

# eaTracker: Tracking Your Eating Habits and Physical Activity

eaTracker is a free online tool created by Dietitians of Canada that makes it easy for you to track your eating habits and physical activities. eaTracker is for adults and teens 14 years old and up. Males, females as well as pregnant and breastfeeding women can benefit from using eaTracker. Read on to learn about the features of eaTracker and how you can use it to make healthy choices.

## How do I use eaTracker?

Visit [eaTracker](#) and register an account. Once you have signed in, you can watch a short video that shows you all the tools you can use. You can use eaTracker to:

1. Record and analyze the food you eat under the “My Food” tab
2. Record the physical activities you do under the “My Activities” tab
3. Set healthy eating and activity goals under the “My Goals” tab
4. Analyze recipes under the “My Recipes” tab
5. Connect with a Registered Dietitian under the “My Coach” tab

### 1. Record and analyze the food you eat

Under the “My Food” tab, eaTracker will analyze your food intake. It will give you feedback on how you are doing with the four food groups, calories and nutrients like fibre, fat, sodium, protein, vitamins and minerals. You can even add in any vitamins and supplements that you may take.

### 2. Record the physical activity you do

Under the “My Activities” tab, you can record the physical activities you do each day. eaTracker will tell you how many calories you are burning and will compare your physical activity to the Canadian physical activity guidelines. Compare your activities to see if you are reaching your goals.

### 3. Set healthy eating and activity goals

With the [My Goals](#) tool you can:

Choose from a list of ready-made goals or write one yourself.

Get weekly emails from EatRight Ontario with tips and motivational messages!

Log in weekly to track your progress.

Get support with your goals by talking to the dietitians at EatRight Ontario at 1-877-510-510-2.

### 4. Analyze recipes

Under the “My Recipes” tab, you can analyze your own favourite homemade recipes. Find out how many grams of fibre or fat are in a serving of your recipe. You can save your favourite recipes and make it easy to add to your daily menu food choices next time you have the same dish.

### 5. Connect with a Registered Dietitian

Registered Dietitians can work with you as a coach on eaTracker. Your Registered Dietitian coach can comment on your food intake. They can also provide advice to help you achieve your healthy eating and weight goals.

Ask your dietitian to coach you through eaTracker. [Find a Dietitian](#) you don't already have a Registered Dietitian as a coach. There is a fee for the service of a private practice dietitian. This fee is set by the dietitian. Getting coached by a Registered Dietitian is optional.

Remember, you can get support with your goals by talking to the dietitians at EatRight Ontario at 1-877-510-510-2 and it's free!

### Take home message

Whether you want to track your food intake, set healthy eating and physical activity goals or analyze your favourite recipe, eaTracker is a tool that can help you reach your goals no matter what they are!

Have any questions about eaTracker? Call an EatRight Ontario Registered Dietitian at 1-877-510-510-2 or send an [email](#).

You may also be interested in:

[My Menu Planner](#)

[Recipes](#)

[Weight Control Strategies that Work](#)

[Keeping your portions under control](#)

[Plan your own menus](#)