

How To Track Alcohol

Bottoms Up!!!

Step #1

Determine the total calorie content for your alcoholic beverage of choice

Step #2

Decide whether you want to take the calories away from your carb or your fat macro allotment

Step #3

From Carbs: Divide total calories by 4
From Fat: Divide total calories by 9

Step #4

Log the appropriate amount of carbs or fats in your app

Tracking Tip

Create a custom entry for your drink of choice in your tracking app