just how much a serving of something actually looks like. This will allow you to accurately log and account for everything you’re eating. Through time and practice, you will start to gain a better understanding of what portion sizes of various foods look like. Then, because of your newfound understanding of portion sizes and nutritional make-up of the food you eat, you will begin to be able to take more control over choosing reasonably sized portions for the rest of your life, even without the scale!



Resources

If you would like to read more on why weighing and measuring your food is such a vital habit to develop, you’ll find [this blog](#) answers all of those questions and more. If you would like to read more in-depth on why tracking helps us understand just how much we might be overeating, you will enjoy [this read](#). There are also a lot of questions about if we recommend tracking and weighing your food forever, which is a question we answer [here](#).