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How To: Add a Custom Food in Nutrition Module



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2 hours ago · Updated

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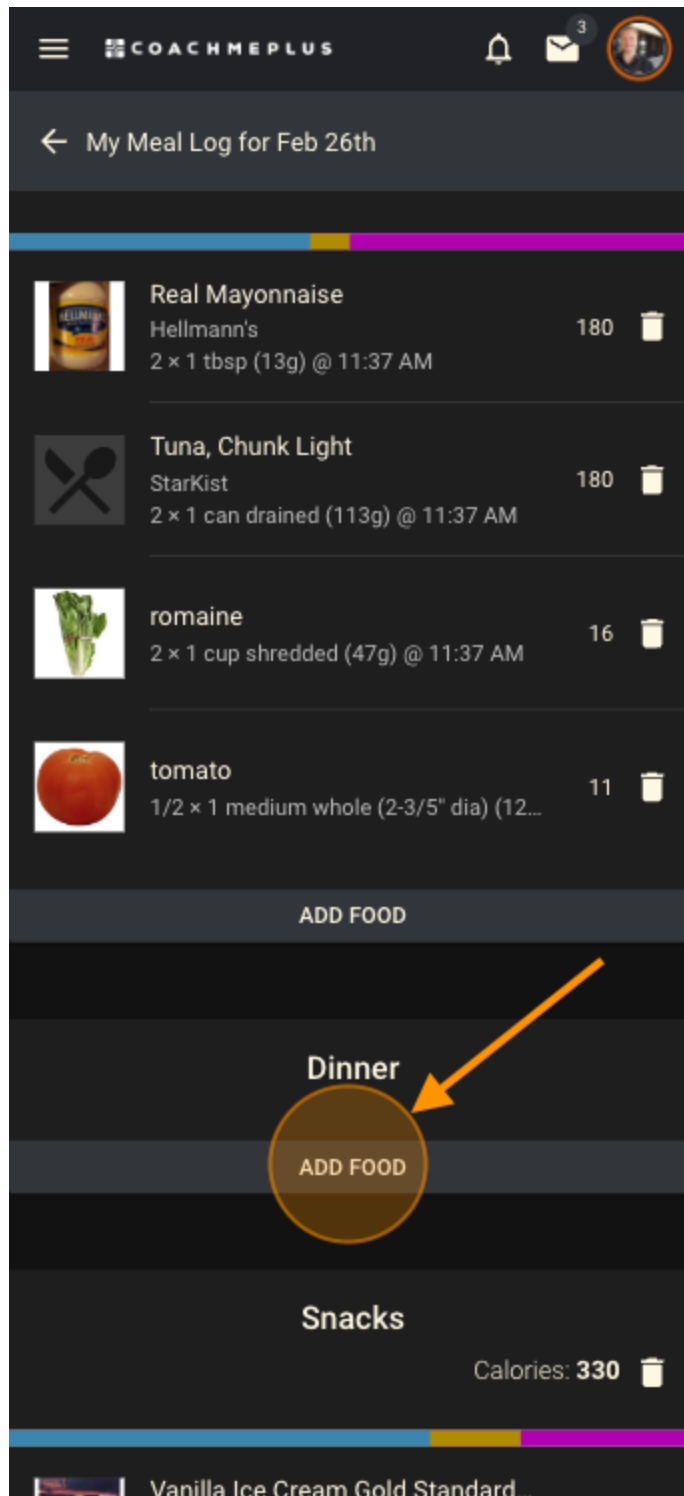
You need this because:

- You have an item that is not in our food library
- You want to add the nutrition facts from a full recipe

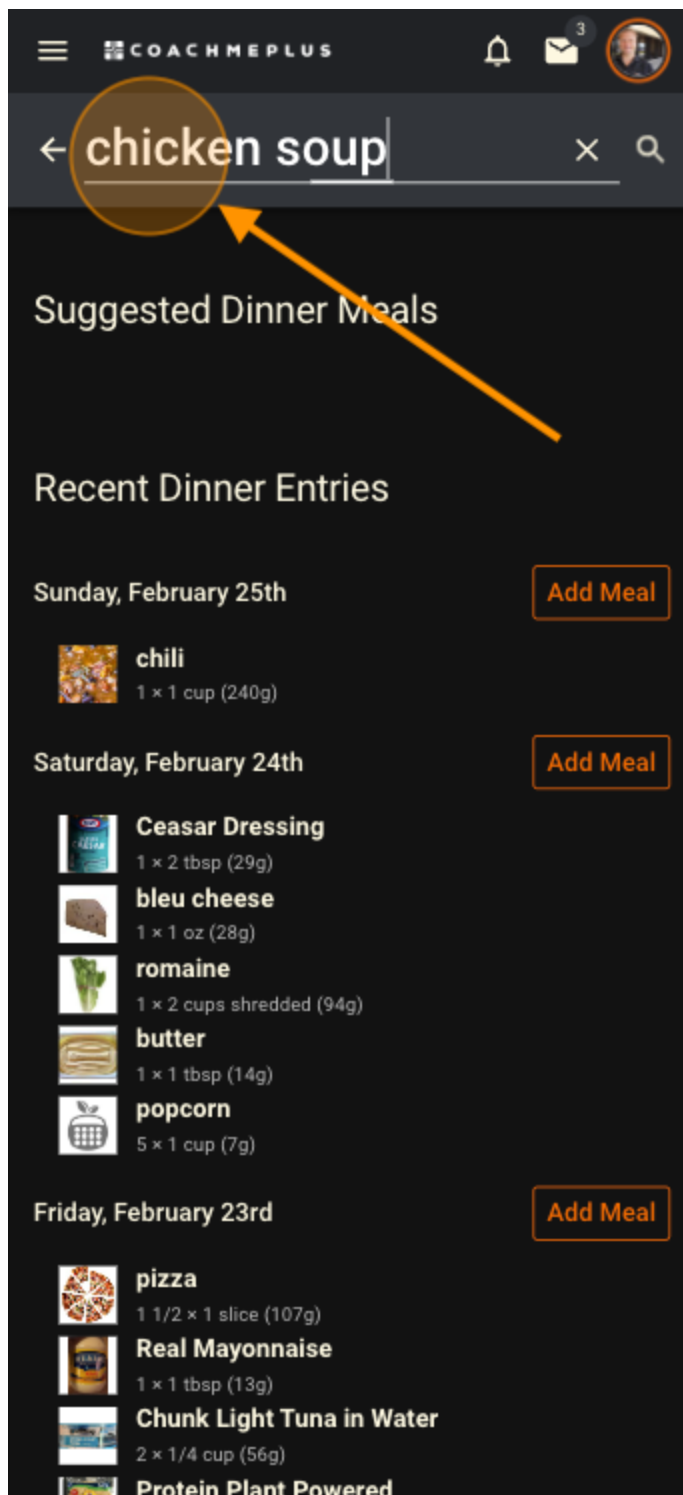
Step-by-step Walkthrough:

Have you tried **adding a food** item to your food log but have been unable to find it in our large database of foods? If so, now you can **add your own foods to the database** if you have all the nutritional information.

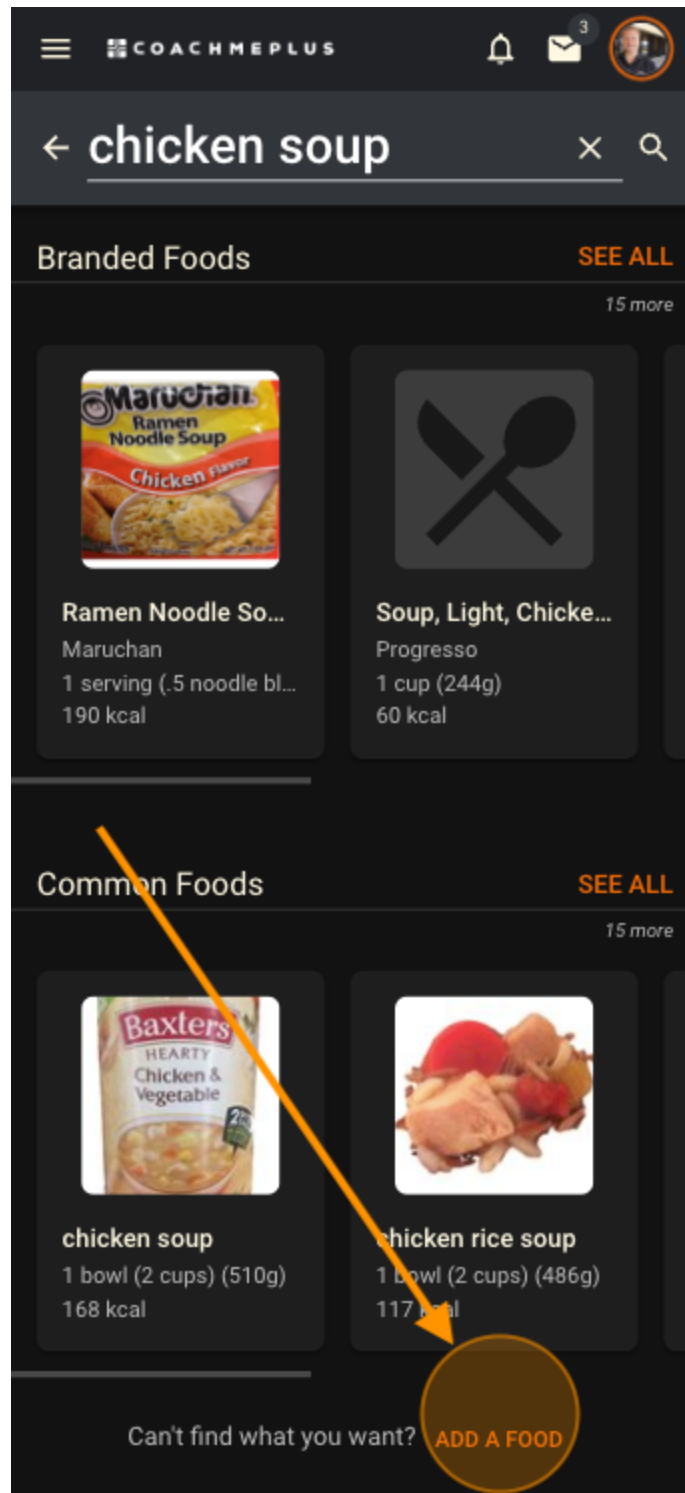
1. Once in your Nutrition Module, Select "Add Food"



2. Search for the food you are looking for into the search line. Note: If you are adding a custom recipe, you still need to "search" for something prior to adding it. You can just type "new" in the search line here to get to the next step.



3. Can't find what you're looking for? Looking to add a custom recipe? Scroll to the very bottom of the page and click "**ADD A FOOD**"



4. Type in the food information - Name, Serving Size, Calories, Fat, Carbohydrates, Protein, then hit the **Save** icon.

Once the item is saved to the database you will be able to see the new item in your food log and be able to use that item in future food logs by searching in the database.

The screenshot shows the 'Add a Food' form in the CoachMePlus app. The form is titled 'Add a Food' and includes a 'Save' button in the top right corner, which is circled in orange with an arrow pointing to it. The form contains several input fields for food information and nutrition data. Annotations in orange text and arrows point to the 'Name' field (labeled 'Save'), the 'Serving Measure' field (labeled 'Save'), and the 'Calories' field (labeled 'Food Info (Name, Serving Size, etc)').

Name
Mom's Chicken Soup

Serving Measure
2 Cups

Nutrition Information

Calories
160 kcal

Total Fat
3 g

Saturated Fat
g

Trans Fat
g

Monounsaturated Fat
g

Polyunsaturated Fat
g

Cholesterol
mg

Sodium
mg

Total Carbohydrate
5 g

Dietary Fiber
g

Total Sugars
g

Protein
g

Other Nutrients

Vitamin D
iu

Note - you can include Macro and Micro nutrient information into your created foods. This includes

Macro Nutrients

- Calories - kcal
- Total Fat - g
 - Saturated Fat - g
 - Trans Fat - g
 - Monounsaturated Fat - g
 - Polyunsaturated Fat - g
- Cholesterol - mg
- Sodium - mg
- Total Carbohydrate - g
 - Dietary Fiber - g
 - Total Sugars - g
- Protein - g

Other Nutrients

- Vitamin D - iu
- Calcium - mg
- Iron - mg
- Potassium - mg
- Vitamin A - iu
- Vitamin C - mg
- Vitamin E - mg
- Added Vitamin E - mg
- Vitamin K - ug
- Thiamin - mg
- Riboflavin - mg
- Niacin - mg
- Vitamin B6 - mg
- Folate - ug
- Vitamin B12 - mg
- Phosphorus - mg
- Magnesium - mg
- Zinc - mg
- Choline - mg
- Caffeine - mg



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