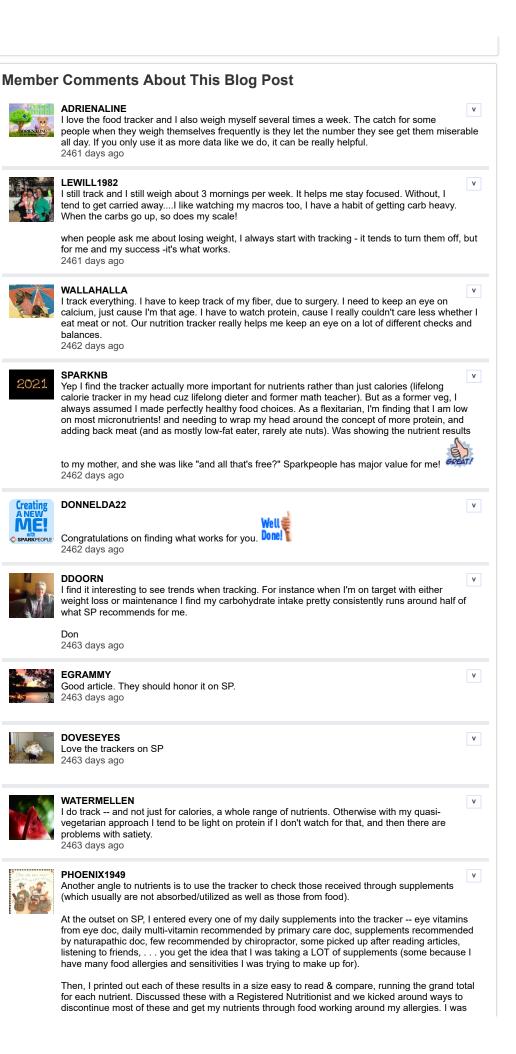


Report Inappropriate Blog



way overboard on some amounts. What an eye opener.

Emotional eating and physical ability issues have unfortunately kept my weight ticker 'Tomas Tortuga' aka Tommy Turtle, going back and forth on the same 25#'s. Perhaps it is time to trade him in on something that moves faster, ha-ha.

2463 days ago



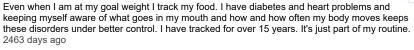
DR1939

v

v

v

v





TRAVELGRRL

Great article! I do look at the nutrient content of my daily diet, but just as information rather than as something to strive for. I generally eat a healthy diet although if I'm short on anything? It's CALORIES, which is probably just as unhealthy as shorting myself on protein or carbs or healthy fat...





MARYJEANSL I had never thought of tracking specifically for nutrients, but it's a great idea.

2463 days ago



4A-HEALTHY-BMI

. ..

I definitely track for nutrient content, even when I'm in my goal range. By trial and error I've discovered that I do best with 1/3 fats, 1/3 protein, and 1/3 carbs (minimizing starches and sugars)

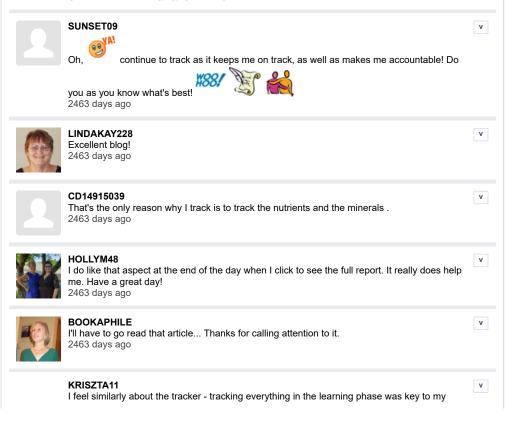
Here's a breakdown of what makes me feel most energetic and strong:

http://www.fatsecret .com/diets/member-diet/Default. aspx?dietid=4355344

50g of fat minimum 40g of fiber minimum 150g of protein minimum 100g of sugar MAXIMUM (this includes sugar IN my foods, like fruit)

Of course you probably have a different metabolism and different needs but I think it's been extremely valuable to be able to track and watch what happens - without the tracking I would never have been able to get this information for what my individual body likes as fuel and building materials. 2463 days ago

Comment edited on: 9/13/2014 12:28:42 PM





success. Now I think of it as a lifebelt I can go to if my weight takes an upward trend.	
Have a great day!	
- 64	

۷

	2463 days ago	
The second	 PMRUNNER Like you, I don't use the food tracker that closely unless my fluctuations start getting out of hand. When school is in session, I tend to get in a groove (ok, a rut) of eating the same thing for breakfast and lunch and have a small rotation of dinners. With the consistent diet, I have a good idea what I am eating calorie and nutrient wise, so I don't tend to get too far out of whack. 2463 days ago 	v d
	SWEDE_SU a good reminder! 2463 days ago	V
G	GINIEMIE When I track, I've been remiss or spotty of late, I watch my sodium intake. It is important that I keep it below the suggested amount on our food tracker. I need to watch my weight-preferably going down-but if I eat to much salty foods that's not what it does, I also need to make sure I do end up in the high range for my blood presser -that is where too much salt puts me EVERY TIM So I've learned over the last four years to check my food tracker for at least that along with the calories. Thanks for the reminder.I need to get back on track-long term.	
	KELLIEBEAN I do not track food much anymore unless I feel myself going off the rails. I do like to watch the nutrients more than calories. I like that the tracker helps me see my habits I can decide where to make changes. Excellent blog! Thanks for the link to the article! 2463 days ago	v
	WILSONWR I love the food tracker - it provides a lot of good information. The more we can do to improve our diet, the better we will feel! 2463 days ago	v
	POINDEXTRA Great post! joined Sparkpeople after several years of maintaining on Weight Watchers precisely because I wanted to see how I was doing nutritionally. To my surprise, I learned that I wasn't eating enough fat! I've added fiber, Calcium, and Vitamin D to my tracker. I especially like the pie chart which shows major nutrientbreakdown at a glance. Now, I strive for a 50/25/25 spli between carbs, protein, and fat, which I get very close to most days. 2463 days ago	
2	MISCHAKEO I like your humor. The range of nutrients I eat is something I need to look at. I have to smile at fluctuation being up and downand not only up. That definitely is the time to get tracking and cracking! Nice informative blog. 2463 days ago	V
6	ONEKIDSMOM Yes, I use the tracker for the ranges of nutrients, too. It makes a difference I want to be sure I have enough protein to support my training. 2463 days ago	v
	CD4114015 Sounds like a great plan to me. I actually track everything that goes into my mouth (not days I have binged which don't happen often anymore, thankfully) and will probably do it the rest of my life. I actually like it! Have a wonderful weekend! 2463 days ago	v
	CD14815535 Hm, hmyou are so right. I tend to look only at the calories and the protein, but because of my	v



age I need to look at a few more things, too. And like you said, SP is not perfect but it does give a good range. Off to add a few nutrients to my list. 2464 days ago

Add Your Comment to the Blog Po		
Leave encouragement, a question, or anything else rele SparkPeople's Community Guidelines.	vant to this post. All blog comments must abide	by
		//
□ Subscribe to this blog	ADD AN EMOTICON SPELL C	HECK
Post Comment		
isclaimer: Weight loss results will vary from person to pe sult of following the SparkPeople program.	rson. No individual result should be seen as a t	ypical