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Nutrition Tracker Food Groupings – Good for speed, bad for points

Sunday, December 01, 2013

Since I eat the same breakfast and snack every day, I finally decided to save time and enter both into my nutrition tracker as food groupings.

There are 3 items in my breakfast (WW toast, peanut butter, OJ) and 4 in my afternoon snack (a mix of plain yogurt & French Vanilla yogurt – both organic - and high fiber cereal & fruit). Yes, I know that's a big "snack" but it keeps me going until dinner.

One day I noticed on my spark points that my nutrition points were quite low although my calories were consistent. Surprise! While entering each item separately added up to 7 points, having 2 food grouping earned only 2 points. Groupings for a standard lunch and dinner continued the trend. Just looking at my points it seemed that I was hardly eating anything.

Now this isn't a big deal. Time is important too, but I'm surprised that it took me this long to notice the difference. It's also amazing to me that at my age I really like to see the reward of these spark points.

Maintaining a healthy lifestyle is its own reward, but it sure is nice to see those points increasing.

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AMARILYNH

LOL it may be funny but I feel the same way!! It is especially silly for me because I've already earned the top 'trophy' for points - but I still like earning points so I can give away lots of goodies!!

Like you, I often eat exactly the same meal for breakfast especially. So instead of making it a grouping, I just 'copy' it to the next day. That way I earn ALL my points LOL! I have to admit I'm kind of glad I'm not the only one who enjoys earning those points so much!!
2745 days ago



DESERTJULZ

It is kind of silly, yet the Spark Points are motivating! I've not made much use of groupings, though I have created recipes for meals that I repeat often and I also use the copy feature mentioned by others.
2751 days ago



**MERRYMARY42**

I noticed it, and I do like to get the points too, pointless, but I like it, I see that they took the vegetables away also, when I had 7 fruits and vegetables, I got extra points for that too, not 7 but a couple
 so now I put down 1 black coffee
 1 splenda
 and 1 tsp coffee mate
 makes me feel better, and yes it takes time.
 2751 days ago

**MARYJEANSL**

It sounds like a rather confusing system.
 2751 days ago

**STRIVERONE**

I think someone you know once titled a blog entry "Stupid Motivational Tricks". He was talking about the Spark Points. I agreed with his premise and decided to take them out of my equation. Couldn't do it though. Even though they have no material value, they are free and I am entitled to have them. I can't stop clicking on the "Get Your Spark Points" boxes. I spin the wheels and I click on those team bonus point flags. The concept motivates me to do things that would be pointless if it were not for the points they generate. So I understand why the one point for a large group of foods concept is annoying. What's more annoying to me is that I find myself making a separate entry for each ingredient of our go-to dinner salad because I don't want to lose the points.
 2751 days ago



Comment edited on: 12/1/2013 8:04:25 PM

**SUZYMOBILE**

I really like the food groupings, because I have the same thing for breakfast every day and two basic salads for lunch and dinner. I did go through a phase when the points really mattered a lot to me. I'd take polls and quizzes and open articles without reading them, just to get the points. Then I decided to be "honest" about the points and not go seeking every single one I could scarf up. In short, saving time came to matter more to me than getting points.
 2751 days ago

**BOOKAPHILE**

I discovered that right away, and, while I love the points, I didn't love the time that finding each little part of the meal took. I'll take the "convenience fee" loss of points anytime!
 2752 days ago

**WUMPASTAR**

I create all my meals as groupings as I tend to re-do the same recipes after a couple of weeks and it saves time - and I noticed that too! It's weird, but eh. Gonna get my points elsewhere ;D XD
 2752 days ago

**DR1939**

I, too, eat the same breakfast everyday. If you use the copy feature you get the points for each item. I copy breakfast for a week ahead.
 2752 days ago

**WATERMELLEN**

Yup, me too. My groupings for my typical morning omelette, my typical lunch time salads (both with quite a few ingredients) save me time and lose me points. Oh well oh well.
 2752 days ago

**CD13136117**

You are one step ahead of me too - I didn't realize that either and I do the same grouping for my breakfast and for one of my popular snacks. Thanks for letting us all know!
 2752 days ago

**NELLJONES**

I'm with you. You need to enter each item separately then copy the meal day to day. Points may seem silly but better to obsess over points than the scale.
 2752 days ago

**CD13099273**

I have notice that also as I do the same thing add meals by groupings and favorites ? Now that I am really focusing on a very bland nutrition while we focus out what's going on with me , I need to really reconstruct my entire Favorite section and Groupings - Rome was not built in a day :) - Trial



and error , I do not focus on any spark points I just focus on movement
 2752 days ago

Comment edited on: 12/1/2013 9:03:09 AM

**CD12146214**

Glad to know I am not the only one who eats the exact same breakfast and snacks everyday.....you could probably throw lunch in there as well for 85% of the time I eat the same





thing for lunch
2752 days ago



TRAVELGRRL

Wow, never realized that! I like the points but they don't drive me...I know some people who work really hard to get 100+, but I don't want to play that game. I'm on the computer enough! The only points I try to max every day are the fitness minutes. But thanks for the blog. On days when I'm close to the next level I'll remember to add everything separately!

2752 days ago



KMVBBAM

I noticed this after they revamped the nutrition page. It never happened before and like you I want those points, shouldn't be important but it is to me. Looks like I am not alone and feel they should either go back to the old page or fix the groupings. You can also add the foods again and delete, giving you the points.

2752 days ago



ONEKIDSMOM

I noticed that before... but between the cap on the number of items that earn points... and the number of items that I vary in a day, I think it's a good tradeoff for me.

Yep, like seeing those points mount up, and every once in a while have to remind myself that they



are only a motivational tool... not my grade in how I'm doing!

2752 days ago



TERI-RIFIC

MORE IMPORTANTLY - I didn't know you could do food groupings. How oblivious can I be? This is going to help a lot because I do eat a lot of the same things every day. THANKS! As much as I like points, this I will overlook.

2752 days ago



PHEBESS

Yeah, I'm a point junkie.

You could log it in one day, and just hit the "copy custom food" button for the subsequent days - I do that all the time. You get full points, and it's just as fast as the grouping thing.

2752 days ago



TERI-RIFIC

I love points!!

2752 days ago



JSTETSER

I have also noticed the tracker gives more points when I enter foods individually.

I want those points!

2752 days ago



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