

**HOW TO
TRACK
ALCOHOL
WHEN
FLEXIBLE DIETING
MACRO
TRACKING**



TRACKING ALCOHOL IS EASY ONCE YOU LEARN YOUR MACROS

Steps to tracking alcohol:

- 1) Know your macros. Protein and carbs are 4 calories/gram and fat is 9 calories/gram
- 2) Decide if you will track alcohol as a carb or a fat. NEVER track alcohol as a protein
- 3) Take the calories in your alcoholic drink and divide by 4 to track as a carb or divide by 9 to track as a fat
- 4) You will need to make a manual entry in MFP for your alcohol.
Alcohol doesn't log properly. **

**You can create your drink in MFP under "My Foods" then you are able to log it and have it for future reference.

FREQUENTLY ASKED QUESTIONS:

- **Why can't I just use the scan method to track my drink?**

By scanning your drink, for example a can of light beer, the macros will be inaccurate due to the fact that alcohol is not a food and therefore not under the same regulations. Alcohol companies list low carb amounts on the label simply to sell more product.

- **Why can't I just search the MFP database for my drink?**

The same reason you can't use the scan method is the reason you can't use the MFP database to search for your drink. The macros will come up short. Meaning the entry wasn't entered correctly.

- **Do I have to track my alcohol?**

Like any item, you don't have to track it. However, in a fat loss phase, it is best to be accurate. Alcohol is liquid calories and they can add up fast and throw you out of a calorie deficit. It is always best to track everything you eat and drink. You can't manage what you don't measure!

In the end, tracking alcohol is best. It allows you to enjoy your social life and still reach your weight loss goals.

By simply allowing 100 calories for the average drink (the proof level of alcohol will make calories increase) you have at least allotted some macros for it.

Don't forget to track the mixes in the drink. Those can add up too, things like tonic, soda, syrup, etc.