

CRONOMETER: combining national & label data

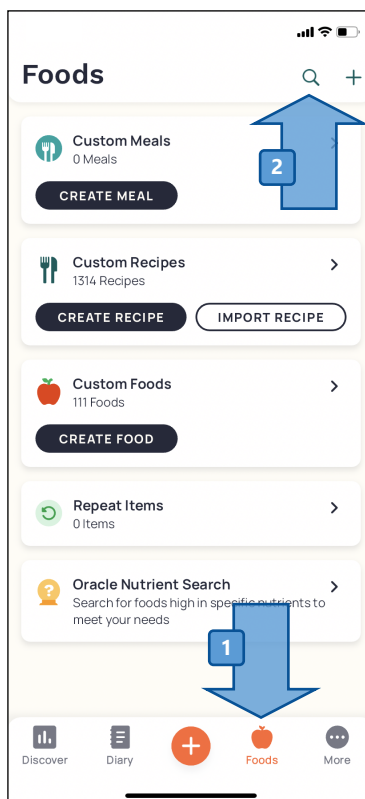


When searching the database for items to add to your food diary in [Cronometer](#), and other similar tracking programs, you will find you are faced with choosing between national database entries, mainly NCCDB and USDA entries in Cronometer, and user-created entries derived from product labels, CRDB entries in Cronometer. There are pros

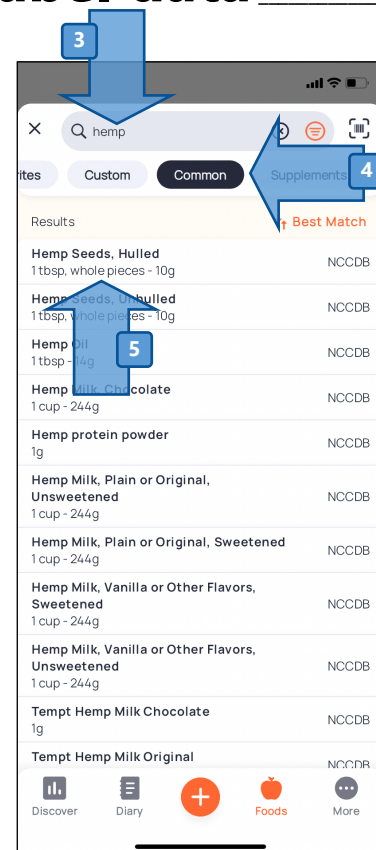
and cons to each of these types of entries. The national database entries are more comprehensive. They include data for a wide range of common vitamins and minerals, as well as amounts of different types of fat, and a breakdown of the amino acid content of protein. On the other hand, product labels may be more accurate for the nutritional content of that particular product. Unfortunately, product labels lack much of the data that national entries contain, and this data can be useful to those aiming to meet micronutrient needs primarily via diet.

For those tracking, I typically suggest using national database entries for whole foods, as opposed to product labels. This gives you the most comprehensive picture of your overall micronutrient intake and allows you to take action if your diet lacks in certain vitamins and minerals. However, when the macronutrients on a product's nutritional label differ significantly from a national database entry for that food, using national entries may paint an inaccurate picture of one's actual protein, fat, and net carbohydrate intake. For these situations, I'd suggest creating a custom entry that combines national and label data to reap the benefits of both comprehensiveness and product-specific accuracy. This document shows you how to do this in Cronometer.

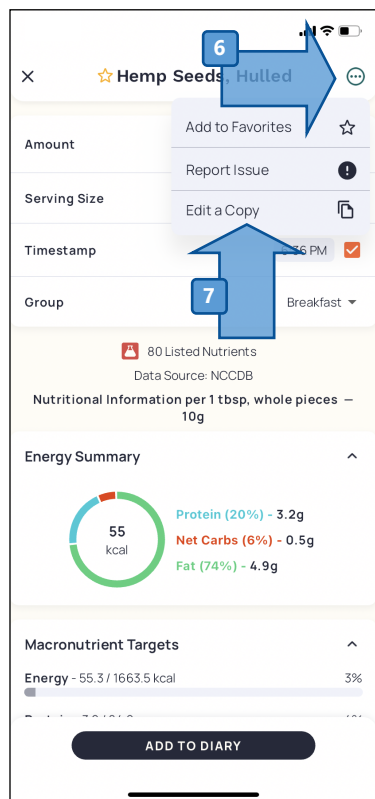
For more information about tracking, macronutrients, and vitamins and minerals, see the free [Vegan Keto Basics](#) excerpt from [my book](#).



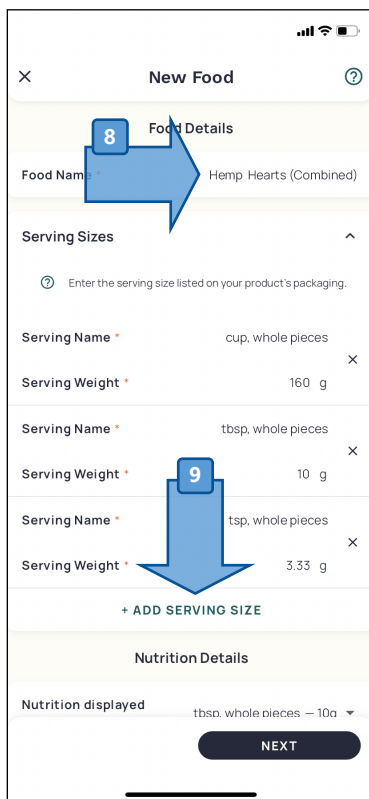
If you're in "Diary", select "Foods" to see this page.



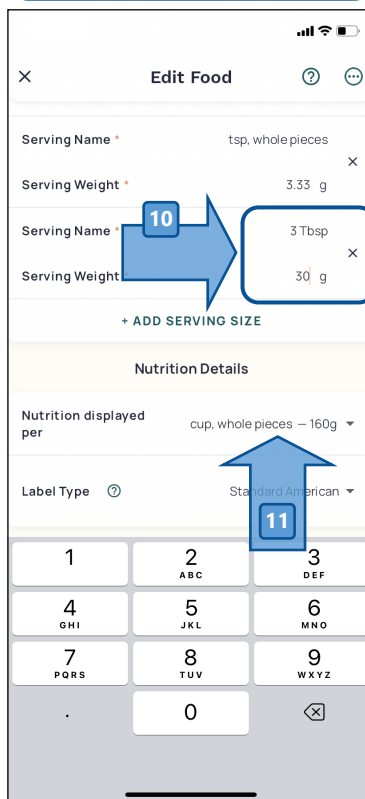
Choosing "Common" will filter out the entries you or other Cronometer users created.



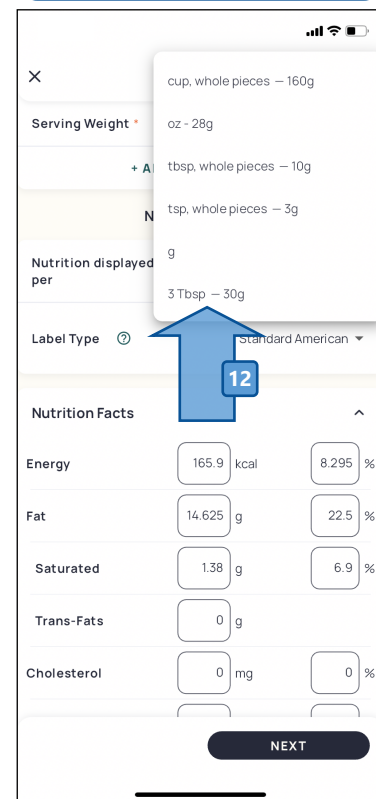
8 You may want to include the brand name here if you buy different ones.



9 You do not need to add a serving size if the one on your package already exists here.



11 After you have added your package's serving size, it will be available in this menu.



It's important that you select your package's serving size before you go to the next step.

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New Food

Nutrition Facts

Energy	165.9 kcal	8.295 %
Fat	14.625 g	22.5 %
Saturated	1.38 g	6.9 %
Trans-Fats	0 g	
Cholesterol	0 mg	0 %
Sodium	1.5 mg	0.063 %
Carbs	2.601 g	0.867 %
Fiber	1.2 g	4.8 %
Sugars	0.45 g	

Advanced Nutrition

Category: Fats and Oils

Notes: nuts and seeds, hemp seeds, kernels (hulled)

NEXT

New Food

Nutrition Facts

Protein	9.468 g	18.936 %
Vitamin A	0.175 µg	0.012 %
Vitamin C	0.15 mg	0.25 %
Calcium	21 mg	2.1 %
Iron	2.385 mg	13.25 %

Advanced Nutrition

Category: Fats and Oils

Notes: nuts and seeds, hemp seeds, kernels (hulled)

NEXT

New Food

Nutrition Facts

Protein	9.468 g	18.936 %
Vitamin A	0.175 µg	0.012 %
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New Food

Nutrition Facts

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Advanced Nutrition

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Notes: nuts and seeds, hemp seeds, kernels (hulled)

NEXT

13 Change the numbers to match those on your label. Your label might not have all of this data. Leave the missing data it is. If your label has vitamins and minerals you can't see, open Advanced Nutrition to see more fields and fill those you have data for.

14 15 Changing this is optional.

New Food

Nutrition Facts

Sugars	0.45 g	
Protein	9.468 g	18.936 %
Vitamin A	0.175 µg	0.012 %
Vitamin C	0.15 mg	0.25 %
Calcium	21 mg	2.1 %
Iron	2.385 mg	13.25 %

Advanced Nutrition

Category: Nut and Seed Products

Notes: Manitoba Harvest

NEXT

New Food

Nutrient Review

Hemp Hearts (Combined)

Nutrition displayed per 3 Tbsp - 30g

Energy Summary

166 kcal

Protein (22%) - 9.5g
Net Carbs (3%) - 1.4g
Fat (75%) - 14.6g

Macronutrient Targets

Energy	165.9 / 1663.5 kcal	10%
Protein	9.5 / 84.0 g	11%
Net Carbs	1.4 / 35.0 g	4%
Fat	14.6 / 131.9 g	11%

Highlighted Targets

BACK SAVE FOOD

Hemp Hearts (Combined)

Amount: 1

Serving Size: cup, whole pieces - 160g

Timestamp: 6:36 PM

Group: Breakfast

80 Listed Nutrients
Data Source: Custom Food

Nutritional information per 1 cup, whole pieces - 160g

Energy Summary

885 kcal

Protein (22%) - 50.5g
Net Carbs (3%) - 7.5g
Fat (75%) - 78.0g

Macronutrient Targets

Energy	884.8 / 1663.5 kcal	53%
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ADD TO DIARY

hemp

All Favorites Custom Common Sup

Hemp Hearts (Shelled Seeds, Manitoba Harvest) 1 Tbsp - 10g Custom

Hemp Pecan Granola Clusters 11/3 cup (of 3 1/3 cup) Custom

Hemp Seed Topper 1 full recipe Custom

Hemp Hearts (Combined) 1 cup, whole pieces Custom Food

Hemp Pecan Granola Clusters (Nut-free - Pumpkin Seeds) 1g Custom

(Meal Plan 1) Hemp & Pumpkin Seed Crackers 1g Custom

Chia Hemp Clusters 1g Custom

Nori Hemp Gomasio 1g Custom

Sunflower & Hemp Seed Buns 1g Custom

Coconut Hemp Seed Haystacks 1g Custom

(Meal Plan 1) Hemp & Pumpkin Seed Crackers (Sesame Variation) 5 of 60 Crackers Custom

Discover Diary + Foods More

Adding notes is optional. If you didn't put the brand in the food title, you could put it here.

Finally, save all your hard work!

This is what your saved food entry will look like.

When you search, you can choose "Custom" to more easily find your new food entry.