



BEST PRACTICES FOR TRACKING COOKING OILS, SAUCES, AND MARINADES IN COOKING

There are a few ways to track the cooking oils, sauces, and marinades you cook with. The choice for each method will depend on how diligent you want or need to be to your macro goals.

COOKING OILS



Most accurate: if cooking for one, measure oil by gram weight before cooking and record in your tracking app. If cooking for more than one or cooking in bulk, measure oil by gram weight plus additional ingredients before cooking and record in your tracking app as a recipe. At the time of eating, record $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, etc. of the recipe which represents 2 servings per recipe, 3 servings per recipe, 4 servings per recipe, and so forth.

Moderately accurate: if cooking for one, eyeball the oil put in the pan before cooking and record in your tracking app. If cooking for more than one or if cooking in bulk, estimate oil portion used plus additional ingredients before cooking and record in your tracking app as a recipe. At the time of eating, record $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, etc. of the recipe which represents 2 servings per recipe, 3 servings per recipe, 4 servings per recipe, and so forth.

Somewhat accurate: pad the food diary with 1-2 tsp of oil every time you eat food that you cook in oil, as if to “cover your bases” with fat grams.

Accurate enough: don't log the fat that you cook with in because it's such a trace amount that it doesn't contribute much to your macro totals.

BEST PRACTICES FOR TRACKING FATS, SAUCES, AND MARINADES IN COOKING

SAUCES



Most Accurate: measure sauce by weight before cooking with it, or if cooking in bulk, measure the sauce added to other ingredients before cooking, in gram weight. Record the gram weight of the sauce in your food tracking app, or, in the case of bulk cooking, add a recipe (food + sauce) to the tracking app. Record $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$ or otherwise of the recipe which represents 2 servings per recipe, 3 servings per recipe, 4 servings per recipe, and so forth.

Moderately Accurate: eyeball the sauce used cooking, or if cooking in bulk, estimate the sauce added to other ingredients before cooking. Record the best estimate of the sauce in your food tracking app, or, in the case of bulk cooking, add a recipe (food + sauce) to the tracking app. Record $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$ or otherwise of the recipe which represents 2 servings per recipe, 3 servings per recipe, 4 servings per recipe, and so forth.

Somewhat Accurate: pad the diary with 1-2 Tbsp (or your best guess portion) of sauce every time you eat food that you cook in sauce, as if to “cover your bases” with fat and/or carbohydrate grams.*

Accurate Enough: don't log the sauce that you cook with because it's such a trace amount across multiple days that it doesn't contribute much to your macro totals.

*This depends on the dominant ingredients of the sauce. High fat sauces with oils, cream, or butter will contribute to overall fat targets. High carbohydrate sauces with sugar or juice will contribute to overall carbohydrate targets.

MARINADES



Most Accurate: record the ingredients for the marinade and weigh the yield in grams. Weigh your protein food before marinating, weigh your protein food after marinating. Record the difference (this is the weight of your marinade used) in your full recipe for the dish.

Moderately Accurate: record the ingredients for the marinade as a recipe and log an estimate of your marinade with your full meal recipe (i.e. 1-3 Tbsp).

Somewhat Accurate: pad the food diary with 1-2 tsp of oil, brown sugar, balsamic, or some other main ingredient for your marinade. Every time you eat the dish you'll be “covering your bases” by padding with fats or carbs.*

Accurate Enough: don't log the marinade! It's such a trace amount across multiple days that it really doesn't contribute much to your macro totals.

*This depends on the dominant ingredients of the marinade and how much remains on your food. High fat marinades with oils, cream, or butter will contribute to overall fat targets. High carbohydrate marinades with sugar or juice will contribute to overall carbohydrate targets.