

United States Department of Agriculture (USDA)



**Food and Nutrition Service (FNS)
Center for Nutrition Policy and Promotion (CNPP)**

SuperTracker User Guide

Version 1.0

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Chapter 1 - Getting Started >

SuperTracker Overview

About SuperTracker

The USDA Center for Nutrition Policy and Promotion (CNPP) is proud to offer online, interactive tools to serve the public as an interface to apply the important recommendations from the Dietary Guidelines for Americans. CNPP knows that online tools allow consumers to identify focus areas for implementing individual behavior changes. Online access to interactive tools provides ongoing support to consumers in meeting goals at their own discretion.

SuperTracker is the next generation interactive tool for personalized diet and physical activity planning, assessment and analysis. Look to SuperTracker for these benefits:

- **Large, up-to-date databases** for accurate analysis and a clear representation of diet and physical activity trends.
- **Personalized functions** such as goal setting, virtual coaching, weight tracking and journaling.
- **Tiered-level involvement** ranging from quick access to food information to detailed diet and physical activity analysis and trending.
- **Individual customization** for specific audiences and social networking integration.

About Us

The Center for Nutrition Policy and Promotion (CNPP) was established within the U.S. Department of Agriculture on December 1, 1994, and reports to the Office of the Under Secretary for Food, Nutrition, and Consumer Services. CNPP's mission is to improve the health of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. The staff at CNPP consists primarily of nutritionist, nutrition scientists, dietitians, economists, and policy experts. CNPP staffs help to define and coordinate nutrition education policy within USDA and to translate nutrition research into information and materials for consumers; policymakers; and professionals in health, education, industry, and media.

CNPP carries out its mission to improve the health of Americans by 1) advancing and promoting food and nutrition guidance for all Americans; 2) assessing diet quality; and 3) advancing consumer, nutrition, and food economic knowledge.

Find out more about the Center for Nutrition Policy and Promotion at www.cnpp.usda.gov.

Contact Us

Feel free to contact us if you have a question or need help using the SuperTracker:

USDA/Center for Nutrition Policy and Promotion
3101 Park Center Drive
Room 1034
Alexandria, VA 22302-1594

Email: SuperTrackerHelp@cnpp.usda.gov
Telephone: 1-888-779-7264

Audiences

CNPP works to improve the health and well-being of all Americans. CNPP is committed to developing and promoting dietary guidance linking scientific research to the nutrition needs of consumers.

The purpose of SuperTracker is to help Americans put the *Dietary Guidelines for Americans* into action. Traditionally, the *Dietary Guidelines for Americans* provide nutrition guidance for healthy Americans ages 2 years and older. Recently released, the *Dietary Guidelines for Americans 2010* contains guidance for individuals at increased risk of chronic disease due to the rising concern about the health of the American population.

System Requirements

Platform

You can use SuperTracker with the following operating systems and versions:

- Windows XP or higher
- Mac OSX 10.6 or higher

Internet Browser & Settings

You can use SuperTracker with the following Internet browsers and versions:

- Windows Internet Explorer 7 or higher
- Windows FireFox v3.6.3 or higher
- Mac FireFox v3.5.9 or higher
- Mac Safari 5.0 or higher

For SuperTracker to work properly, the Internet browser pop up blocker must be turned off.

Please note that SuperTracker was designed to function on current versions of Internet browsers with the assumption that any new version of a browser listed will be backward compatible.

Screen Resolution

You can view SuperTracker using multiple screen resolutions. The recommended resolution is 1024 (pixels wide) x 768 (pixels high).

508 Compliance and Accessibility

SuperTracker is fully compliant with [Section 508 of the American Disabilities Act \(ADA\)](#). Specifically, alternate image text is provided for all images that provide content or meaning, and all input fields contain a label that can be used by screen readers.

SuperTracker Basics

You can access SuperTracker by opening a **Web browser** [Internet Explorer (Windows), Firefox (Windows and Mac), or Safari (Mac)] and going to <https://www.SuperTracker.usda.gov> as shown below.



Figure 1-1: Web Browser – Opening SuperTracker

The SuperTracker Home page appears as shown below.



Figure 1-2: SuperTracker Home Page

Logging In

From any SuperTracker page, click **LOG IN >**.

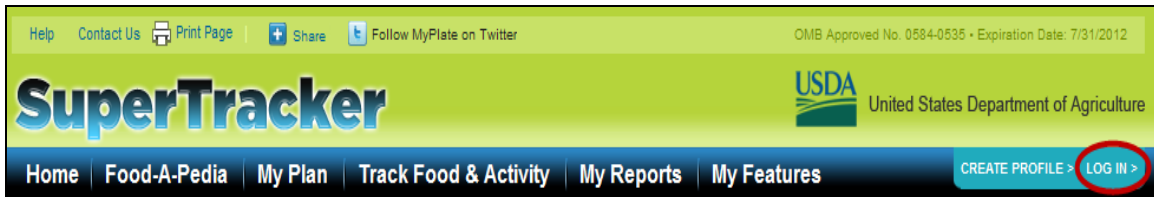


Figure 1-3: Selecting Log In

Enter your **Username** and **Password**, and then select the **Log In** button. If you have not registered to use SuperTracker, select the **Register Now** button. After logging in, you will be redirected to the page you were previously viewing.

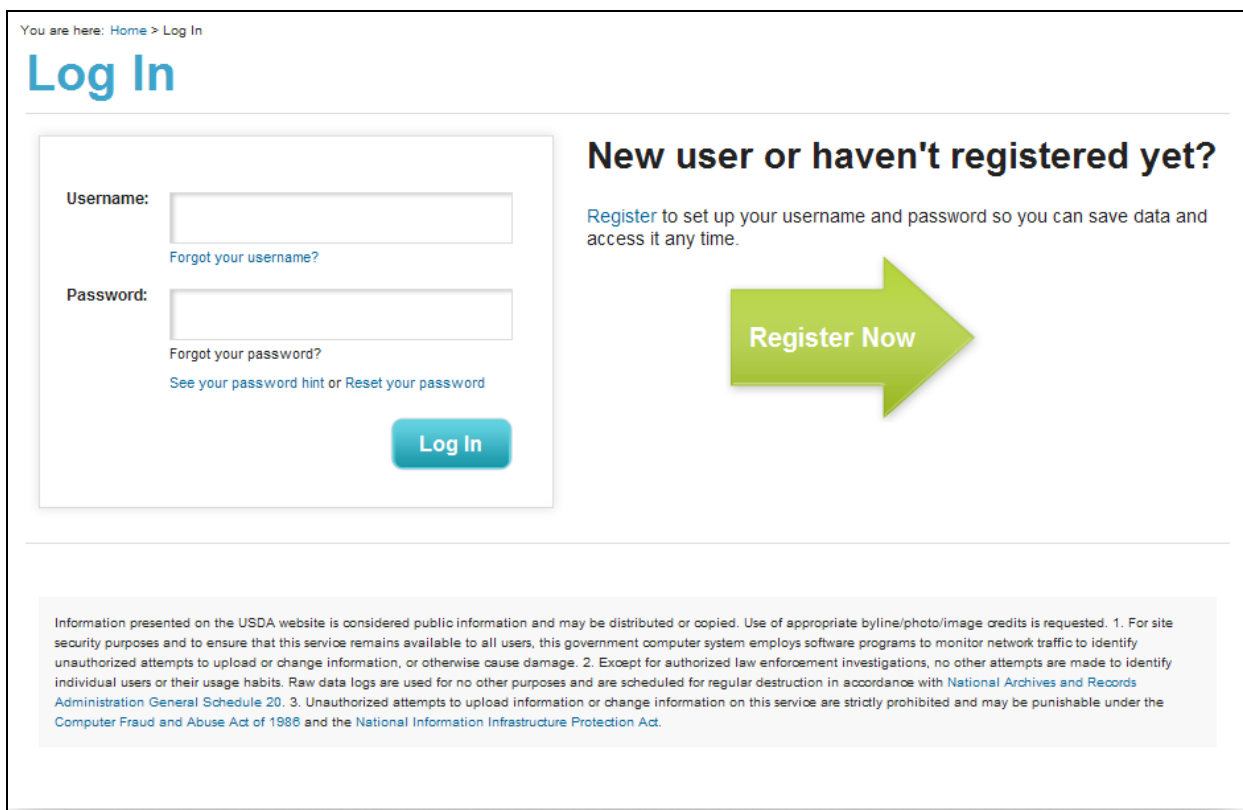


Figure 1-4: Log In Page

Session Lockout

If you incorrectly enter your password when attempting to log in, an error message appears. The error message will give you the password hint you provided during registration.

If you incorrectly enter your password three (3) times in a row, you will be locked out of your SuperTracker account. You can attempt to log in again at a later time.

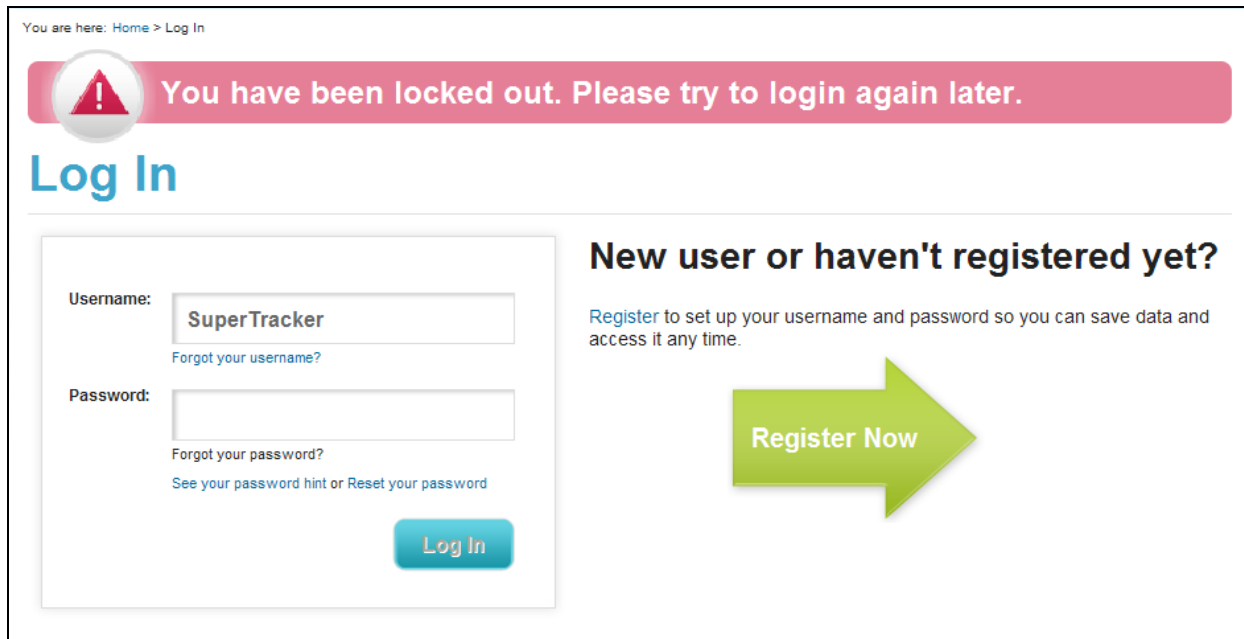


Figure 1-5: Log In Page – Account Locked

Logging Out

From any SuperTracker page, click **LOG OUT >**.

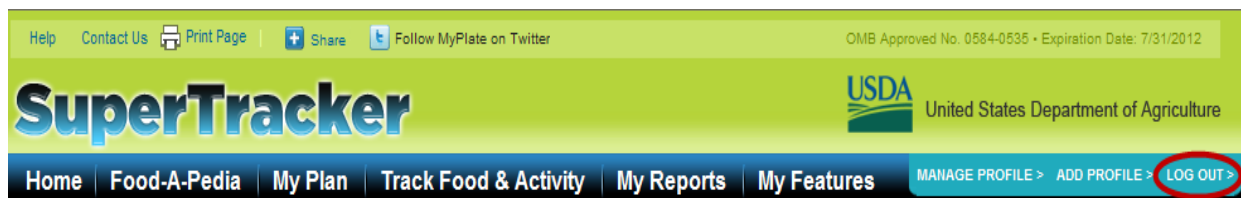


Figure 1-6: Selecting Log Out

A page appears stating “You have logged out successfully” as shown below.

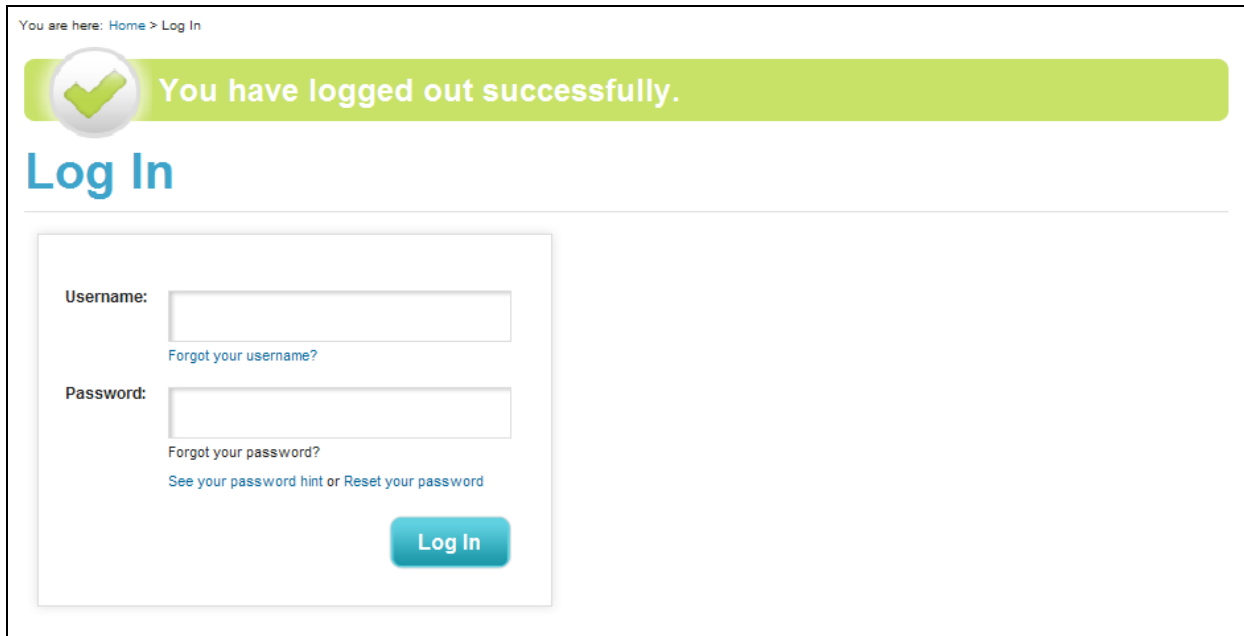


Figure 1-7: Log In Page – Log Out Successful

Session Timeout

- **If you are logged in:** Your SuperTracker session times out if there is no activity for fifteen (15) minutes. The following warning message appears approximately five (5) minutes prior to the session ending:

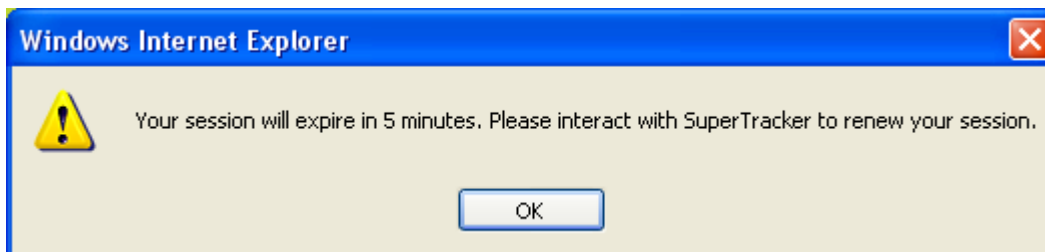


Figure 1-8: Logged In – Session Timeout Warning

Select **OK** to continue and renew your session.

- **If you are NOT logged in:** If you are not logged in to SuperTracker, your session times out if there is no activity for fifteen (15) minutes. The following warning message appears approximately five (5) minutes prior to the session ending:

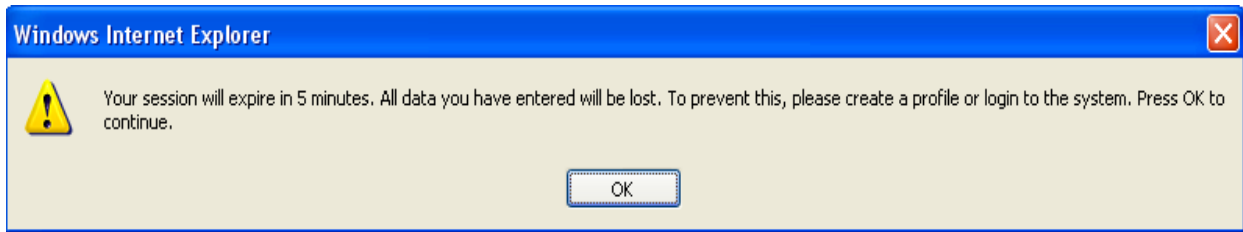


Figure 1-9: Logged Out – Session Timeout Warning

Select **OK** to continue and renew your session.

If your session has expired and you attempt to interact with SuperTracker, the *Log In* page appears stating “Your session has expired” as shown below.

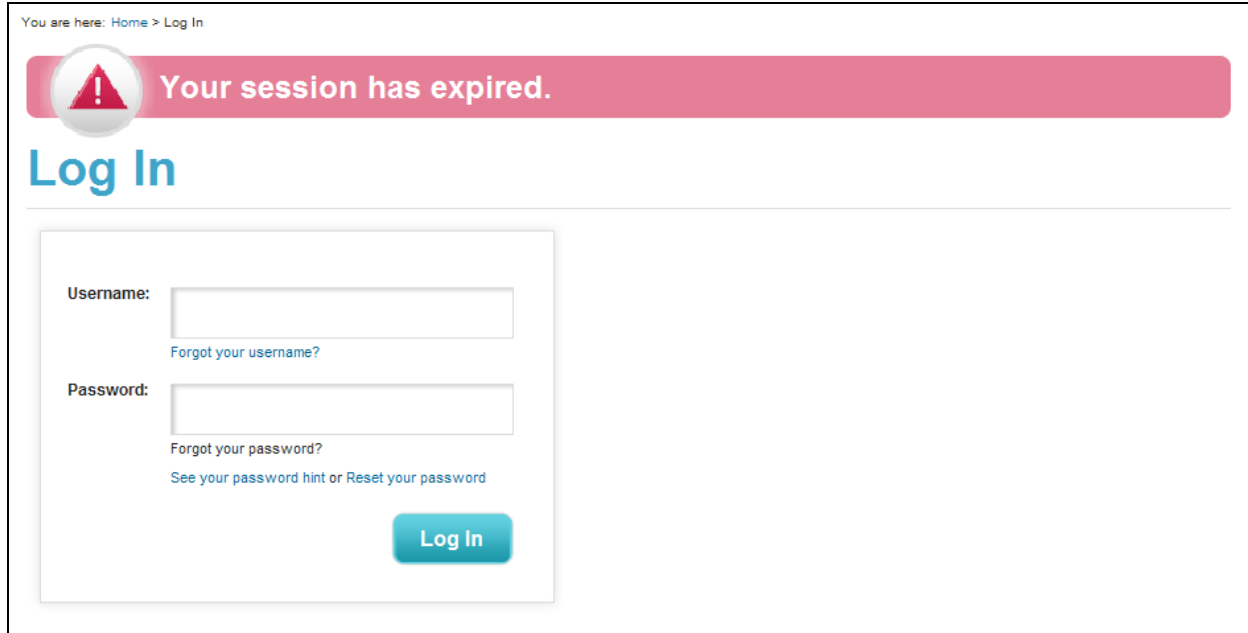


Figure 1-10: Log In Page – Session Expired

SuperTracker Navigation

Provided below is a diagram showing the tags/links that are available for selection in navigating SuperTracker from the *Home Page*.



Figure 1-11: SuperTracker Navigation

1. **Home Page**
2. **Food-A-Pedia** – Look up nutrition info for foods and compare them side-by-side.
3. **My Plan** – Get your daily food group targets — what and how much to eat within your Calorie allowance.
4. **Track Food & Activity** – Track the foods you eat and compare to your nutrition targets. Enter your activities and track progress as you move. You can also create lists of your Favorite Foods and Activities and build combos.
5. **My Reports** – Use reports to see how you are meeting goals and view your trends over time.
6. **My Features** – Set personal goals that you want to achieve. Sign up for tips and support as you work toward your goals. Enter your weight and track progress over time. Journal about your food and activity.
7. **Create Profile**
8. **Log In**
9. **Help**
10. **Contact Us**
11. **Print Page**
12. **Share**

13. Follow MyPlate on Twitter

Understanding the Dashboard

About the Dashboard

The dashboard is a simple overview that appears on most SuperTracker pages. It serves as an at-a-glance reminder of how you are doing in terms of your physical activity, Calories, and food groups – without having to flip between various SuperTracker features. The dashboard is also where you can find the current date, which you can change using the calendar in the upper left corner. Individual sections of the dashboard are described in detail below.



Figure 1-12: The Dashboard

Using the Calendar

Using the Dashboard, you can retrieve information entered for a specific day by using the Calendar. The Calendar can be used by using the **arrow keys** provided on both sides of the date currently displayed, or by selecting the **calendar icon** provided below the date currently displayed.

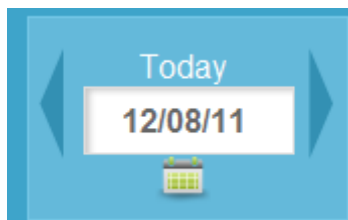


Figure 1-13: Dashboard – Calendar

- The SuperTracker date and time will be determined by the system clock. The system clock is the date and time of the Web server that hosts SuperTracker.
- A day is defined as a twenty four (24) hour period from 12:00 A.M. to 11:59:59 P.M.
- A week is defined as a seven day period of 24 hour days starting on Sunday at 12:00 A.M. and ending on Saturday at 11:59:59 P.M.

Physical Activity Target

Under the heading “Physical Activity Target,” the dashboard provides a snapshot of your physical activity. This area shows your target number of minutes and the actual amount of activity you complete based on activities you entered in the Physical Activity Tracker.

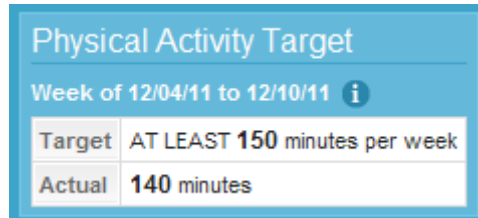


Figure 1-14: Dashboard – Physical Activity Target

Your target is based on the *Physical Activity Guidelines for Americans* and is tracked differently depending on your age:

- For adults age 18 and older, the dashboard shows a weekly target, and adds up activity you enter over a week (Sunday through Saturday). Adults are able to change their weekly target, by setting a personal physical activity goal using the My Top 5 Goals feature (available under My Features navigation). In this case, SuperTracker replaces your “Target” on the dashboard with your personal “Goal” set for minutes of activity to complete each week.
- For pregnant women, the dashboard provides a link to important information about physical activity for pregnant women instead of a specific target. Pregnant women may set a personal physical activity goal using the My Top 5 Goals feature (available under My Features navigation). In this case the personal “Goal” shows in the dashboard.
- For children and adolescents ages 6 to 17, the dashboard shows a daily target.
- For children under 6 years old, the dashboard does not show minutes of physical activity. The *Physical Activity Guidelines for Americans* do not include specific guidelines for children less than 6 years of age, and therefore the SuperTracker Physical Activity Tracker is designed for ages 6 and older. For children under 6, the dashboard contains a link to more information about activity for this age group.

Daily Calorie Limit

Three (3) Calories numbers display within the Daily Calorie Limit section of the Dashboard:

- **Allowance** – This is the total number of Calories recommended per day, based on your plan. To learn more about your plan and how your Calorie allowance is determined, see page 35 – Chapter 2, My Plan >.
- **Eaten** – This is the total number of Calories you have eaten for the day shown in the Dashboard. When you add a food or drink to a meal, the Calories are added to your total “Eaten.”
- **Remaining** – This is the number of Calories you have left. Your Remaining Calorie number is the difference between your Calorie Allowance and your total Eaten for the day shown in the Dashboard. If you have already eaten all of your Calorie Allowance, your Remaining Calorie amount is zero.



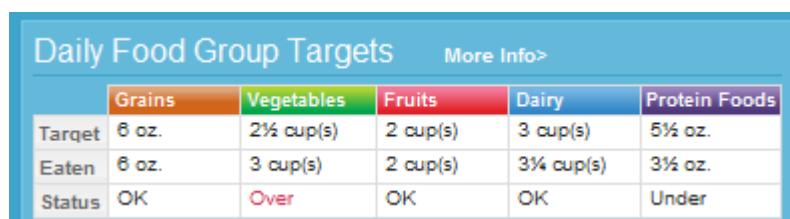
Daily Calorie Limit	
Allowance	2000
Eaten	1832
Remaining	168

Figure 1-15: Dashboard – Daily Calorie Limit

Daily Food Group Targets

Three (3) Food Group numbers display within the Daily Food Group Targets section of the Dashboard:

- **Target:** This area displays your target for each of the five (5) food groups: Grains, Vegetables, Fruits, Dairy, & Protein Foods. Your food group targets are from your plan. To learn more about your plan and how it is determined, see page 35 – Chapter 2, My Plan >.
- **Eaten:** This is the total amount of each food group you have eaten for the day shown in the Dashboard. When you add a food or beverage to a meal, the amount of each food group it contains adds to the total “Eaten” in the dashboard.
- **Status:** This area displays your intake status for each food group. To be within the “OK” range, the foods and beverages you add to your day need to be within ½ ounce of the Grains and Protein Food Group targets and within ¼ cup of the Vegetables, Fruits, and Dairy Food Group targets. Anything less than this has a status of “Under” and anything more has a status of “Over.”



Daily Food Group Targets		More Info >			
	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	6 oz.	3 cup(s)	2 cup(s)	3¼ cup(s)	3½ oz.
Status	OK	Over	OK	OK	Under

Figure 1-16: Dashboard – Daily Food Group Targets

Clicking the **More Info >** link next to Daily Food Group Targets in the Dashboard opens My Plan in a new window. My Plan offers more information about each of the food groups and additional guidance at the bottom of the page. See page 35 – Chapter 2, About the Plans.

Creating a Profile

About Creating a Profile

Creating a profile includes registering for an account and personalizing, providing personal information about you to get a custom plan. These are not required to use SuperTracker. Creating a profile is completed by clicking on **CREATE PROFILE >**.

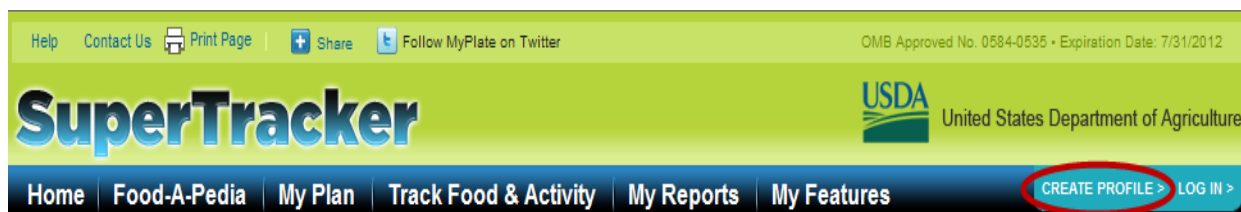


Figure 1-17: Selecting Create Profile

How SuperTracker Uses Your User Account Information

To provide you with the best experience and long-term use of SuperTracker, you are encouraged to personalize and register (create a username plus password) when using the tool. Completing these steps is optional but if you choose to do so, your privacy is of the utmost importance to us. The information provided in SuperTracker is used solely to perform the purposes and functions featured in the application (See Understanding SuperTracker Targets & Limits, page 29). Your information will not be stored other than as necessary for processing by the tool. Personally identifiable information will never be shared.

If you choose not to register, a temporary profile will be created that allows you to use the tool for a single session. Information can be entered and tracked but will not be saved. You can do this as often as you would like. Information you enter without registration will be retained during each single session only and will be deleted once the session is closed. Data of unregistered users cannot be retrieved or accessed in future sessions.

Registered SuperTracker accounts (username plus password) that remain inactive for an extended period of time will be subject to removal. We encourage you to use your SuperTracker account periodically to avoid having your username and password (and all associated information) permanently deleted.

You may choose to permanently delete your SuperTracker account (username plus password and any profiles associated with them). This can be done from the Manage Profile section of SuperTracker. See About Managing Profiles, page 18. **Please note, if you choose to delete your entire account, all profiles and data associated with this username will be permanently deleted and cannot be retrieved.**

For your information, SuperTracker usage statistics are collected in order to provide the best service to our users. In this case, web usage statistics are aggregated and data is not attributable in individuals. Please refer to the USDA Privacy Policy for details about your privacy on USDA web sites. For additional questions please contact CNPP customer support at SuperTrackerHelp@cnpp.usda.gov.

Personalization

About Personalization

SuperTracker users are invited to personalize a profile. This is optional, but is encouraged to receive the full benefit of using the tool. If you wish to receive a personalized Calorie limit and food plan, enter your age, gender and physical activity level. Include your height and weight for an even more customized plan.

If you are pregnant or breastfeeding and wish to provide information in any of the personalization fields, SuperTracker requires you to complete all of the fields including height and weight. This information is necessary to provide an appropriate and customized plan appropriate for you.

Completing the personalization information also allows you to access the My Weight Manager and My Top 5 Goals features of the tool.

Completing the Personalization Section

The Personalization section of Create Profile page appears as shown below.


You are here: [Home](#) > [Create Profile](#)

Create Your Profile

Step 1
Personalize Your Profile (Optional but recommended)

If you'd like a personal Calorie limit and food plan, provide the information below. For best results and access to more features, include your height and weight.

* Required information to personalize.



* Profile Name:

Enter a display name (not your legal name) for your profile, such as JM12, Jules, or Mom.

* Age:

* Gender:

* Physical Activity:

Height: ft. in.

Weight: lbs.

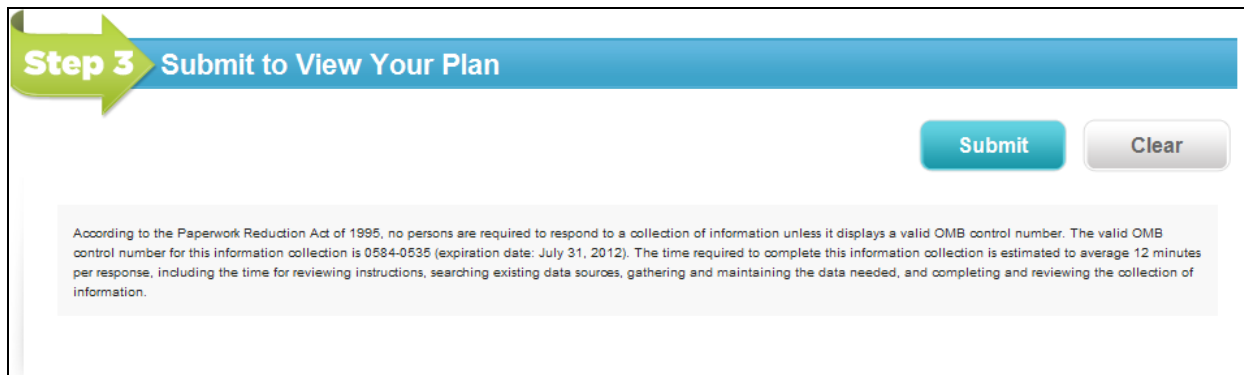
Which option is best for me?
Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

What if I do vigorous instead of moderate activity?
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).

Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

Figure 1-18: Create Profile Page – Personalize Your Profile

After providing your personal information, you may scroll down to Step 2 – Register to Save Your Profile (instructions for this are provided in the Registration section below) or Step 3 – **Submit** to View Your Plan.



Step 3 Submit to View Your Plan

Submit Clear

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0535 (expiration date: July 31, 2012). The time required to complete this information collection is estimated to average 12 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Figure 1-19: Create Profile Page – Submit to View Your Plan

Once you click submit, your plan will open in a new window. To learn more about My Plan, visit page 35 – Chapter 2, My Plan >.

Understanding Required Fields in Personalization

Personalizing your profile is optional; however, if you do choose to personalize, you must provide certain pieces of information. Here is why this information is necessary:

- **Profile Name:** Because you may add more than one profile, a profile name is needed to identify which profile is being used. This is a display name for your own use and not your legal name.
- **Age:** Your age is needed to calculate your personal Calorie limit and to determine your nutrient recommendations.
- **Gender:** Your gender is needed to calculate your personal Calorie limit and to determine your nutrient recommendations.
- **Physical Activity:** Your physical activity level is needed to calculate your personal Calorie limit.
- **Height and Weight** are NOT required. However, this information allows SuperTracker to better calculate your Calorie limit. Without your specific height and weight, SuperTracker assigns you a standard height and weight, which may or may not be close to your own. In addition, providing your height and weight allows you to use My Weight Manager and My Top 5 Goals. If you do provide your weight, you are also required to provide your height. For more information, about Calorie calculations, please see Understanding SuperTracker Targets & Limits below.

Understanding Messages Received during Personalization


When you enter height and weight for a profile during personalization, SuperTracker calculates your Body Mass Index (BMI). For more information about BMI, see the 32Understanding Calculations for Weight Management section. If you are 19 years or older, you may be presented with additional information during personalization depending on your BMI. You may also have the option to “Maintain Current Weight” or “Move toward a Healthier Weight” as shown in Figure 1-20 below.

- If you select “Maintain Current Weight,” SuperTracker calculates your plan based on your current weight.

- If you select “Move toward a Healthier Weight,” SuperTracker calculates your plan as if your BMI is 21.5 (for women) or 22.5 (for men). SuperTracker uses your weight at this BMI in place of your current weight to calculate your plan ([information about BMI](#)). For example, for a woman who is 5'4" tall, her weight at a BMI of 21.5 would be 125 pounds, calculated as follows:

$$21.5 = \frac{\text{weight (lb)}}{(64 \text{ in} \times 64 \text{ in})} \times 703$$

- In some cases, SuperTracker automatically calculates a plan for you as if your BMI is 21.5 (for women) or 22.5 (for men). This takes place if your BMI is greater than or equal to 35.0 ([information about BMI](#)).

 **Please Note:**

According to CDC, your BMI (weight for your height) falls **above** the healthy range. This may increase your risk for health problems. Some people who are overweight may need to consider weight loss. You may want to talk with your health care provider about an eating pattern and physical activity program that is right for you. This tool can assist you in managing weight, setting goals and tracking Calories.

Would you like to calculate your plan to maintain your current weight or move toward a healthier weight?

Maintain your current weight

Move toward a healthier weight

Figure 1-20: Create Profile Message

If you are pregnant, you must acknowledge certain information before completing personalization. The nature of this information is different depending on your pre-pregnancy BMI. For more information about BMI, see the Understanding Calculations for Weight Management section.

- Most pregnant women receive a message with important information about pregnancy as shown in Figure 1-21 below. You must read this information and click “OK” to complete personalization and create your profile.
- You may receive a message indicating that you are at a higher risk for possible health problems. This occurs if your pre-pregnancy BMI is greater than or equal to 35.0 ([information about BMI](#)). If this is the case, SuperTracker is not able to provide you with a personalized plan. Your plan provides general information for a woman of your age and activity level who is NOT pregnant. It is recommended that you talk with a healthcare provider about a diet and physical activity program that is right for you. You must read this information and click “OK” to create your profile.

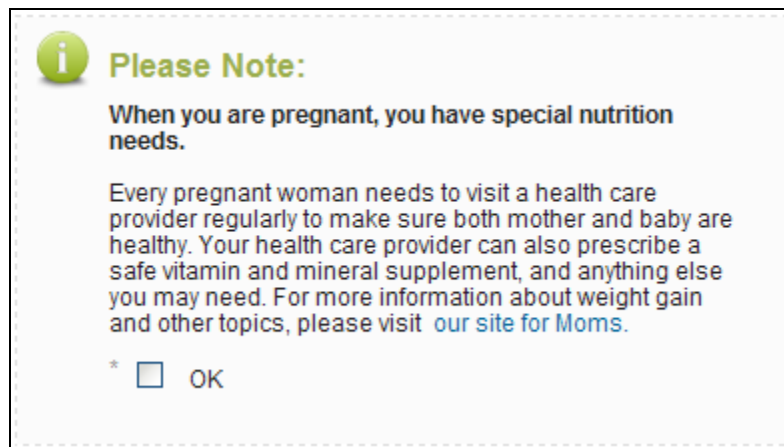


Figure 1-21: Create Profile Pregnancy Message

Registration

About Registration

SuperTracker users are invited to register their profile when using the tool. While it is optional, it is important to note that **registration is necessary to save data**.

Registration is not required to use most features of SuperTracker. When using SuperTracker without registering, your information can be entered and tracked but will not be saved. You can do this as often as you would like. The information you enter without registering will be retained during each single session only. Information will be removed after the session is closed cannot be retrieved and will not be accessible in future sessions.

Completing the Registration Section

The Registration section of the Create Profile page appears as shown below.

The screenshot shows a registration form with a blue header bar containing a green arrow pointing to the text "Step 2 Register to Save Your Profile". Below the header, the text "Register to save your data and access it any time." is displayed. A small asterisk indicates required information. The form includes the following fields and instructions:

- Username:** (6-50 Characters) - Text input field.
- Password:** (4-15 Characters) - Text input field.
- Re-Enter Password:** - Text input field.
- Password Hint:** - Text input field. Instruction: "Enter a word or a phrase that will help you remember your password."
- Password Security Question:** - Dropdown menu with "What is your favorite food?" selected. Instruction: "Choose a security question with an answer unique to you to help you reset your password if needed."
- Your Answer:** - Text input field.
- Email Address:** - Text input field. Instruction: "While not required, an email address will help you retrieve your username if needed."
- Re-Enter Email:** - Text input field.

Figure 1-22: Create Registration – Register to Save Your Profile

Understanding Required Fields in Registration

- **Username:** SuperTracker needs a unique username for you to register. You must enter the fields for your username and your password to login to SuperTracker. If the username you enter is already taken, SuperTracker prompts you to select another one. To create a unique username, a hint is to add numbers or characters to the end of your username to create a username that is not taken. Your username must be between 6 and 50 characters.
- **Password:** You must create a unique password to register for SuperTracker. You must enter the designated field for your password and your username to login to SuperTracker. Choose a password between 4 and 15 characters.
- **Password Hint:** This hint provides you help to remember your password. Enter a word or phrase that helps you remember your password.
- **Password Security Questions:** These questions are optional, yet they allow you to reset your password in the future. Choose a security question with an answer unique to you.
- An **email address** is NOT required. However, registering with your email address enables you to retrieve your username if needed in the future. If you choose to provide an email address, enter the preferred address in this field.

Submitting Your Profile

After personalizing, registering, or both, scroll down the page to Step 3 – Submit to View Your Plan, and then click on the **Submit** button.

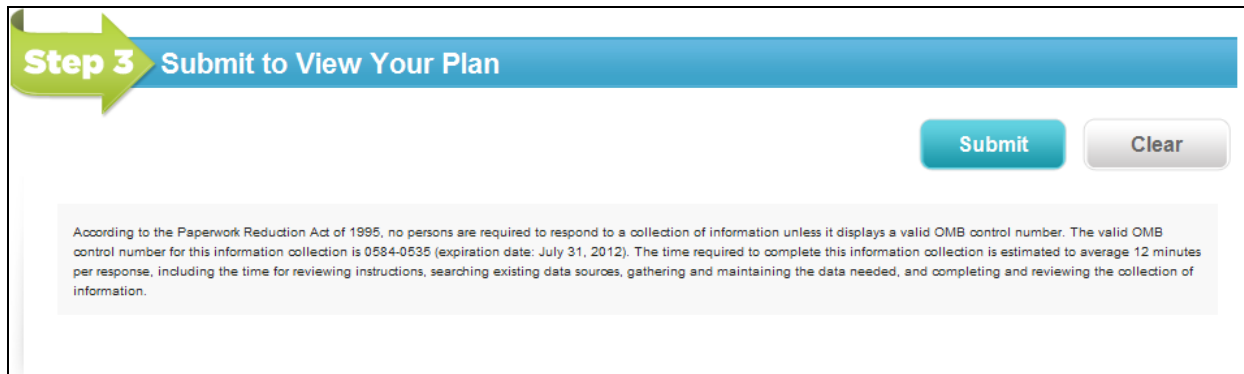


Figure 1-23: Create Profile Page – Submit to View Your Plan

If you decided to register your profile, a confirmation message will appear. Select the **OK** button to continue. If you provided an email address, you will also receive an email confirming your registration.

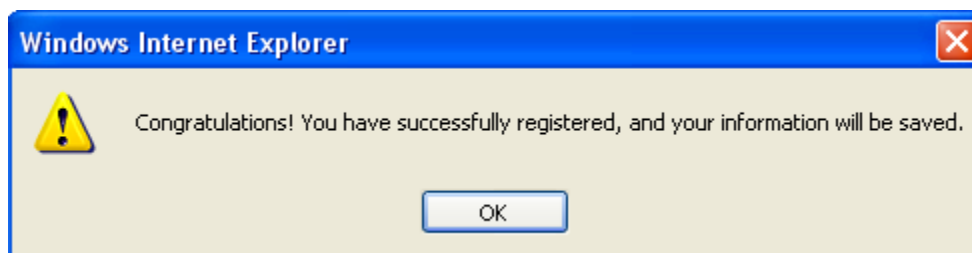


Figure 1-24: Registration Confirmation Message

If you decided to personalize your profile, your plan will open in a new window. To learn more about My Plan, visit the My Plan section below.

After creating your profile you will go back to the page you were previously viewing.

Managing Profiles

About Managing Profiles

You can add unlimited profiles to your account to help you track food and activities for family and friends. To add a new profile, you must first have your original profile personalized. From the Manage Profile page, you can select any profile to edit or delete.

Multiple profiles allow you to add foods or physical activities to multiple profiles at once. You can also run reports for multiple profiles.

Adding a Profile

To add a profile to your account, you must first personalize your original profile. From any SuperTracker page, click **ADD PROFILE >** as shown below.



Figure 1-25: Selecting Add Profile

The Add Profile page appears.


You are here: [Home](#) > [Add Profile](#)

Add Profile

Step 1 Add Personal Profile Info

Add your family and friends. For best results and access to more features, include your height and weight.

* Required information to personalize.



* Profile Name:

Enter a display name (not your legal name) for your profile, such as JM12, Jules, or Mom.

* Age:

* Gender: Select ▾

* Physical Activity: - What's your level of physical activity? - ▾

Height: ft. in. US ▾

Weight: lbs.

Which option is best for me?
Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

What if I do vigorous instead of moderate activity?
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).

Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

Step 2 Submit and view your plan

Figure 1-26: Add Profile Page

Refer to Understanding Required Fields in Personalization, page 14 for info on required fields. Scroll down the page to Step 2 – Save Changes to Your Profile, and then click on the **Submit** button.

Once you click submit your plan will open in a new window. To learn more about My Plan, visit the My Plan section. After adding a profile, you will be redirected to the page you were previously viewing.

Editing a Profile

From any SuperTracker page, click **MANAGE PROFILE >**.



Figure 1-27: Selecting Manage Profile

On the Manage Profile page appear, click on the **Edit Profile** button for the profile you wish to edit.

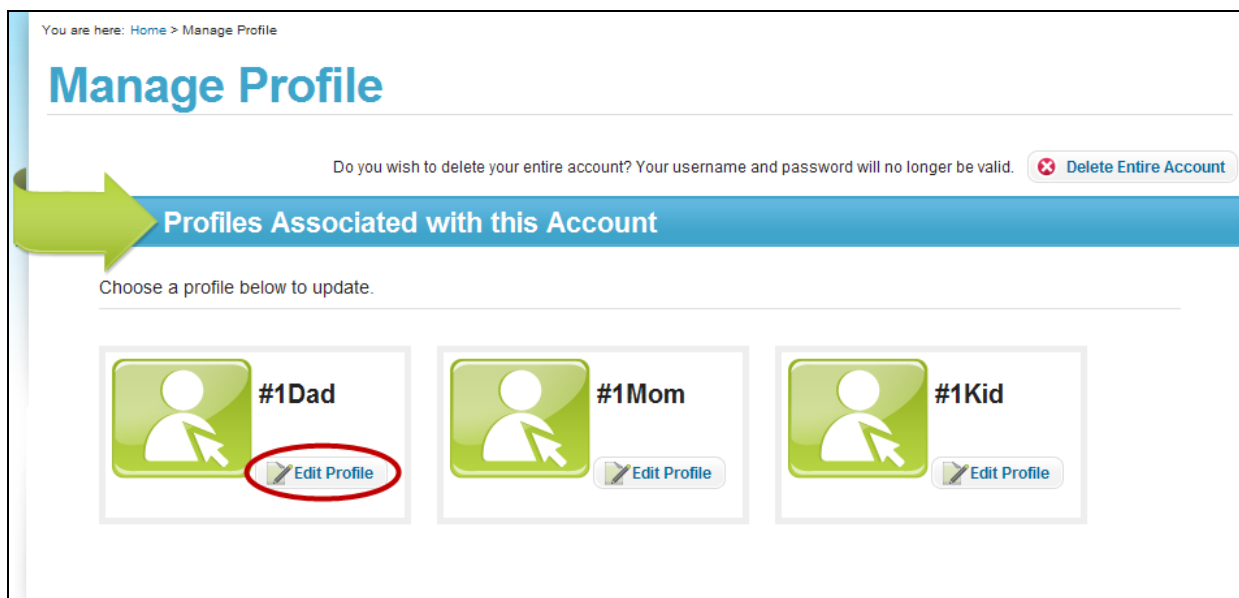


Figure 1-28: Manage Profile Page – Edit Profile

On the Edit Profile page make any desired changes to the information you provided in the Personalization section. In addition, you may update your Registration information, with the exception of your username and password.

You are here: [Home](#) > [Manage Profile](#) > [Edit Profile](#)

Edit Profile


[Delete Profile](#)

Personal Profile
View Your Profile History

Last profile update was on 12/12/2011 9:12:24 AM.

Update your profile below to keep your information current. Updates may result in changes to your plan.

* Required information to personalize.



* Profile Name:

* Age:

* Gender:

* Physical Activity:

* Height: ft. in.

* Weight: lbs.

Enter a display name (not your legal name) for your profile, such as JM12, Jules, or Mom.

Which option is best for me?
Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

What if I do vigorous instead of moderate activity?
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).

Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

i Please Note:

According to CDC, your BMI (weight for your height) falls above the healthy range. This may increase your risk for health problems. Some people who are overweight may need to consider weight loss. You may want to talk with your health care provider about an eating pattern and physical activity program that is right for you. This tool can assist you in managing weight, setting goals and tracking Calories.

Would you like to calculate your plan to maintain your current weight or move toward a healthier weight?

Maintain your current weight

Move toward a healthier weight

Figure 1-29: Edit Profile Page – Personalization

Scroll down the page to save changes to your profile, select the **Save Now** button.

Figure 1-30: Edit Profile Page – Save Changes to Your Profile

If your plan has changed due to your profile updates, your plan will open in a new window. To learn more about My Plan, visit the My Plan section.

After editing a profile, you will be redirected to the page you were previously viewing.

Deleting a Profile

From the Manage Profile page, click on the **Edit Profile** button for the account you wish to delete.

The Edit Profile page appears for the profile you selected. Click the **Delete Profile** button to delete the profile and all the data for that profile.

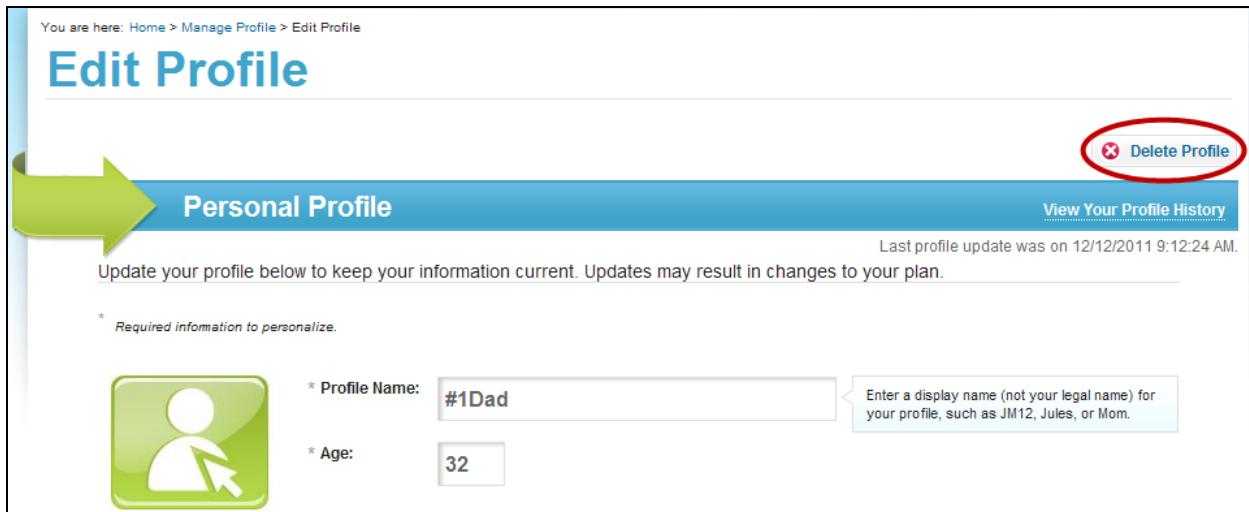


Figure 1-31: Edit Profile Page – Delete Profile

You will get a warning message, and you must click the **OK** button to delete the profile. You will be redirected back to the Manage Profile page.

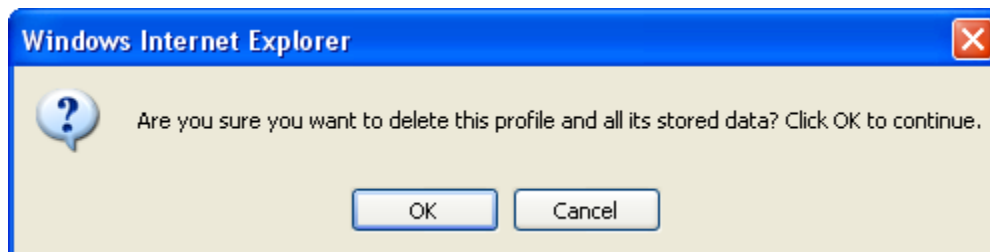


Figure 1-32: Delete Profile Confirmation Message

Switching between Profiles

If you have added multiple profiles, you can switch between profiles during a session. From any page, select the **Switch User** down arrow button. The list of account profiles appears. Select the **profile** that you want by clicking on the name.

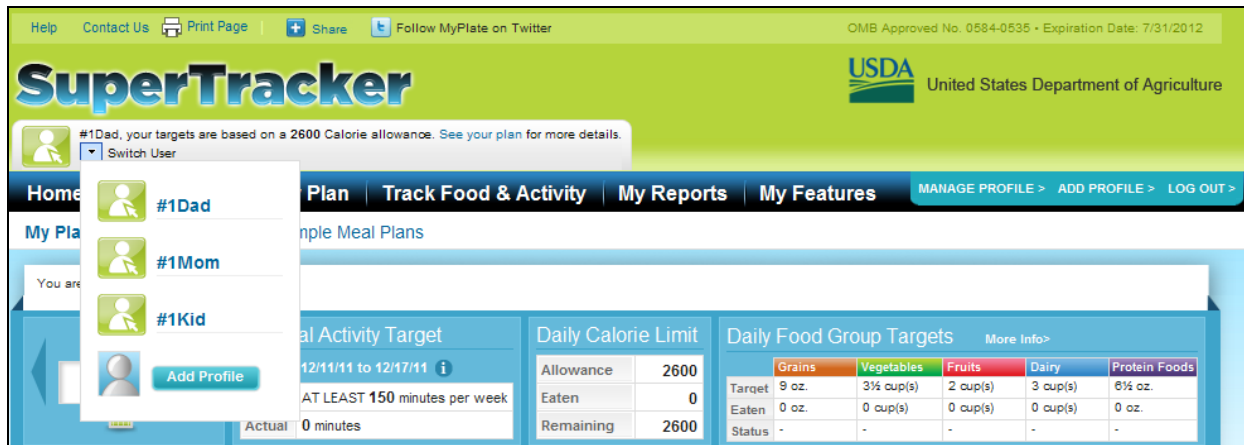


Figure 1-33: Switch User Selection

The page refreshes and the profile you selected is now active. All targets and limits displayed, along with SuperTracker features, now apply to this profile.

Delete an Entire Account

You may choose to permanently delete your SuperTracker account (username plus password and any profiles associated with them). This can be done from the Manage Profile section of SuperTracker. Please note, if you choose to delete your entire account, all profiles and data associated with this username will be permanently deleted and cannot be retrieved.

From the *Manage Profile* page, click on **Delete Entire Account** as shown below.

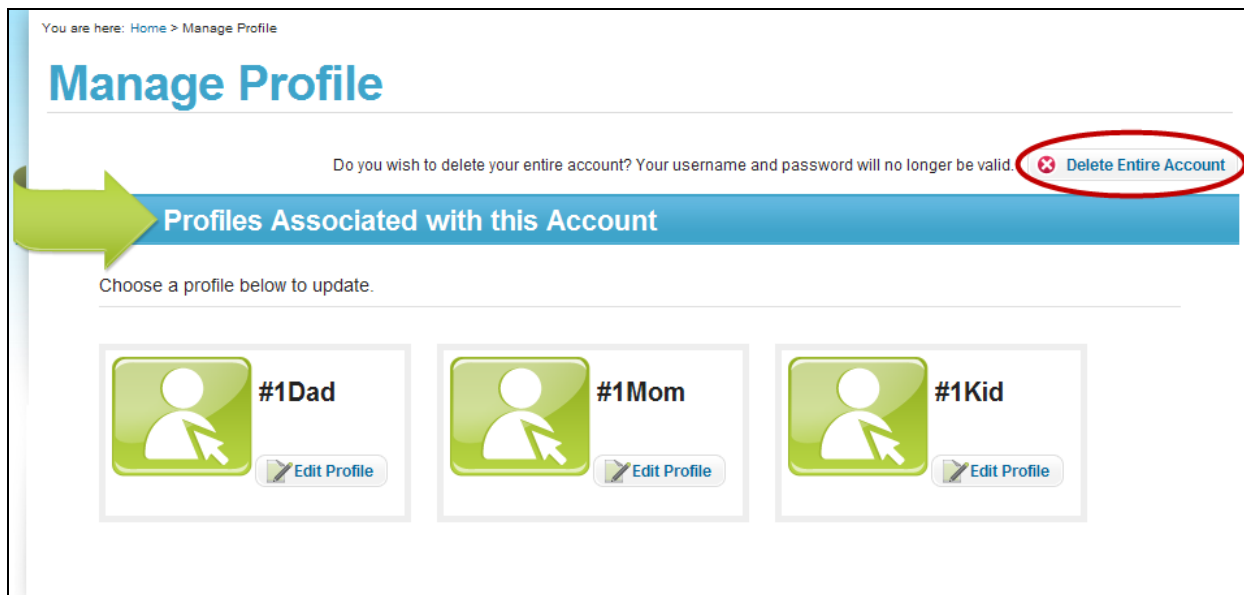


Figure 1-34: Manage Profile Page – Delete Entire Account

You will get a warning message. Click the **OK** button to delete the entire account. **Warning:** When deleting an account, all associated profiles and data will be lost, and the username and password will no longer be valid.

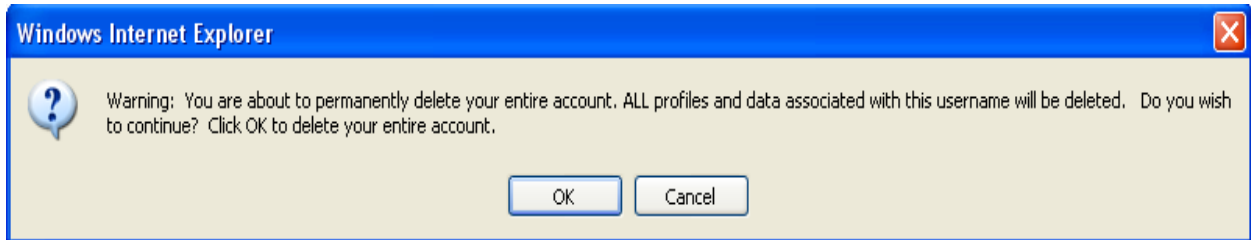


Figure 1-35: Account Deletion Confirmation Message

After deleting your entire account, you will be redirected to the *Home* page. Your username and password no longer exists, and you will no longer be able to log in to your deleted account.

Understanding Profile History

All user account profile changes are tracked and can be viewed in SuperTracker by going to the *Edit Profile* page and selecting **View Your Profile History**.

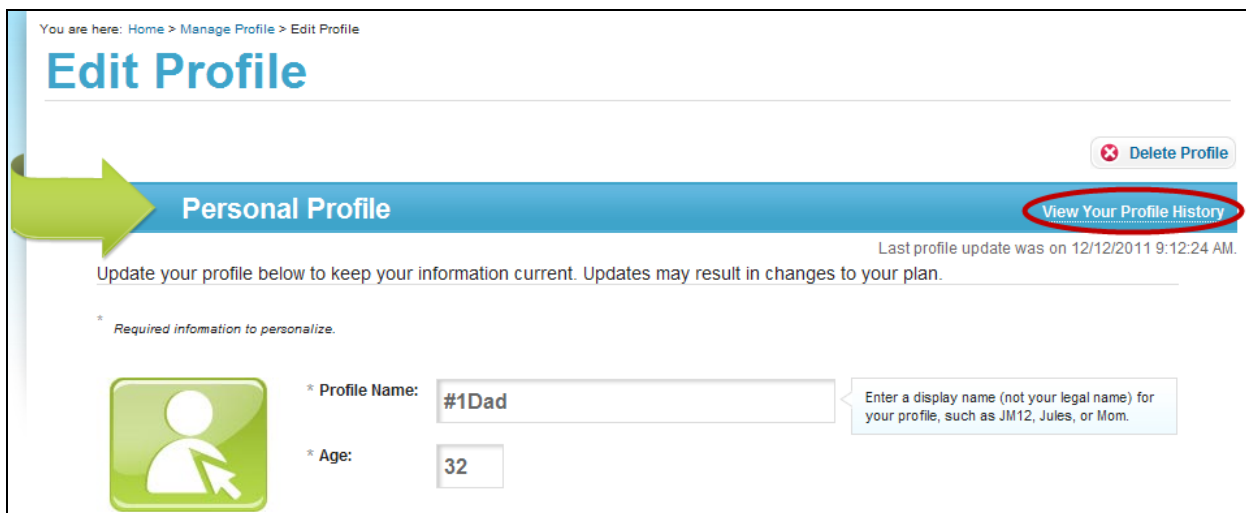


Figure 1-36: Edit Profile Page – View Your Profile History

On the Profile History page all previous versions of the profile are listed (every time you edit your profile, another version is created). To see a previous profile version, click the date of that version.

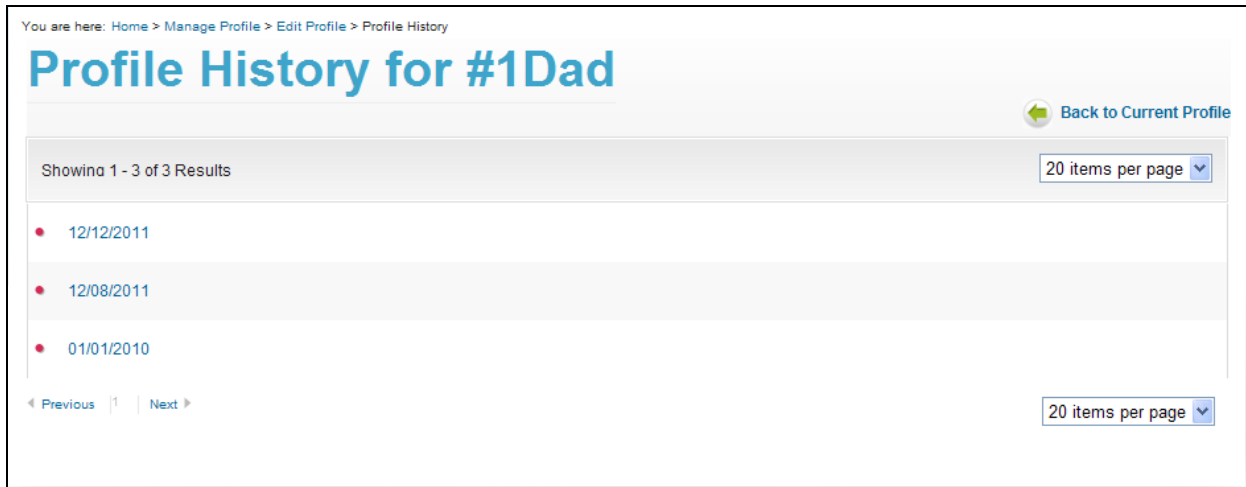


Figure 1-37: Profile History Page

Managing Your Username and Password

Recovering a Username

When you register your profile, you have the option to provide an email address. If you forget your username at some point in the future, SuperTracker can email it to you. See page 17, Completing the Registration Section for more information.

On the SuperTracker *Log In* page, there is a **Forgot your username?** link as shown below. Click this link to get your username by email.

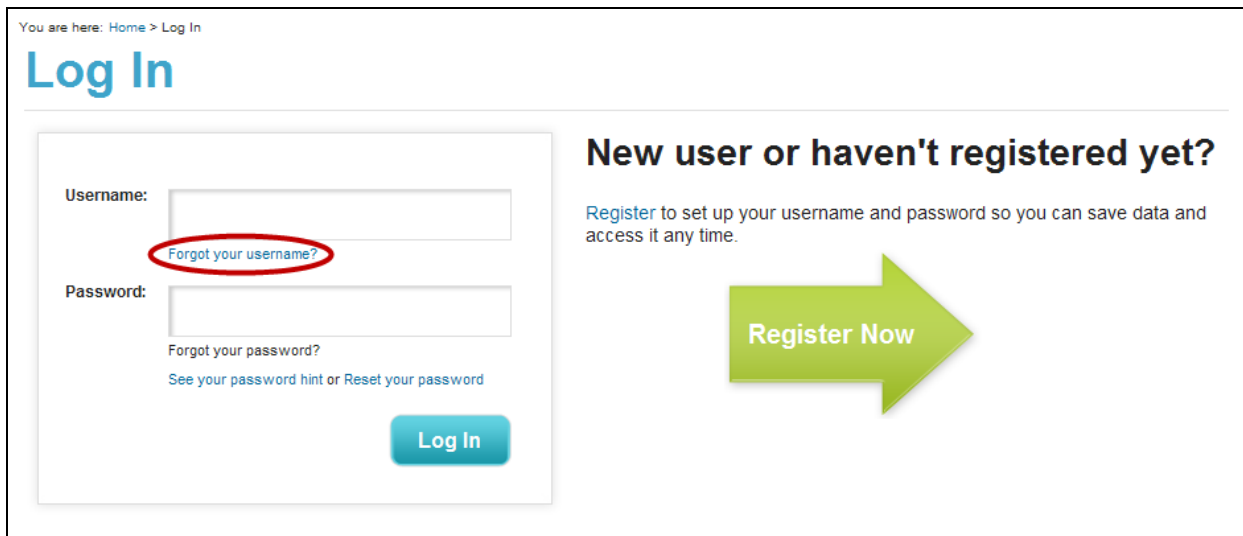
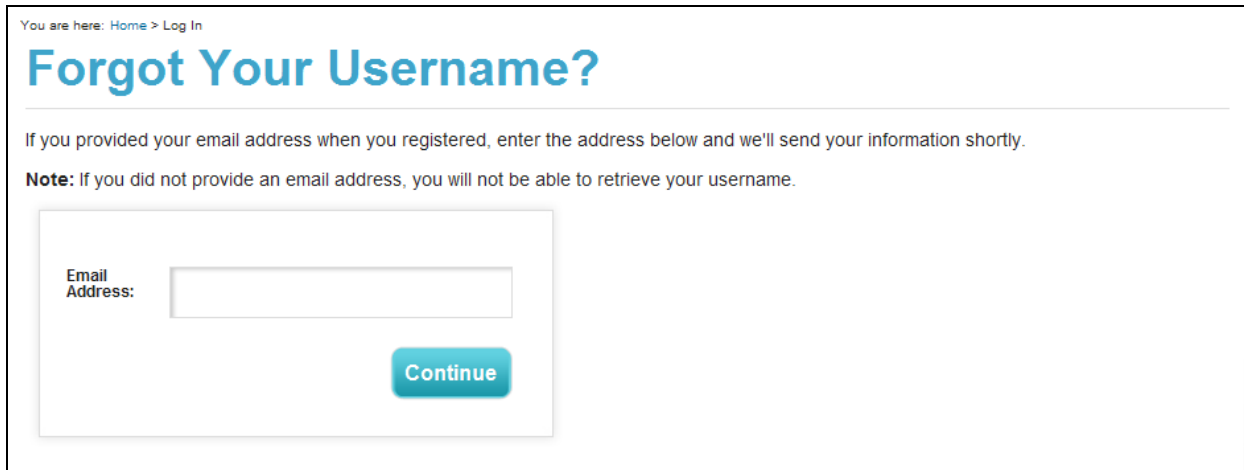


Figure 1-38: Log In Page – Forgot Your Username

On the **Forgot Your Username?** Page, enter the **email address** associated with your account (the one you entered during registration), and then click the **Continue** button.



You are here: [Home](#) > [Log In](#)

Forgot Your Username?

If you provided your email address when you registered, enter the address below and we'll send your information shortly.

Note: If you did not provide an email address, you will not be able to retrieve your username.

Email Address:

[Continue](#)

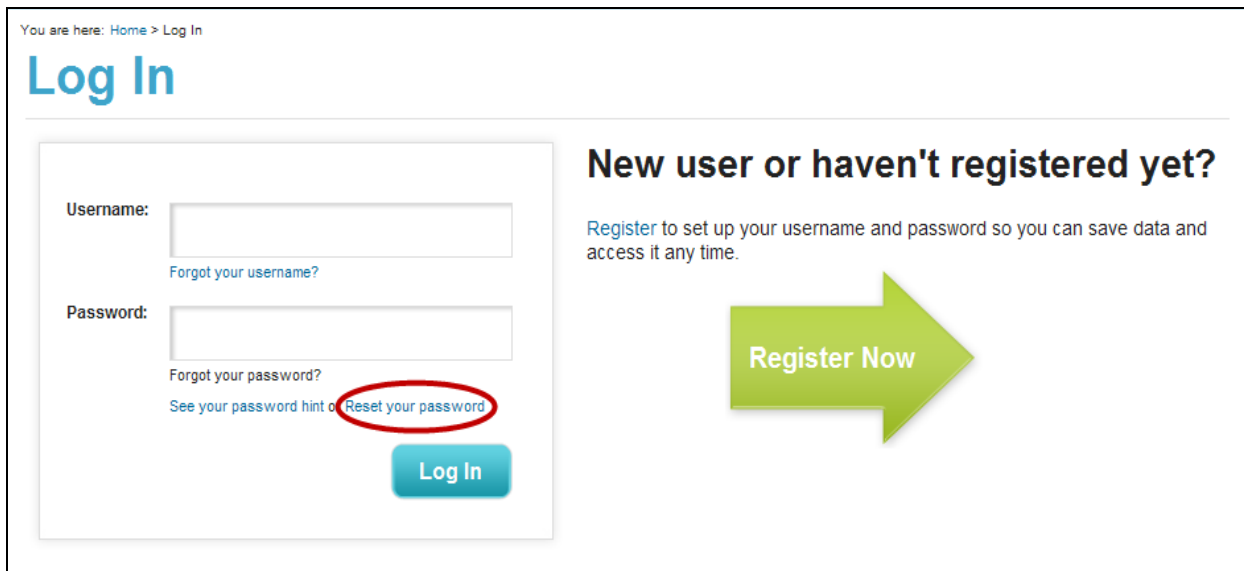
Figure 1-39: Forgot Your Username? Page

An email will be delivered to your email account. The email will contain your username and a link to SuperTracker. Once you get the email, log in to SuperTracker with your username and password.

Resetting a Forgotten Password

When you register your profile, you must select a Password Security Question and enter your answer to this question. If you forget your password at some point in the future, you may reset it by providing your security question answer. See page 17, *Completing the Registration Section* for more information.

On the Log In page, select the **Reset your password** link as shown below.



You are here: [Home](#) > [Log In](#)

Log In

Username:

[Forgot your username?](#)

Password:

[Forgot your password?](#)

[See your password hint or **Reset your password**](#)

[Log In](#)

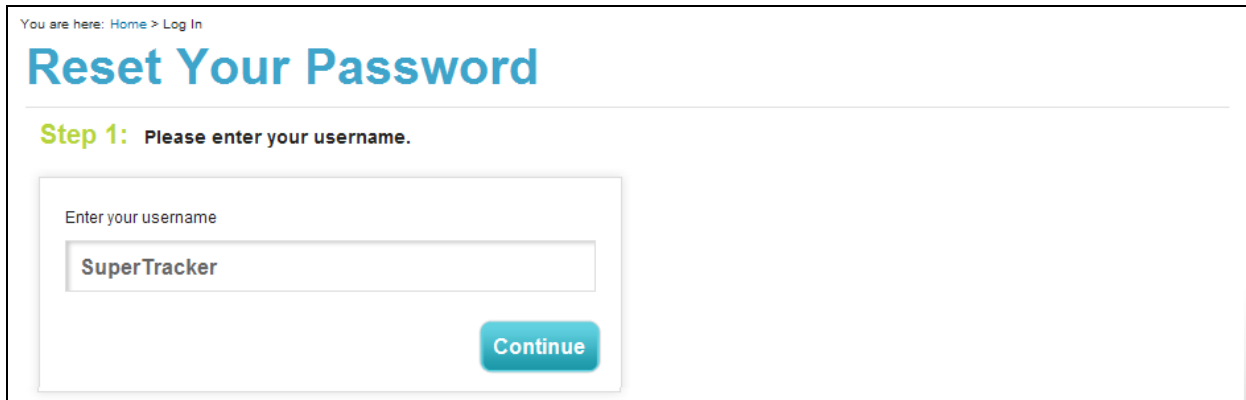
New user or haven't registered yet?

[Register](#) to set up your username and password so you can save data and access it any time.

[Register Now](#)

Figure 1-40: Log In Page – Reset Your Password

- **Reset Your Password – Step 1:** Enter your **username** and click the **Continue** button.



You are here: [Home](#) > [Log In](#)

Reset Your Password

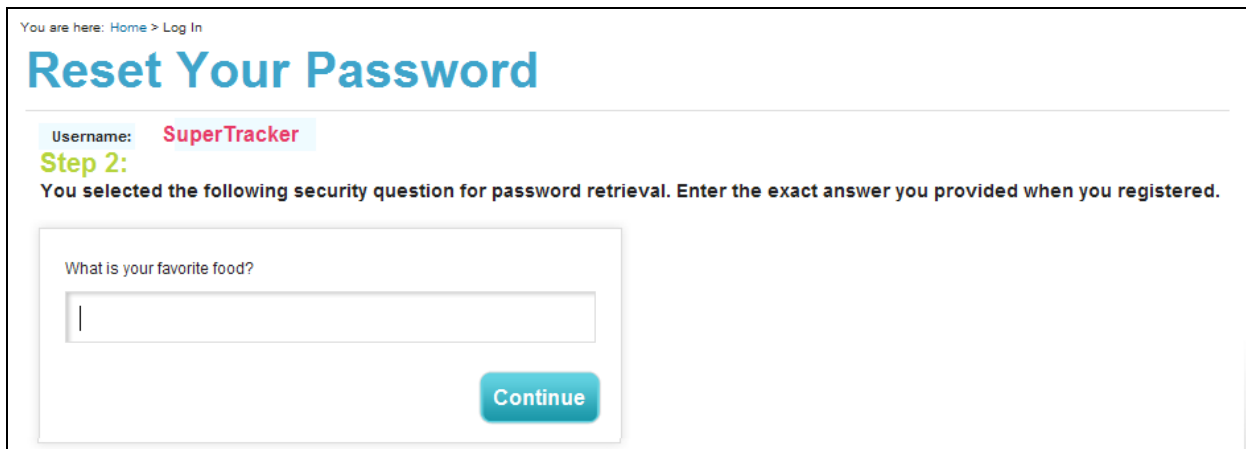
Step 1: Please enter your username.

Enter your username

Continue

Figure 1-41: Reset Your Password Page – Step 1

- **Reset Your Password – Step 2:** Enter **your answer** to the password security question, and click the **Continue** button.



You are here: [Home](#) > [Log In](#)

Reset Your Password

Username: **SuperTracker**

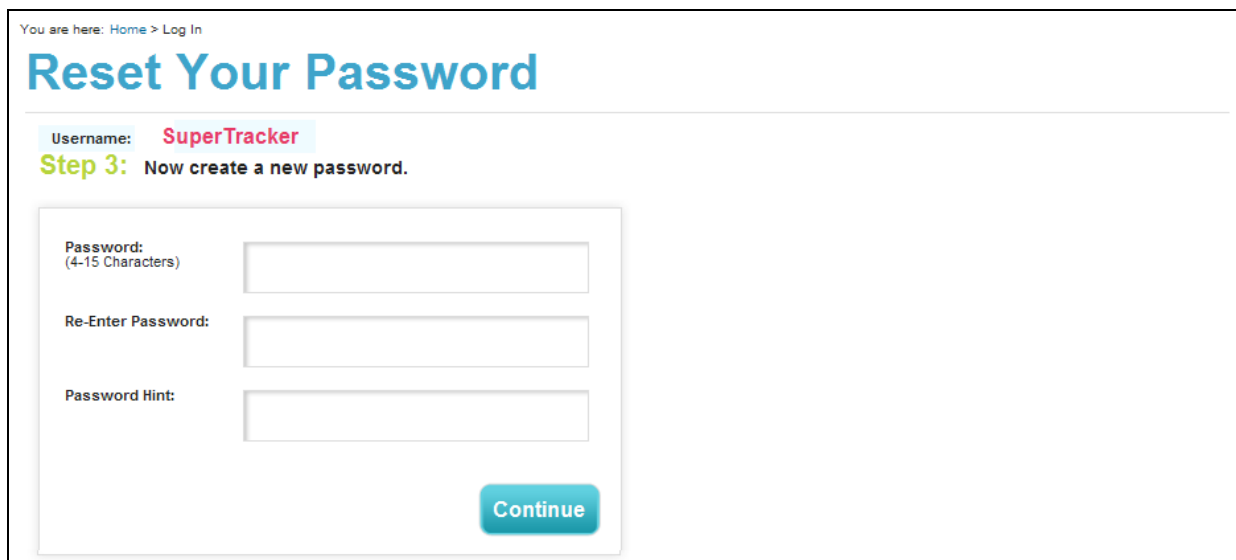
Step 2:
You selected the following security question for password retrieval. Enter the exact answer you provided when you registered.

What is your favorite food?

Continue

Figure 1-42: Reset Your Password Page – Step 2

- **Reset Your Password – Step 3:** Enter a **new password** (between 4 and 15 characters) and **password hint**, and click the **Continue** button.



You are here: [Home](#) > [Log In](#)

Reset Your Password

Username: **SuperTracker**

Step 3: Now create a new password.

Password: (4-15 Characters)

Re-Enter Password:

Password Hint:

[Continue](#)

Figure 1-43: Reset Your Password Page – Step 3

You will receive a message stating that “Your password has been successfully reset.” If you provided an email address during registration, SuperTracker will also send an email confirming that your password has been changed. You may now log in to SuperTracker with your username and new password.

Understanding SuperTracker Targets & Limits

About the Calculations used for Targets and Limits

SuperTracker uses equations from the Institutes of Medicine (IOM) to determine either the Estimated Energy Requirement (EER) or Total Energy Expenditure (TEE) of each user. After the TEE or EER is calculated, SuperTracker rounds to the nearest 200 Calorie (kcal) Food Pattern. USDA Food Patterns exist at 12 Calorie levels from 1,000 Calories to 3,200 Calories. Patterns at the 1,000, 1,200, and 1,400 Calorie levels meet the nutritional needs of children 2-8 years old. Patterns at the 1,600 Calories level and above meet the nutritional needs for adults and children ages 9 years and older.

Each Calorie pattern identifies daily amounts of foods, in nutrient dense forms, to eat from five major food groups and their subgroups. These Calorie patterns are from the *Dietary Guidelines for Americans, 2010*.

Understanding the Equations

The EER and TEE formulas account for several factors about a person, and you have the option to provide this information to SuperTracker through personalization:

- Age – measured in years
- Physical Activity Level (PA) – see table of physical activity co-efficients below
- Weight – measured in kilograms
- Height – measured in meters

The following are the equations for **males**:

Male, Age 2 years: SuperTracker provides a 1,000 Calorie plan.

- **Male, Ages 3 – 8:**

$$EER (kcal) = 88.5 - (61.9 \times age[yr]) + PA \times (26.7 \times weight[kg] + 903 \times height[m]) + 20$$
- **Male, Ages 9 – 18:**

$$EER (kcal) = 88.5 - (61.9 \times age[yr]) + PA \times (26.7 \times weight[kg] + 903 \times height[m]) + 25$$
- **Male, Ages 19 – 120:**

$$TEE (kcal) = 864 - (9.72 \times age[yr]) + PA \times (14.2 \times weight[kg] + 503 \times height[m])$$

Male Physical Activity Co-efficients:

Age	Sedentary	Low Active	Active	Very Active
3-18	1.00	1.13	1.26	1.42
19-120	1.00	1.12	1.27	1.54
Physical Activity Level (Selected during Personalization)	Less than 30 min./day of moderate activity	30 to 60 min./day of moderate activity	More than 60 min./day of moderate activity	**

** If a user selects “Base on weekly activities I enter” for physical activity level during Personalization, and enters enough activities to reach Very Active, this co-efficient will be used in the EER or TEE equation. Very Active is not provided as one of the standard options because it requires such a high level of activity, that is very uncommon for the average person to achieve.

The following are the equations for **females**:

- **Female, Age 2 years:** SuperTracker provides a 1,000 Calorie plan.
- **Female, Ages 3 – 8:**

$$EER (kcal) = 135.3 - (30.8 \times age[yr]) + PA \times (10.0 \times weight[kg] + 934 \times height[m]) + 20$$
- **Female, Ages 9 – 18:**

$$EER (kcal) = 135.3 - (30.8 \times age[yr]) + PA \times (10.0 \times weight[kg] + 934 \times height[m]) + 25$$
- **Female, Ages 19 – 120:**

$$TEE (kcal) = 387 - (7.31 \times age[yr]) + PA \times (10.9 \times weight[kg] + 660.7 \times height[m])$$

Female Physical Activity Co-efficients:

Age	Sedentary	Low Active	Active	Very Active
3-18	1.00	1.16	1.31	1.56
19-120	1.00	1.14	1.27	1.45
Physical Activity Level (Selected during Personalization)	Less than 30 min./day of moderate activity	30 to 60 min./day of moderate activity	More than 60 min./day of moderate activity	**

** If a user selects “Base on weekly activities I enter” for physical activity level during Personalization, and enters enough activities to reach Very Active, this co-efficient will be used in the EER or TEE equation. Very Active is not provided as one of the standard options because it requires such a high level of activity, that is very uncommon for the average person to achieve.

The EER equations for pregnant women are similar to non-pregnant women with the following exceptions:

- Weight is pre-pregnancy weight
- Pregnant women have additional calories needs dependent on the trimester. Add the following additional Calories to the age-appropriate EER equation above.

1st Trimester	2nd Trimester	3rd Trimester
0	340	452

The EER equations for breastfeeding women are similar to non-pregnant women with the following exception:

- Breastfeeding women have additional calories needs dependent on age of the infant and the extent of breastfeeding. Add the following additional Calories to the age-appropriate EER equation above.

Age of Infant	Breast milk only, no formula	At least half breast milk, plus some formula	Some breast milk, mostly formula
0 to less than 6 months	330	70	0
6 to 12 months	400	200	0

How SuperTracker Uses Physical Activity Levels

During personalization, you are asked to select your level of physical activity. You are provided with the following four options:

1. Less than 30 min./day of moderate activity
2. 30 to 60 min./day of moderate activity
3. More than 60 min./day of moderate activity
4. Base on weekly activities I enter

You can estimate your activity level by choosing options 1-3. Each of these corresponds with a physical activity coefficient, which SuperTracker plugs into the TEE and EER equations to calculate your Calorie needs. See the About the Calculations used for Targets and Limits section above for more information about the physical activity coefficients and TEE/EER formulas.

If you select option 4, SuperTracker uses the activities you enter in the Physical Activity Tracker to determine your physical activity coefficient. SuperTracker recalculates your Calorie level each week based on the physical activities you entered the week before. When SuperTracker calculates your physical activity coefficient, it includes a factor to account for activities of daily living (the light-intensity activities of daily life, such as standing, walking slowly, and lifting lightweight objects). You do NOT need to enter these activities in the Physical Activity Tracker since they are already accounted for. If you do

enter them, SuperTracker does not include them when determining your physical activity coefficient to avoid counting them twice. For best results, choose option 4 only if you intend to enter your physical activities on a regular basis.

Calculations without Personalizing

You can use SuperTracker without personalizing. If you do not provide age, gender, height, or weight SuperTracker will use a 2,000 Calorie Plan as the default.

You are still able to register and save your data while using the 2,000 Calorie Plan. Registration does not require personalization, see page 16, Chapter 1, Registration.

Understanding Calculations for Weight Management

If you enter your height and weight during personalization, SuperTracker calculates your Body Mass Index (BMI). BMI is a measure of a person's height to weight ratio, and is calculated as follows.

$$BMI = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m)}}$$

Or, using pounds and inches

$$BMI = \frac{\text{weight (lb)}}{\text{height}^2 \text{ (in)}} \times 703$$

BMI is a fairly reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research shows that BMI correlates to direct measures of body fat. SuperTracker uses your BMI to help determine the best plan for you.

To learn more about BMI or to calculate your own, please visit the Centers for Disease Control and Prevention (CDC):

- **For adults:** http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html
- **For Children and Teens:** please visit the Center for Disease Control and Prevention (CDC): http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

In My Top 5 Goals you may set a personal goal to “Maintain Current Weight” or “Move Toward a Goal Weight.” Each option and how they impact your plan are described below.

- **Maintain Current Weight:** SuperTracker calculates your plan based on your current weight.
- **Move Toward a Goal Weight:** You are able to enter your own goal weight into the goal weight field (as long as the weight helps you move toward a healthy weight). SuperTracker will not calculate a plan for you if your goal weight is not healthier for you than your current weight. The goal weight will be used in place of your current weight to calculate your new plan.

Daily Limits

- **Calorie Allowance:** Your Calorie limit is dependent on your age, gender, height, weight, and physical activity level. These are all factors that SuperTracker uses to determine the Estimated Energy Requirement (EER) and Total Energy Expenditure (TEE) equations as described in the Understanding the Equations section above. After the TEE or EER is calculated, it is rounded to the nearest 200 Calorie (kcal) USDA Food Pattern, which is your Calorie limit.
- **Empty Calories:** Your Total Calorie limit determines your Empty Calorie limit. Each of the 12 USDA Food Patterns has a specific Empty Calorie limit associated with it.

- **Saturated Fat:** Your saturated fat limit is based on the Dietary Guidelines for Americans, 2010. SuperTracker automatically calculates your saturated fat limit as 10% of your total Calorie limit.
- **Sodium:** Your sodium limit is based on the Dietary Guidelines for Americans, 2010. Your sodium limit may differ from what is shown depending on your race and health status, which are factors that SuperTracker has no way of knowing.

Food Group Targets

Your food group targets are based on the USDA Food Patterns at your Calorie level. Each of the 12 USDA Food Patterns has a specific target associated with it for the five major food groups: Grains, Vegetables, Fruits, Dairy, and Protein Foods.

- **Food Subgroup Targets:** Some food subgroups (e.g. dark green vegetables, whole grains and seafood) have specific targets based on the USDA Food Patterns at your Calorie level.
- **Oils Target:** Your oils target is based on the USDA Food Patterns at your Calorie level. Each of the 12 USDA Food Patterns has a specific oils recommendation associated with it. While oils are not a food group, they are emphasized because they contribute essential fatty acids and vitamin E to the diet.

Nutrient Targets

Your Nutrient Targets depend on your age and gender, and for women, if you are pregnant or breastfeeding. Your targets are based on recommendations established by the Institutes of Medicine and the *Dietary Guidelines for Americans, 2010*:

[List of all Dietary Reference Intake Tables](#)

[Dietary Guidelines for Americans, 2010](#)

Understanding the Physical Activity Targets

The Physical Activity Targets throughout SuperTracker are based on the *2008 Physical Activity Guidelines for Americans*, released by the Department of Health and Human Services.

Learn more about the Physical Activity Guidelines by visiting: <http://www.health.gov/paguidelines/>

Activity Targets for Adults (ages 18-120)

- **Aerobic Activity:** Adults have a weekly aerobic activity target expressed in Moderate Intensity Equivalent (MIE) minutes. SuperTracker uses MIE minutes to account for different intensity activities. Every minute of moderate intensity activity counts as 1 MIE minute, and every minute of vigorous intensity activity counts as 2 MIE minutes (e.g., 30 minutes vigorous is equivalent to 60 MIE minutes). You are able to change your weekly target by setting a personal physical activity goal using the My Top 5 Goals (available under My Top Features navigation).
- **Muscle-Strengthening Activity:** Adults have a weekly target for muscle strengthening-activity. Muscle-strengthening activities make muscles do more work than they normally do. That is, they overload the muscles. Resistance training, including weight training, is a familiar example of muscle-strengthening activity. Other examples include working with resistance bands, doing calisthenics that use body weight for resistance (such as push-ups, pull-ups, and sit-ups), carrying heavy loads, and heavy gardening (such as digging or hoeing).

[See the 2008 Physical Activity Guidelines for Americans for more information about recommended physical activity for adults.](#)

Activity Targets for Children (ages 6-17)

- **Aerobic Activity:** Children and adolescents have a daily aerobic activity target expressed in Moderate Intensity Equivalent (MIE) minutes. SuperTracker uses MIE minutes to account for different intensity activities. Every minute of moderate intensity activity counts as 1 MIE minute, and every minute of vigorous intensity activity counts as 2 MIE minutes (e.g., 30 minutes vigorous is equivalent to 60 MIE minutes).
- **Muscle-Strengthening Activity:** Children and adolescents have a weekly target for muscle-strengthening activity. Muscle-strengthening activities make muscles do more work than they normally do. That is, they overload the muscles. Resistance training, including weight training, is a familiar example of muscle-strengthening activity. Other examples include working with resistance bands, doing calisthenics that use body weight for resistance (such as push-ups, pull-ups, and sit-ups), carrying heavy loads, and heavy gardening (such as digging or hoeing).
- **Bone-Strengthening Activity:** Children and adolescents have a weekly target for bone-strengthening activity. Bone-strengthening activities produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle-strengthening.
- **Vigorous-Intensity Activity:** Children and adolescents have a weekly target for vigorous-intensity activity. On an absolute scale, vigorous-intensity physical activity is done at 6.0 or more times the intensity of rest (≥ 6.0 METs). On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10. Youth doing vigorous-intensity activity will feel their heart beating much faster than normal and they will breathe much harder than normal.

[See the 2008 Physical Activity Guidelines for Americans for more information about recommended physical activity for children and adolescents.](#)

About Activity Targets for Preschoolers (ages 2-5)

The *Physical Activity Guidelines for Americans* do not include specific guidelines for children less than 6 years of age, and therefore SuperTracker does not have a specific physical activity target for children under the age of 6.

Chapter 2 - My Plan >

About the Plans

Please note: Plans are designed for the general public ages 2 and over; plans are not therapeutic diets. If you have a specific health condition, please consult with a health care provider for a dietary plan that is right for you.

My Plan

My Plan shows your daily food group targets - what and how much to eat within your Calorie allowance. If you have personalized your profile, these targets and limits are calculated based on the information you entered, see page 29, Understanding SuperTracker Targets & Limits. If you have not personalized your profile, a General Plan is provided.

The targets and limits from My Plan will appear in the Dashboard portion of the tool as you proceed, see page 9, Understanding the Dashboard. Enter your foods in to the Food Tracker feature of the tool and see how your daily intake stacks up! See Food Tracker >, Chapter 3 for more information.

To view the My Plan page, from any page in SuperTracker, scroll over the **My Plan** heading and select **My Plan** as shown below.



Figure 2-1: Selecting My Plan

The My Plan page provides the following information:

My Plan

This plan shows your daily food group targets — what and how much to eat within your Calorie allowance. Enter your meals in Food Tracker to see how you stack up.

#1Dad's Plan

Your plan is based on a 2600 Calorie allowance.

Calories	Allowance			
Total Calories ▪ Empty Calories*	2600 per day	← 1	3	4
	▪ ≤ 362 per day			
Food Group	Food Group Amount	"What counts as..."	Tips	
Grains	9 ounce(s) per day	1 ounce of Grains	Tips	
▪ Whole Grains	▪ ≥ 4½ ounce(s) per day	<ul style="list-style-type: none"> ▪ 1 slice of bread (1 ounce) ▪ ½ cup cooked pasta, rice, or cereal ▪ 1 ounce uncooked pasta or rice ▪ 1 tortilla (6 inch diameter) ▪ 1 pancake (5 inch diameter) ▪ 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) See more Grain examples	<ul style="list-style-type: none"> ▪ Eat at least half of all grains as whole grains. ▪ Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. ▪ Check product labels — is a grain with "whole" before its name listed first on the ingredients list? 	

* Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

»» [Get Additional Guidance](#) ← 5

Figure 2-2: My Plan

1. Calorie Allowance

Your plan includes an allowance for Total Calories and Empty Calories. These numbers are found at the top of your plan.

Your Calorie limit is determined by your age, gender, height, weight, and physical activity level. These are all factors that SuperTracker uses to determine the Estimated Energy Requirement (EER) and Total Energy Expenditure (TEE) equations, see Understanding SuperTracker Targets & Limits, on page 29. After these calculations, your Calorie level is rounded to the nearest 200 Calorie (kcal) USDA Food Pattern to provide your Calorie Allowance.

Your plan also displays a value for Empty Calories. Empty Calories provide little nutritional value, such as those from added sugars, solid fats, and alcohol. Empty Calories are a part of Total Calories.

2. Food Groups and Amounts

Your plan includes specific recommendations for you, based on your Total Calorie allowance. Each Food Group has a recommended amount to eat per day. In addition, some food groups provide amounts and information about sub-food groups and how often they should be included in your diet. For example, your plan indicates how many whole grains you should aim to eat every day and how many cups of dark green vegetables you should aim to eat every week. Every value will provide if the recommendations is intended for a daily or weekly basis.

3. What Counts As...

Your plan includes examples of food groups and how to count them in ounces (Grains and Protein Foods) or cups (Vegetables, Fruits, and Dairy). In addition, examples of 1 teaspoon of oil are provided.

4. Tips

Your plan includes tips for each of the food groups and oils. These tips will help you pick healthy choices in each of the food groups.

5. Additional Guidance

Your plan includes additional guidance under your food group targets. Click to expand the **"Get Additional Guidance"** section to find more information about physical activity, food groups, related topics (i.e. oils, sodium, empty Calories) and nutrition information for specific population groups.

General Plan

Personalizing your profile in SuperTracker is encouraged but not required. SuperTracker features are ready to use even if you choose not to personalize, or prefer to simply "check it out." If you do not personalize you will be provided a General Plan. The General Plan shows daily food group targets - what and how much to eat within a 2,000 Calorie allowance. This plan is not specific for you but does meet the nutritional needs for many age and gender groups. Access to a copy of the General Plan is provided from the **"Get Started"** area of the SuperTracker homepage. It is also automatically used to assign food group targets when using SuperTracker if you have not personalized.

You can still register to save your data without personalizing your profile. You must register in order to save the information you enter and access or retrieve it at a later time. Without registering, you can enter and view information only during a single session. **Information entered without registration is not saved.** See on page 16, About Registration, for more information.

Using the General Plan can be a good place to start for certain users. This option may be preferred by some individuals; or be helpful in settings where using a personalized profile is not ideal. Teachers or group leaders may have participants use the general plan for instructional purposes, to address privacy concerns of entering or viewing personalized information in a group setting.

To access the General Plan, select the **General Plan** link on the Home page.



Figure 2-3: Selecting General Plan

The General Plan page opens in another window as shown below.

General Plan

This plan shows daily food group targets — what and how much to eat within a 2000 Calorie allowance.



Calories	Allowance		
Total Calories	2000 per day		
▪ Empty Calories *	▪ ≤ 258 per day		
Food Group	Food Group Amount	"What counts as..."	Tips
Grains	6 ounce(s) per day	1 ounce of Grains	Tips
<ul style="list-style-type: none"> ▪ Whole Grains 	<ul style="list-style-type: none"> ▪ ≥ 3 ounce(s) per day 	<ul style="list-style-type: none"> ▪ 1 ounce of Grains: 1 slice of bread (1 ounce) ▪ ½ cup cooked pasta, rice, or cereal ▪ 1 ounce uncooked pasta or rice ▪ 1 tortilla (6 inch diameter) ▪ 1 pancake (5 inch diameter) ▪ 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) See more Grain examples	<ul style="list-style-type: none"> ▪ Eat at least half of all grains as whole grains. ▪ Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. ▪ Check product labels — is a grain with "whole" before its name listed first on the ingredients list?
Vegetables	2½ cup(s) per day	1 cup of Vegetables:	Tips
<ul style="list-style-type: none"> ▪ Dark Green ▪ Red and Orange ▪ Beans & Peas ▪ Starchy ▪ Other 	<ul style="list-style-type: none"> ▪ 1½ cup(s) per week ▪ 5½ cup(s) per week ▪ 1½ cup(s) per week ▪ 5 cup(s) per week ▪ 4 cup(s) per week 	<ul style="list-style-type: none"> ▪ 1 cup raw or cooked vegetables ▪ 1 cup 100% vegetable juice ▪ 2 cups leafy salad greens See more Vegetable examples	<ul style="list-style-type: none"> ▪ Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count. ▪ Add dark-green, red, and orange vegetables to main and side dishes. Use dark leafy greens to make salads. ▪ Beans and peas are a great source of fiber. Add beans or peas to salads, soups, side dishes, or serve as a main dish.

Figure 2-4: General Plan Page

My Family Plan

My Family Plan shows daily food group targets for each member of your family or other profiles you have add to your username. My Family Plan was designed to show several profiles on one page. Print for an easy reference! For more information about adding profiles see page 19, Adding a Profile.

From any page in SuperTracker, scroll over the **My Plan** heading and select **My Family Plan** as shown below.



Figure 2-5: Selecting My Family Plan

The My Family Plan page appears as shown below.

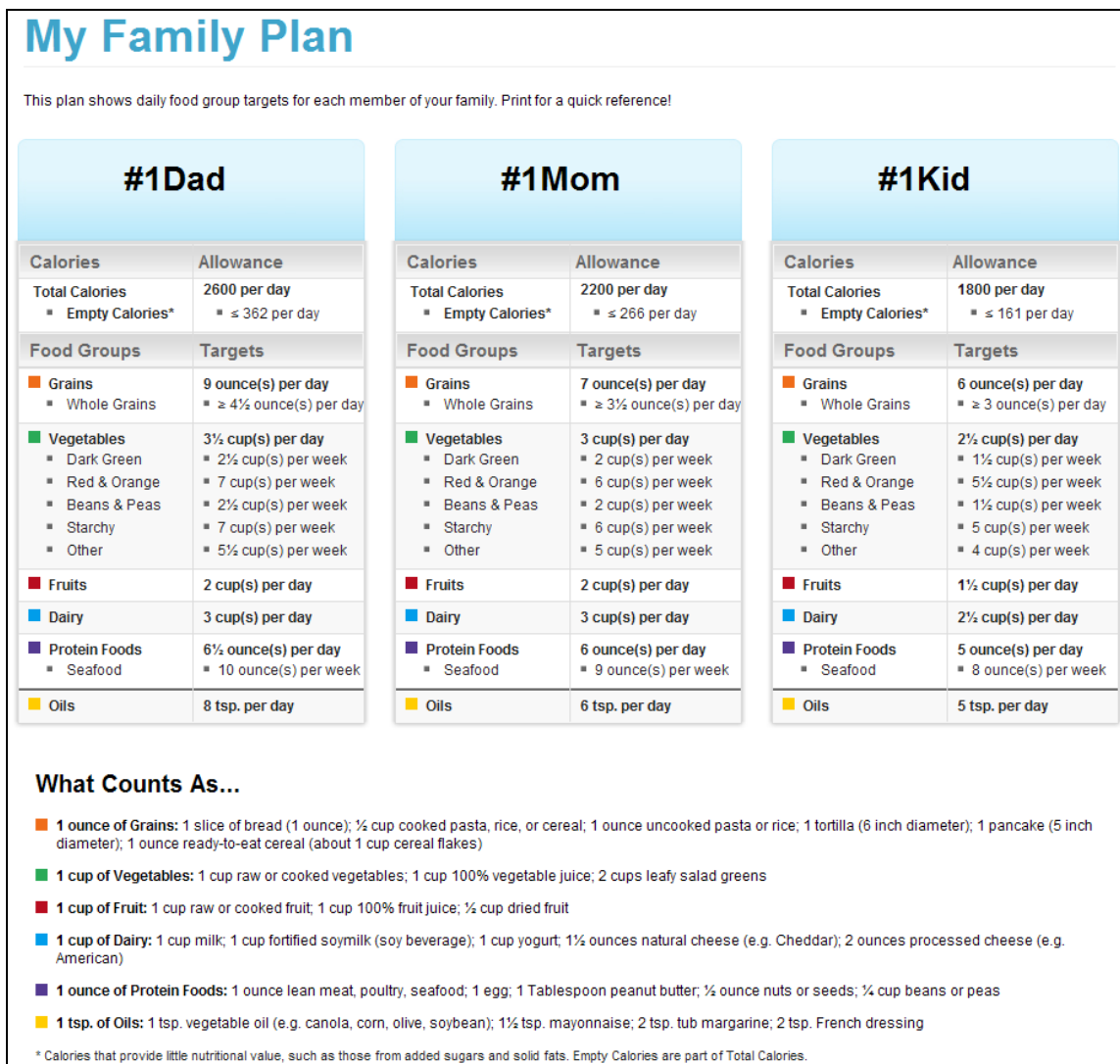


Figure 2-6: My Family Plan Page

Sample Meal Plans

The Sample Meal Plans provide another look at the food group amounts from your Plan to help you plan your meals and snacks. The Sample Meal Plans are provided for each Plan to show how the amounts from the Grains, Vegetables, Fruits, Dairy and Protein Foods Groups might look divided over the course of a day. For each Calorie allowance, three Sample Meal Plans are provided to show the many possibilities for Breakfast, Lunch, Dinner and two snacks. Use the Sample Meal Plans to get ideas on how to implement your Plan and meet your daily food group targets.

From any page in SuperTracker, scroll over the **My Plan** heading and select **Sample Meal Plans** as shown below.

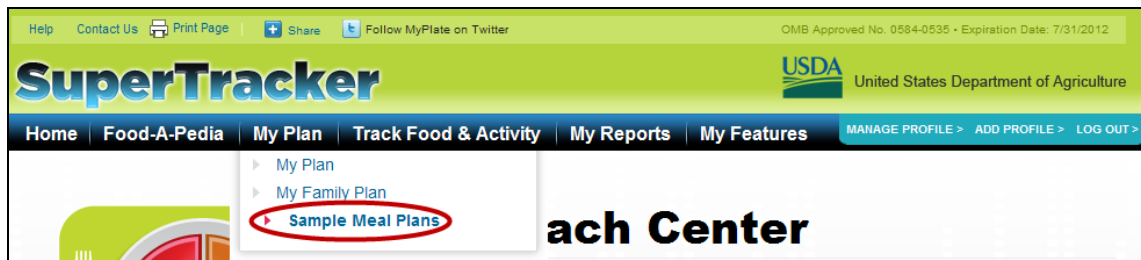


Figure 2-7: Selecting Sample Meal Plans

The Sample Meal Plans page appears as shown below.



Figure 2-8: Sample Meal Plans Page

Chapter 3 - Food Tracker >

About Food Tracker

You can use Food Tracker to add food and beverages to any meal. As you add food items to your day, you will see how your food choices measure against your daily targets and daily limits.

To access Food Tracker page, from any page, select the **Track Food & Activity** navigation heading and select **Food Tracker** as shown below.



Figure 3-1: Selecting Food Tracker

The Food Tracker page includes the sections described below.

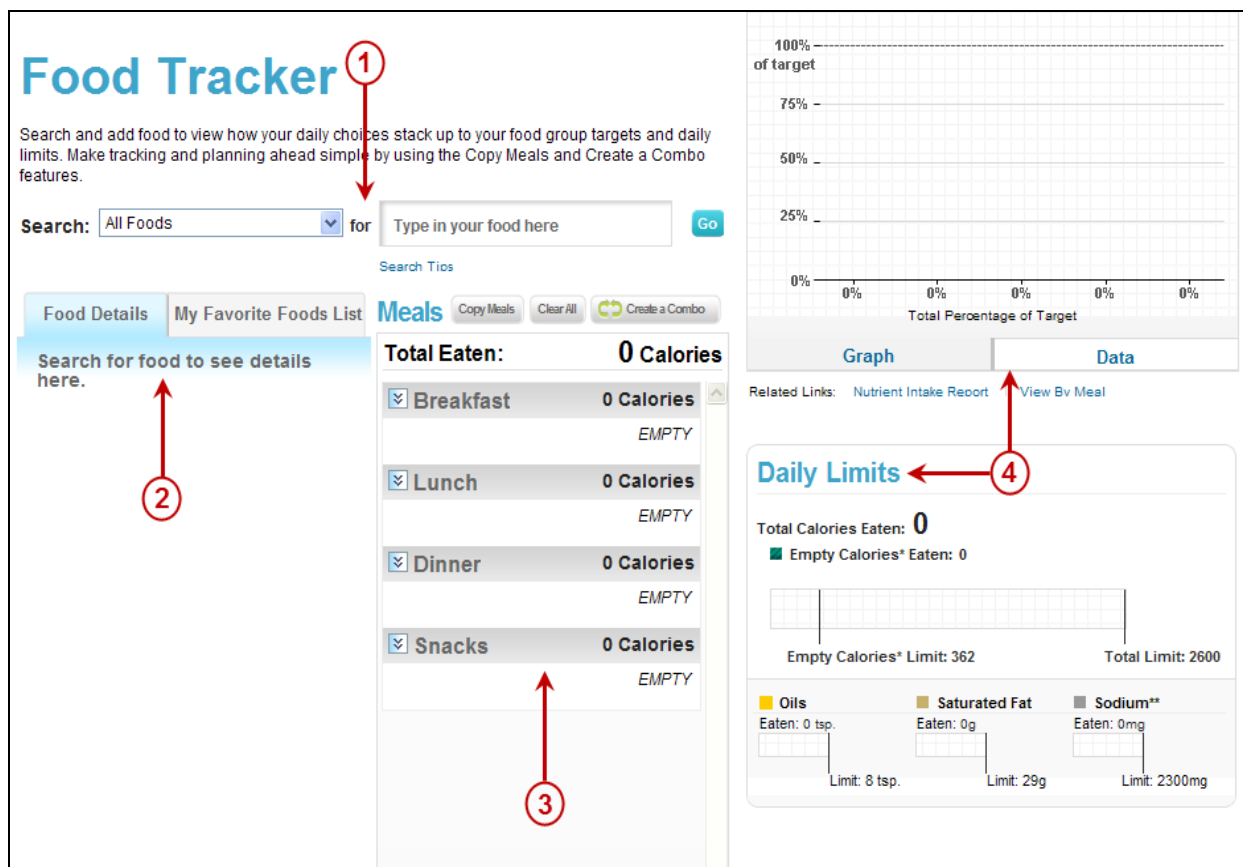


Figure 3-2: Food Tracker

1. **Search Area**
Search for your foods here.
2. **Food Card**
When you select a food from your search results list, it will appear here with its food group and nutrient information. You can add the food to meals from the food card.
3. **The Meals Area**
After you add a food to a meal, it will appear in this area along with all of the other foods you have added for the day.
4. **Food Group Targets & Daily Limits Graphs**
Your daily totals for food groups and limits will add up here as you add foods to your day. These graphs show how you are meeting your plan.

Using Food Tracker

Searching for Foods

How to Search

From the Food Tracker page enter a food into the search box provided. As you are typing, a list of top search results will drop down. If you see the food you are looking for, select it from the list.

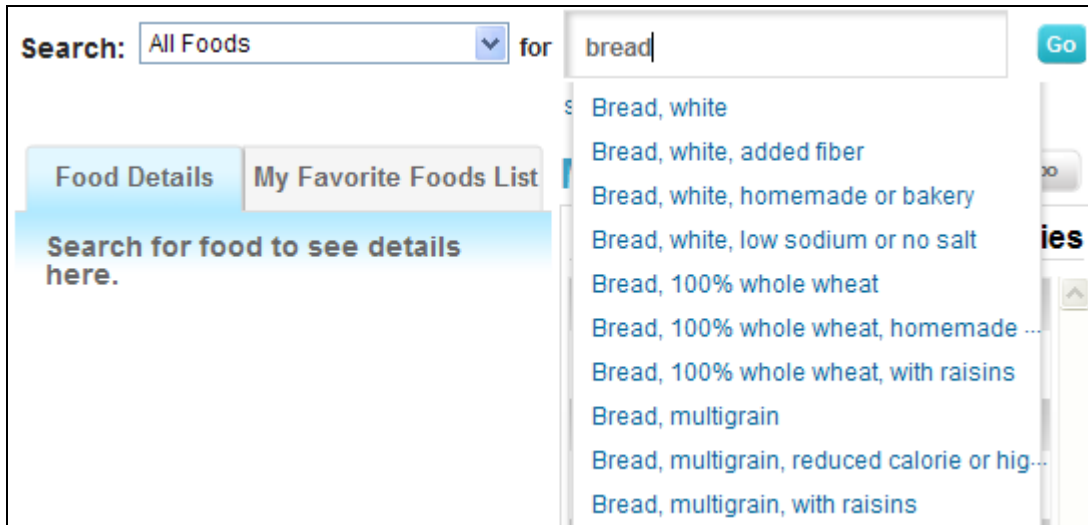


Figure 3-3: Food Tracker – Initial Search Results

If you do not see what you are looking for or want to see more foods that meet your search criteria, select the **Go** button to get the complete search results list.

Search Results	
Showing 1-20 of 294 Results	
20 items per page ▼	
1	Bread, white
2	Bread, white, added fiber
3	Bread, white, homemade or bakery
4	Bread, white, low sodium or no salt
5	Bread, 100% whole wheat
6	Bread, 100% whole wheat, homemade or bakery
7	Bread, 100% whole wheat, with raisins
8	Bread, multigrain
9	Bread, multigrain, reduced calorie or high fiber
10	Bread, multigrain, with raisins
11	Bread, wheat or cracked wheat
12	Bread, wheat or cracked wheat, homemade or bakery

Figure 3-4: Food Tracker – Complete Search Results

Select the food that best matches what you are looking for, and the food details will appear in the food card on the left side of the page. You can add the food to a meal from the food card. For more information about the food card, see Using the Food Card below.

Search Categories

When searching for a food, you can select to search within a specific category to limit your results. The categories to choose from include:

- All Foods
- My Favorite Foods
- Beverages
- Breads, Cereal & Bakery Items

- Pasta & Rice
- Fruits
- Vegetables
- Dairy
- Meat, Poultry, Fish & Eggs
- Meals & Entrees (Mixed Dishes)
- Snacks
- Fast Foods
- Sweets & Desserts

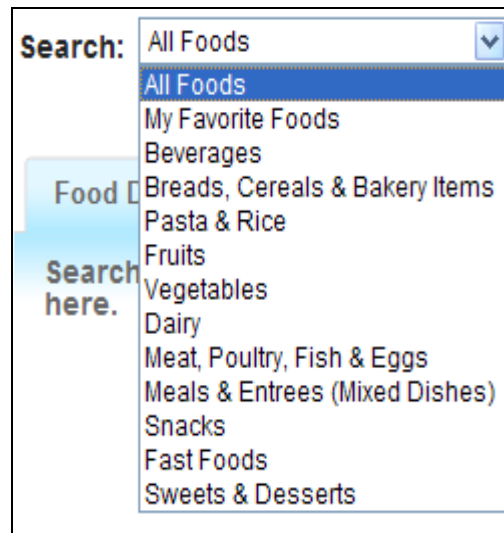


Figure 3-5: Food Tracker – Search Categories

Search Tips

Search tips are available to assist you with possible search problems. To access the Search Tips, from the Food Tracker page, select the Search Tips link.

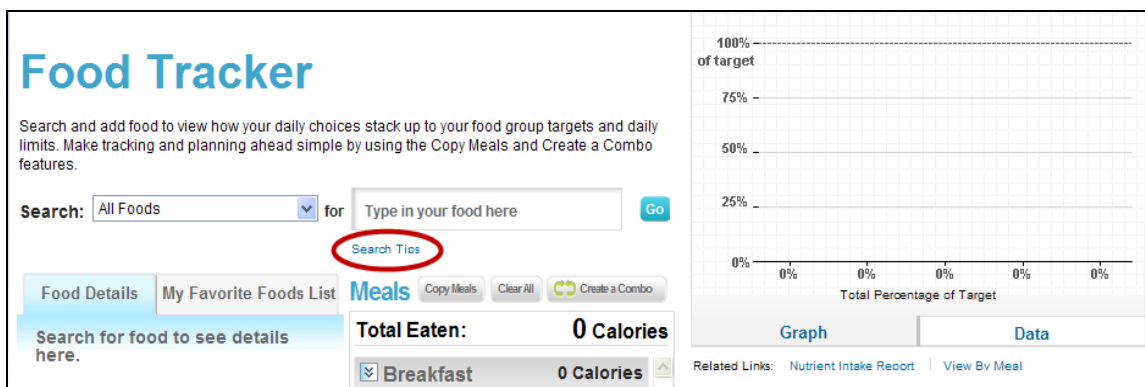


Figure 3-6: Food Tracker – Search Tips Selection

The Search Tips page opens in a new window and provides hints and examples to help you find what you are looking for.

Search Tips		
Food Search		
Problem	Hint	Examples
No Foods Found	<ul style="list-style-type: none"> Search "All Foods" Try a more general term Try a similar food Avoid use of the words: "and" & "plus" Check your spelling 	<ul style="list-style-type: none"> Instead of "Meals & Entrees (Mixed Dishes)" search within "All Foods" Instead of "edamame" try "soybean" Instead of "acorn squash" try "winter squash" Instead of "chicken and rice" try "chicken rice"
Several foods found but not the one I'm looking for	<ul style="list-style-type: none"> Search within a specific food category Try a more specific term. Try a variation of the word. Enter Food components separately 	<ul style="list-style-type: none"> Instead of "All Foods" search within "Pasta and Rice" Instead of "soup" try "vegetable soup" Instead of "pepper" try "peppers" Instead of "chicken Caesar salad" – add a "Caesar salad" add a "grilled chicken breast"
I want to add a specific combination of foods	<ul style="list-style-type: none"> Use the "My Combo" feature under "Track Food & Physical Activity" to build the food from its components and save it to find it quickly in the future 	<ul style="list-style-type: none"> Go to "My Combo" , enter each ingredient, name the combo (e.g. "Favorite Smoothie"), and save. You can add your combo to meals from "My Favorite Foods List"

Figure 3-7: Search Tips Page

Using the Food Card

When you pick a food from your search results list, the food details are shown in the food card on the left side of the Food Tracker page. At the bottom of the food card, there are two tabs providing information about the food:

- Food Info:** Tells you how many total and empty Calories are in the food, how much of each food group it provides, and how many of its Calories come from saturated fat, sodium and alcohol.

- Nutrient Info:** Tells you how much of each nutrient the food has and the percent of your daily target or limit it provides.
 (Note: This is different from the %DV you see on a product's Nutrition Facts Panel. The percent daily target or limit in SuperTracker is based on your personal Calorie limit; the %DV on a food package is always based on a 2000 Calorie diet).

Food Details
My Favorite Foods List

Bread, 100% whole wheat

Choose an amount:

1

regular slice

Choose Meal Time(s):

Breakfast

Lunch

Dinner

Snacks

Choose for:

#1Dad

#1Mom

#1Kid

All

+ Add

Cancel

Food Info
Nutrient Info

Total Calories: 69

Food Groups	Limits	
<div style="display: flex; align-items: center; gap: 5px;"> <div style="width: 10px; height: 10px; background-color: #e67e22; border: 1px solid #ccc;"></div> Grains </div>	1 oz.	<div style="display: flex; align-items: flex-start; gap: 10px;"> <div style="width: 10px; height: 10px; background-color: #27ae60; border: 1px solid #ccc;"></div> Empty Calories* </div> <div style="margin-top: 5px;"> Solid Fats 7 Calories </div> <div style="margin-top: 5px;"> Added Sugars 6 Calories </div> <div style="margin-top: 5px;"> <div style="display: flex; align-items: center; gap: 5px;"> <div style="width: 10px; height: 10px; background-color: #d4b87d; border: 1px solid #ccc;"></div> Saturated Fat </div> 0 g </div> <div style="margin-top: 5px;"> <div style="display: flex; align-items: center; gap: 5px;"> <div style="width: 10px; height: 10px; background-color: #5d6d7e; border: 1px solid #ccc;"></div> Sodium** </div> 132 mg </div>

→ Compare Foods

Figure 3-8: Food Card – Food Info Tab

Food Details
My Favorite Foods List

Bread, 100% whole wheat

Choose an amount:

Choose Meal Time(s): Choose for:

Breakfast
 Lunch
 Dinner
 Snacks

#1Dad
 #1Mom
 #1Kid
 All

Food Info
Nutrient Info

Nutrient	Amount	% of Daily Target or Limit
Total Calories	69	3% limit
Protein	4 g	6% target
Carbohydrate	12 g	9% target
Dietary Fiber	2 g	5% target
Total Fat	1 g	No daily target or limit
Saturated Fat	0 g	1% limit
Monounsaturated Fat	0 g	No daily target or limit
Polyunsaturated Fat	0 g	No daily target or limit
Linoleic Acid	0 g	1% target
α-Linolenic Acid	0.0 g	1% target
Omega 3 - EPA	0 mg	No daily target or limit
Omega 3 - DHA	0 mg	No daily target or limit
Cholesterol	0 mg	0% limit
Minerals		
Calcium	30 mg	3% target
Potassium	69 mg	1% target
Sodium**	132 mg	6% limit
Copper	106 µg	12% target
Iron	1 mg	9% target
Magnesium	23 mg	5% target

Figure 3-9: Food Card – Nutrient Info Tab

My Favorite Foods List Tab

Behind the “**Food Details**” tab, is the “**My Favorite Foods List**” tab. This is a list of all food items you previously added to your Favorite Foods List. You can easily add them to a meal by clicking the blue “+ Add” button instead of searching for them.

When you click “+ Add,” the Food Details will show for the food you selected. To add to the meal, follow the steps provided in the Adding a Food section below. The amount is pre-selected based on the amount you specified when you added the food to favorites, but you can change it before adding the food to a meal.

To help you find a food, you can sort your favorites list alphabetically or by date last used. In addition, any combos you have created will show here with the My Combo icon next to them (☞). For more information about My Combo, see the My Combo section.

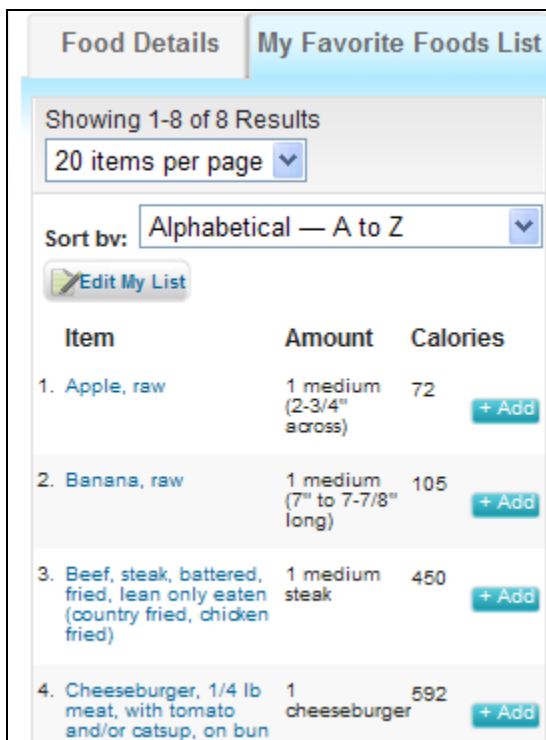


Figure 3-10: Food Card – My Favorite Foods List Tab

Adding a Food

If you want to add a food to your day:

- **Choose an amount:** Use the two drop down menus at the top of the food card to pick the portion size and number of portions
- **Choose meal time(s):** Check the box next to the meal, or meals, for the food
- **Choose for:** If you have more than one profile, check the box next to the profile, or profiles, for the food
- **Add:** Click the blue “+ Add” button to move the food into the meal(s) you picked

The screenshot shows the 'Food Details' interface for 'Apple, raw'. At the top, there are two tabs: 'Food Details' and 'My Favorite Foods List'. Below the title, there are two dropdown menus for 'Choose an amount': '1' and 'medium (2-3/4" across)'. Underneath, there are two columns of checkboxes: 'Choose Meal Time(s)' with options for Breakfast, Lunch (checked), Dinner, and Snacks; and 'Choose for:' with options for #1Dad (checked), #1Mom, #1Kid, and All. A blue '+ Add' button is circled in red, next to a 'Cancel' button. Below this is a 'Food Info' section with a 'Total Calories: 72' display. A table shows 'Food Groups' (Fruits, 1 1/4 cup (s)) and 'Limits' (Empty Calories*, Solid Fats, Added Sugars, Saturated Fat, Sodium**). A 'Compare Foods' button is at the bottom.

Food Groups	Limits
Fruits 1 1/4 cup (s)	Empty Calories* 0
	Solid Fats 0 Calories
	Added Sugars 0 Calories
	Saturated Fat 0 g
	Sodium** 1 mg

Figure 3-11: Food Tracker – Adding a Food

After adding, the food will appear in the **Meals** area in the middle of the Food Tracker page. You will also get a message confirming that the food was added to the meal(s) and profile(s) you picked. If you want to see the food details again, click the **“See This Food Again”** button under the confirmation message.

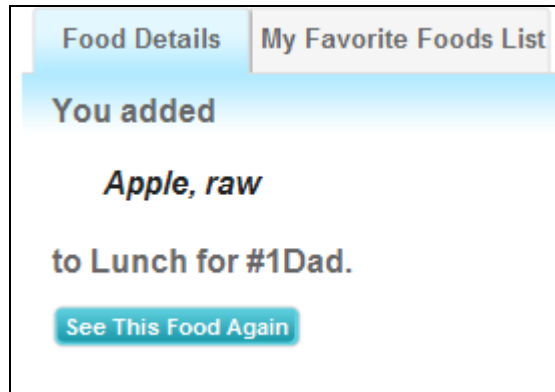


Figure 3-12: Food Tracker – Food Added

Editing a Food

You can edit any food you added by clicking the **“Edit”** button next to the food name in the Meals area in the center of the Food Tracker page. You can also click on the food name.

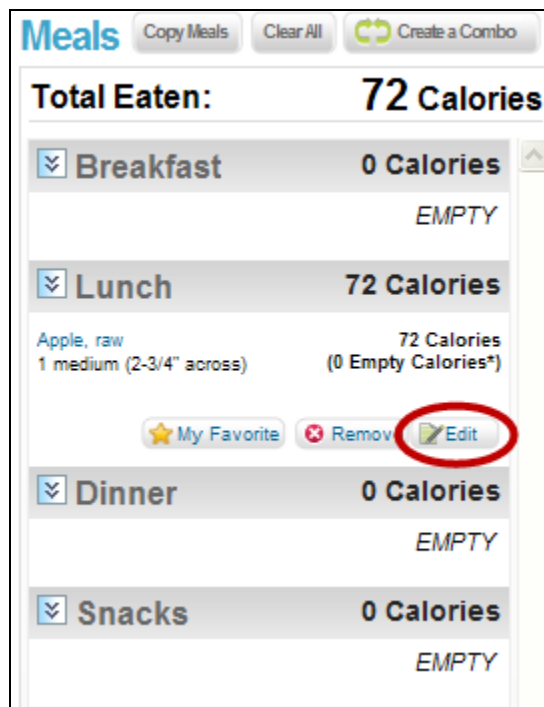


Figure 3-13: Food Tracker – Edit Food Selection

The food details will appear in the food card on the left side of the Food Tracker page. You can update the amount and click the **+ Save** button to save your changes. After saving, the updated food will appear in the **Meals** area in the middle of the Food Tracker page. You will also get a message confirming that the food was updated. If you want to see the food details again, click the **“See This Food Again”** button under the confirmation message.

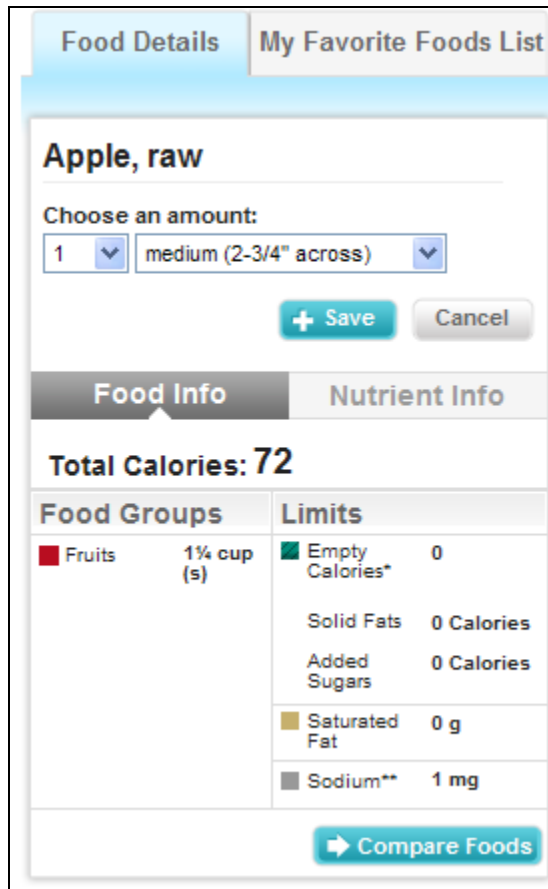


Figure 3-14: Food Tracker – Edit Food

Removing Foods

You can remove any food you added by clicking the “**Remove**” button next to the food name in the Meals area in the center of the Food Tracker page. The Meals area will refresh and the food selected will no longer appear.

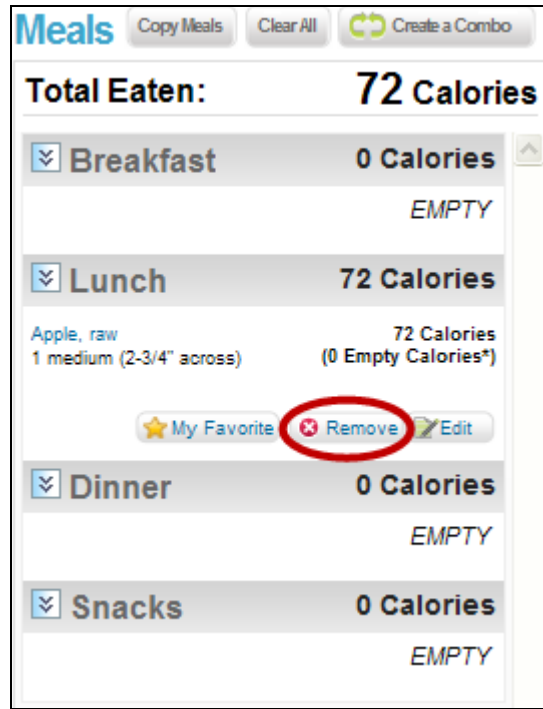


Figure 3-15: Food Tracker – Remove Food Selection

You can also remove all foods you added for a particular day by clicking the “**Clear All**” button at the top of the Meals area in the center of the Food Tracker page. Click “**OK**” when asked to confirm.

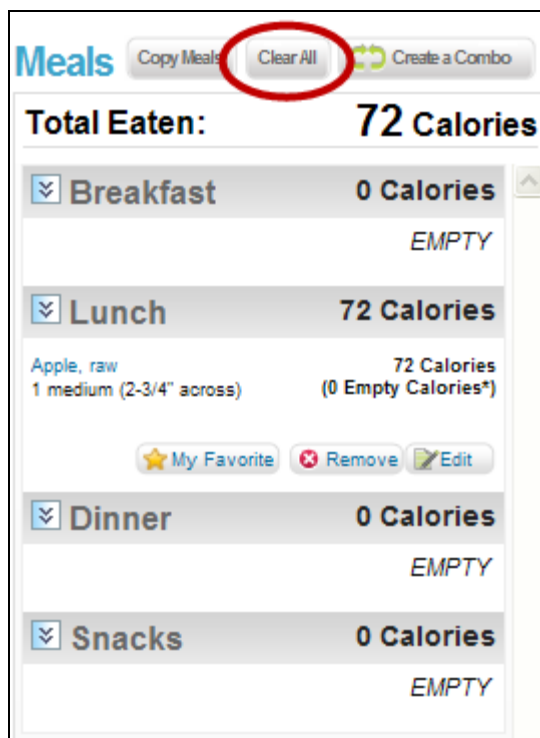


Figure 3-16: Food Tracker – Clear All Foods

Understanding the Graphs

When you add a food to your Food Tracker, the information in the Food Info will display in the graphs on the right side of the page. Each food that you add is combined with the foods before it. These graphs show you information about Food Groups, Total Calories, Empty Calories, Oils, Saturated Fats, and Sodium from the foods you’ve tracked.

Daily Food Group Targets

Check out your daily progress towards meeting your Food Group Targets by viewing the graph or viewing the data. You can change the view of by clicking on tab below the graph.

Graph View

The graph view will display automatically. By reading the graph you can determine the percent of your target you ate for each food group. Your target is listed in dashboard, just above the graph. The dashboard will also show you the amount you ate (within ¼ cup or ½ ounce) and if you are Under, Over, or within (“OK”) your target.

The graph view also shows you the contribution to your food group from specific food subgroups. Whole grains and refined grains make up the Grain Group. Whole fruit and fruit juice make up the Fruit Group. Cheese and milk and yogurt make up the Dairy Group. When you hover your mouse on a subgroup, how much you’ve eaten of that subgroup will display as a percentage of the total food group.

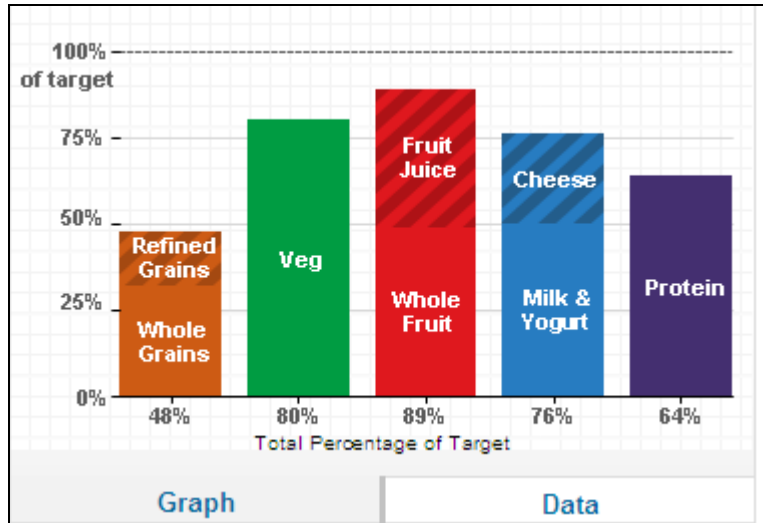


Figure 3-17: Daily Food Group – Graph Tab

Data View

If you click on tab labeled “Data” at the bottom of the Food Groups Graph, you will see the food groups, and subgroups, you’ve eaten for this day expressed in cups and ounces. Next to each food subgroup is also a percentage; this is the percent the subgroup has contributed to the total food group for the day.

Dairy, Fruits, and Vegetables round to the nearest ¼ cup; Grains and Protein Foods round to the nearest ½ ounce (oz.). Sometimes you may see numbers that don’t seem to add correctly to the total listed. For example, it may say “Milk & Yogurt ½ cup” and “Cheese ¾ cup”, but the total reads, “Dairy 1 cup.” The actual value of Milk & Yogurt may be 0.4 cups (rounds to ½) and Cheese may be 0.7 cups (round to ¾), this adds up to 1.1 cup, but rounds to 1 cup.

Food Groups	Intake
Grains	5 oz.
Whole Grains	3 oz. (66% of total eaten)
Refined Grains	1½ oz. (34% of total eaten)
Vegetables	3¼ cup(s)
Fruits	2¼ cup(s)
Whole Fruit	1¼ cup(s) (55% of total eaten)
Fruit Juice	1 cup(s) (45% of total eaten)
Dairy	2¼ cup(s)
Cheese	¾ cup(s) (34% of total eaten)
Milk & Yogurt	1½ cup(s) (66% of total eaten)
Protein Foods	4½ oz.

Graph
Data

Figure 3-18: Daily Food Group – Data Tab

Related Links

- Nutrient Intake Report:** Underneath your Daily Food Group Targets graph you will find a link to your Nutrient Intake Report. Click this link if you would like to see your average intake of all nutrients for the day.
- View by Meal:** Underneath your Daily Food Group Targets graph you will find a link to view your day by meal. Click this link if you would like to see your daily food group intake broken down by meal and individual foods.

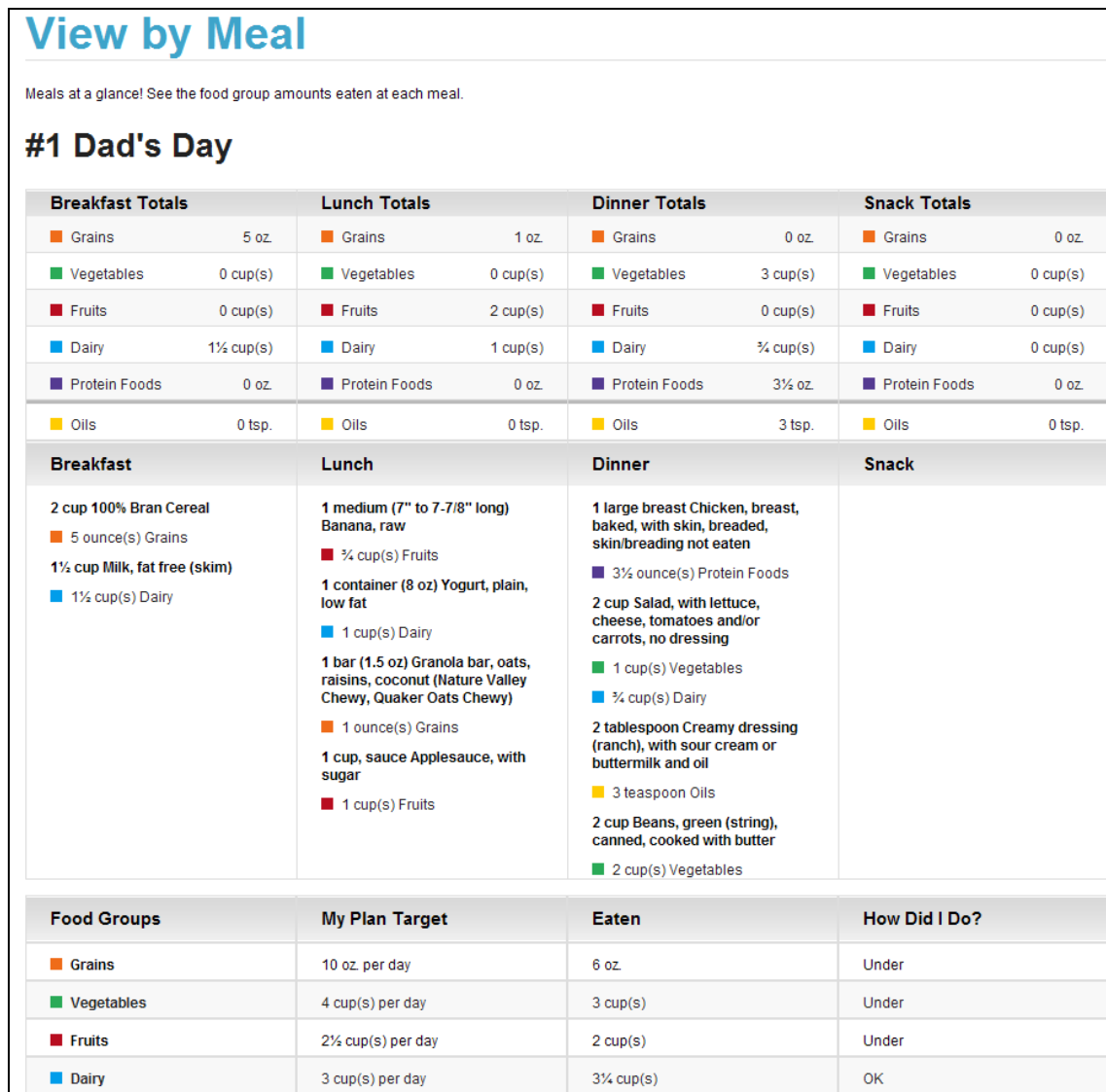


Figure 3-19: View by Meal

Daily Limits Graph

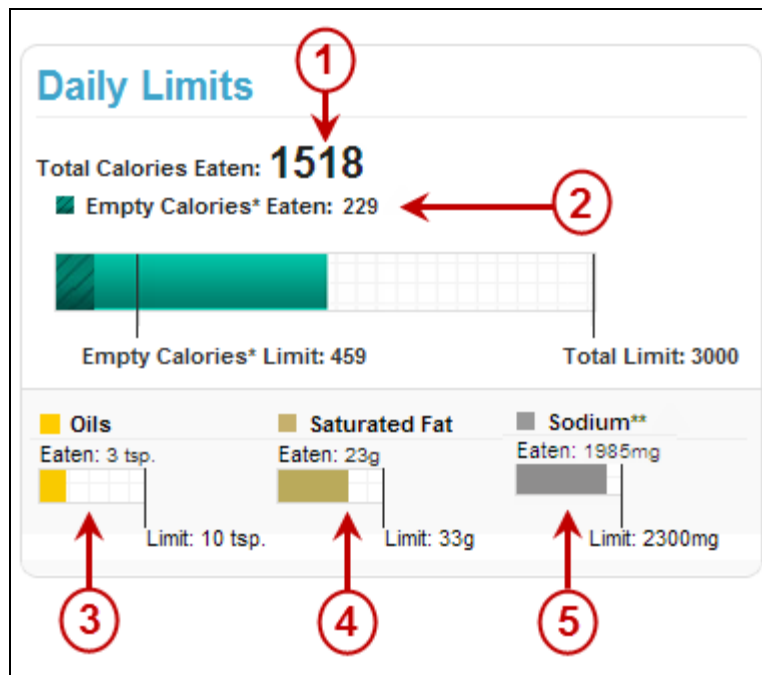


Figure 3-20: Daily Limits Graph

1. Total Calories

When you add a food or beverage to Food Tracker, the Calories that it provides are added to the graph. The Total Calories eaten are displayed as a number (also available in the dashboard) and along the horizontal graph. Once the total Calories has gone over the limit, it will turn red.

2. Empty Calories

Calories from food components such as added sugars, solid fats and alcohol that provide little nutritional value are called Empty Calories. Empty Calories are part of Total Calories. If any of the foods or beverages you add to Food Tracker have Empty Calories, they will be included in the Total Calories horizontal bar graph. They display at the start of the graph, and once your Empty Calories has gone over the limit, it will turn red.

3. Oils

Oils are present in many foods and information about each food is in the Food Details section. When you add a food with oils to Food Tracker, the oils will add to the bar graph in the Daily Limits. Oils are rounded to the nearest whole teaspoon. Once the total Oils has gone over the limit, it will turn red.

4. Saturated Fat

Saturated Fat will display in the Food Details area. When you add a food with saturated fat to Food Tracker, the saturated fat will add to the bar graph in the Daily Limits. Saturated Fat is rounded to the nearest whole gram (g). Once the total Saturated Fat eaten in a day has gone over the limit, it will turn red.

5. Sodium

Sodium will display in the Food Details area. When you add a food with sodium to Food Tracker, the sodium will add to the bar graph in the Daily Limits. Sodium is rounded to the nearest milligram (mg). Once the total sodium eaten in a day has gone over the limit, it will turn red.

My Combo

About My Combo

My Combo allows you to link and save foods that you normally eat together. For example, link the bread, meat, and veggies that make up your favorite sandwich and save this combo to your Favorite Foods List. Your combo will be ready to add directly to your meals with one click.

From any page, select the **Track Food & Activity** heading and select **My Combo** as shown below.



Figure 3-21: Selecting My Combo

The My Combo page will appear as shown below.

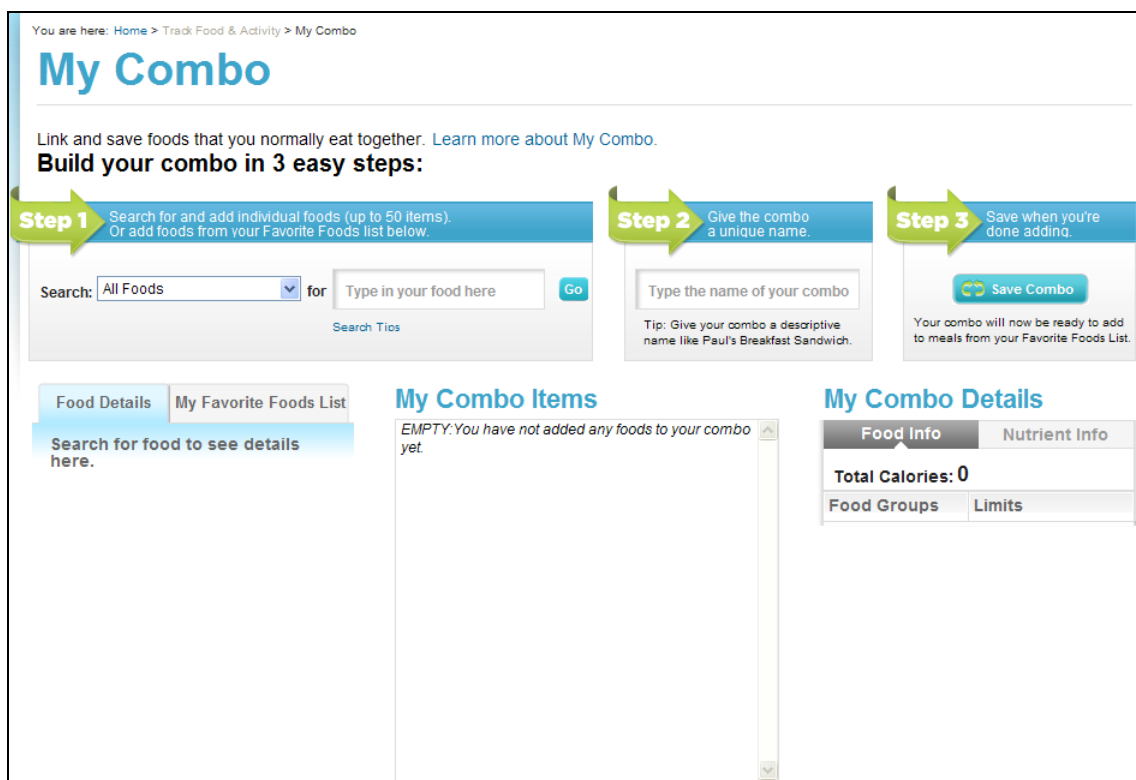


Figure 3-22: My Combo Page

Creating a Combo

You can create a combo in three easy steps:

- Step 1 - Add foods:** Search for foods in My Combo in the Step 1 area. Or you can add foods saved in your Favorite Foods List. To search for a new food, enter a search term in the box and choose a search category or All Foods. Choose the food and amount from your search to add to your Combo. Continue searching and adding foods to build your Combo. You can add up to 50 individual foods to each Combo.

You are here: [Home](#) > [Track Food & Activity](#) > [My Combo](#)

My Combo

Link and save foods that you normally eat together. [Learn more about My Combo.](#)
Build your combo in 3 easy steps:

Step 1 Search for and add individual foods (up to 50 items). Or add foods from your Favorite Foods list below.

Search: All Foods for Go

[Search Tips](#)

Step 2 Give the combo a unique name.

Tip: Give your combo a descriptive name like Paul's Breakfast Sandwich.

Step 3 Save when you're done adding.

Save Combo

Your combo will now be ready to add to meals from your Favorite Foods List.

[Food Details](#) [My Favorite Foods List](#)

You added

Raisins

to your combo.

See This Food Again

My Combo Items

Peanut butter 1 tablespoon	94 Calories (4 Empty Calories*)
Remove Edit	
Raisins 1 miniature box (.5 oz)	42 Calories (0 Empty Calories*)
Remove Edit	

My Combo Details

Food Info		Nutrient Info	
Total Calories: 136			
Food Groups	Amount	Limits	Value
■ Fruits	¼ cup(s)	■ Empty Calories*	4
■ Protein Foods	2 oz.	Solid Fats	1 Calories
■ Oils	1 tsp.	Added Sugars	2 Calories
		Saturated Fat	2 g
		Sodium**	75 mg

Figure 3-23: My Combo – Step 1

- Step 2 - Name:** When you are done adding items to your Combo, give it a unique name in the Step 2 area. It is best to give your combo a descriptive name that you will recognize. You may also want to include a profile name if it is specific to a particular person, for example, Paul's Breakfast Sandwich, Mom's Salad or Emily's Oatmeal.

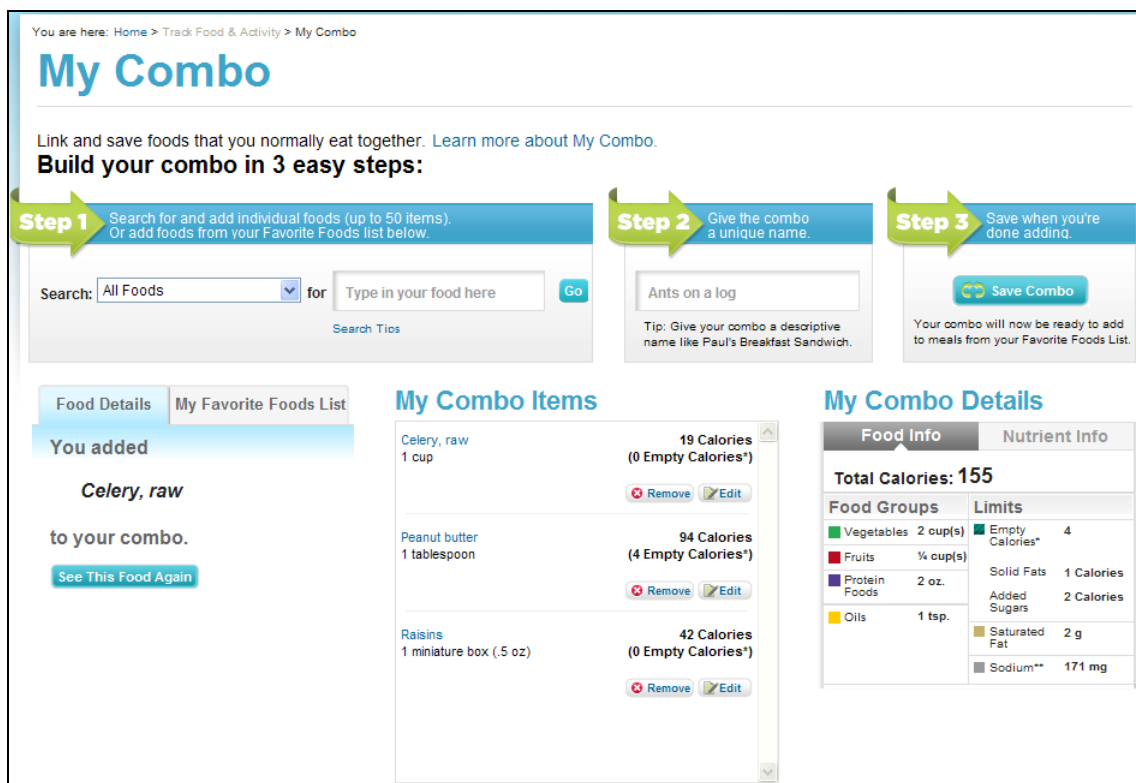


Figure 3-24: My Combo – Step 2

- Step 3 - Save:** The last and important step in creating a Combo is to save it. This is done in the Step 3 area by clicking the Save Combo button. Once saved, the Combo will be stored in your Favorite Foods List and will be available to add to meals in Food Tracker.



Figure 3-25: My Combo – Step 3

Understanding the My Combo Details Card

The My Combo Details Card will display as you build your Combo. The Food Info and Nutrient Info on the My Combo details card adds the information from your My Combo food items.



Figure 3-26: My Combo Food Card

Editing a Combo

Your Combo can be accessed for editing from the My Favorite Foods List page. Click on the My Combo food item to be edited or select the **“Edit”** button. The My Combo Items will appear in the center of the page where you can edit them each individually. You can also add more items or remove items from the combo.

You are here: [Home](#) > [Track Food & Activity](#) > [My Favorite Foods List](#)

My Favorite Foods List

Build a list of foods you eat often. Search for, add, and edit your favorites. Use [My Combo](#) to link foods together for easy entry.

Search: for [Back to Food Tracker](#)

[Search Tips](#)

Showing 1-6 of 6 Results

Sort by:

Item	Amount	Calories	Date Last Used	
1 Ants on a log	1 Combo	155	12/12/11	<input type="button" value="Remove"/> <input type="button" value="Edit"/>
2 Banana, raw	1 medium (7" to 7-7/8" long)	105	12/12/11	<input type="button" value="Remove"/> <input type="button" value="Edit"/>
3 Cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun (McDonald's)	1 cheeseburger	592	12/12/11	<input type="button" value="Remove"/> <input type="button" value="Edit"/>
4 Cranberry juice cocktail or drink, low calorie, with vitamin C	1 cup	46	12/12/11	<input type="button" value="Remove"/> <input type="button" value="Edit"/>
5 Milk, fat free (skim)	1 cup	83	12/12/11	<input type="button" value="Remove"/> <input type="button" value="Edit"/>
6 Pizza, with pepperoni, regular crust	1 slice (1/8 of 12" pizza)	250	12/12/11	<input type="button" value="Remove"/> <input type="button" value="Edit"/>

Food Details

Search for food to see details here.

** Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Figure 3-27: My Favorite Foods List – Edit a Combo

Deleting a Combo

You can delete a combo if desired. Go to the My Favorite Foods List page. Click the **“Remove”** button next to the combo you wish to delete. The Combo will no longer appear in your My Favorite Foods List.

You are here: [Home](#) > [Track Food & Activity](#) > [My Favorite Foods List](#)

My Favorite Foods List

Build a list of foods you eat often. Search for, add, and edit your favorites. Use My Combo to link foods together for easy entry.

Search: for [Back to Food Tracker](#)

Showing 1-6 of 6 Results

Sort by:

Item	Amount	Calories	Date Last Used	
1 Ants on a log	1 Combo	155	12/12/11	
2 Banana, raw	1 medium (7" to 7-7/8" long)	105	12/12/11	
3 Cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun (McDonald's)	1 cheeseburger	592	12/12/11	
4 Cranberry juice cocktail or drink, low calorie, with vitamin C	1 cup	46	12/12/11	
5 Milk, fat free (skim)	1 cup	83	12/12/11	
6 Pizza, with pepperoni, regular crust	1 slice (1/8 of 12" pizza)	250	12/12/11	

Food Details
Search for food to see details here.

** Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Figure 3-28: My Favorite Foods List – Delete a Combo

Adding a Combo in Food Tracker

Your Combo foods can be added to your day in Food Tracker from your Favorite Foods List. Click the **“My Favorite Foods List”** tab behind the food card on the left side of the Food Tracker page. Your Combo foods are easily identified by the green My Combo icon (☞). You can also sort by My Combos to make these appear at the top of your favorites list. Click the blue **“+Add”** button next to the combo you want to add. Meal and profile selections will appear. Select the meal(s) and profile(s), and click the blue **“+Add”** button.

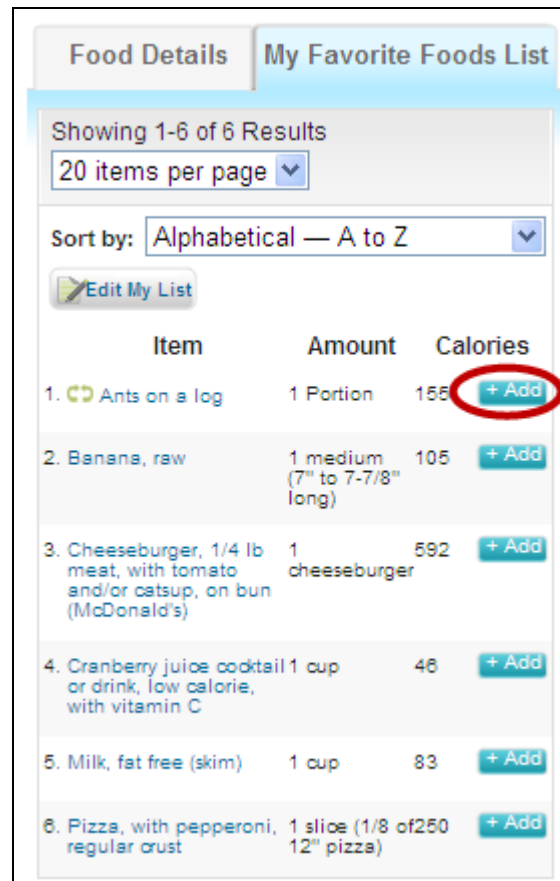


Figure 3-29: Adding a Combo to Food Tracker

Once your Combo is added to a meal, it will no longer appear “combined.” Instead, the Combo will appear as the individual food items that were selected to build the Combo. The individual foods items can be edited within the meals. To remove a combo you added to Food Tracker, you need to remove each component separately.

Copying Meals

About Copy Meals

SuperTracker allows you to copy meals from one day to another and/or from one profile to another. This can save you time if you and your family eat the same foods on different days. For example, if you have leftovers for dinner, you could copy this meal rather than search for and re-enter your dinner on a different day. You have the option to copy to one day or to set up recurrence so that your meal(s) are copied to multiple days (e.g. if you have coffee every morning for breakfast, or if every other Friday night is pizza night at your house).

Using Copy Meals

To access the Copy Meals page, select the **Copy Meals** button from the Meals area of the Food Tracker page.

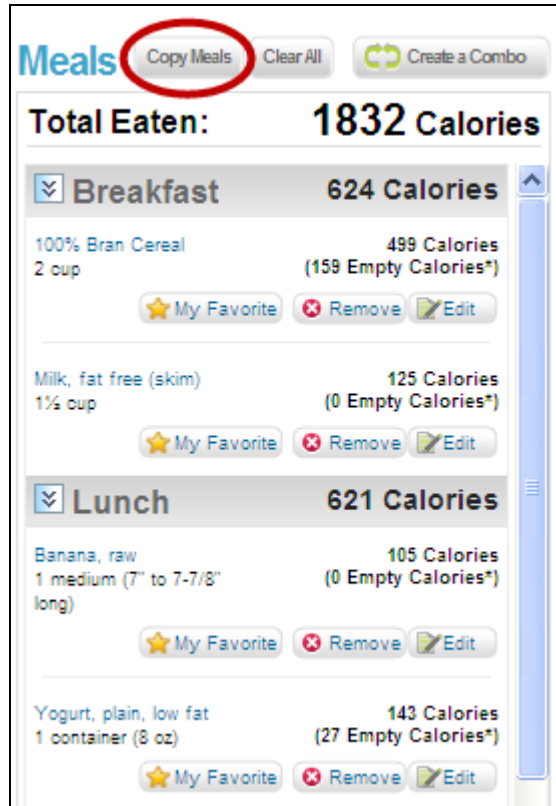


Figure 3-30: Food Tracker – Copy Meals Button Selection

The Copy Meals page will display with the foods you entered in Food Tracker for the day you were viewing when you clicked the Copy Meals button. If you would like to copy meals from a different date, use the “**Change Date**” calendar in the upper left of the page.

When you are ready to copy meals, complete the following three steps.

- **Step 1 – Select Meals:** Click the checkbox next to the meals or food items you would like to copy. If you select a meal, all food items in the meal will be automatically selected. Click the checkbox again to deselect any food item you do not wish to copy.
- **Step 2 – Select People:** If you have multiple profiles in your account, you can select the profile or profiles to which you would like to copy.
- **Step 3 – Select Date(s):** Either type in or use the calendar to select the date to which you would like to copy your selected food items. You can copy up to one year in the future or one year in the past. If you would like to copy to one day only, be sure the “Rekurs more than once” field says “no”. If you would like to set up a copy that recurs on multiple days, please see the instructions below for Setting up Recurrence.

Copy Meals from Thursday, 12/08/11

Change Date: **Thursday** 12/08/11 [Back to Food Tracker](#)

[See your Meal Summary Report](#)

Step 1 Select Meals

Select the meals or foods you wish to copy:

<input checked="" type="checkbox"/> Breakfast	<input checked="" type="checkbox"/> Lunch	<input type="checkbox"/> Dinner	<input type="checkbox"/> Snacks
<input checked="" type="checkbox"/> 100% Bran Cereal	<input checked="" type="checkbox"/> Banana, raw	<input checked="" type="checkbox"/> Chicken, breast, baked, with skin, breaded, skin/breading not eaten	<input type="checkbox"/> Pretzel, hard, salted
<input checked="" type="checkbox"/> Milk, fat free (skim)	<input checked="" type="checkbox"/> Yogurt, plain, low fat	<input type="checkbox"/> Salad, with lettuce, cheese, tomatoes and/or carrots, no dressing	
	<input checked="" type="checkbox"/> Applesauce, with sugar	<input type="checkbox"/> Creamy dressing (ranch), with sour cream or buttermilk and oil	
	<input checked="" type="checkbox"/> Peanut butter and jelly sandwich	<input type="checkbox"/> Beans, green (string), canned, cooked with butter	

Step 2 Select People

Select the people to copy to:

All
 #1Dad
 #1Mom
 #1Kid

Step 3 Select Date(s)

Select the date(s) to copy to:

Copy to: [Calendar](#)

Rekurs more than once:

Figure 3-31: Food Tracker – Copying Meals

After you complete steps 1 through 3, click the “**Copy Meals**” button. The Copy Meals page refreshes, and a confirmation message displays so you know that your meals have been successfully copied. At this

point, you can continue to copy meals or navigate back to the Food Tracker page using the “Back to Food Tracker” button in the upper right corner. On the Food Tracker page, you can change the date in the dashboard to see the meals you have copied in the future or the past.

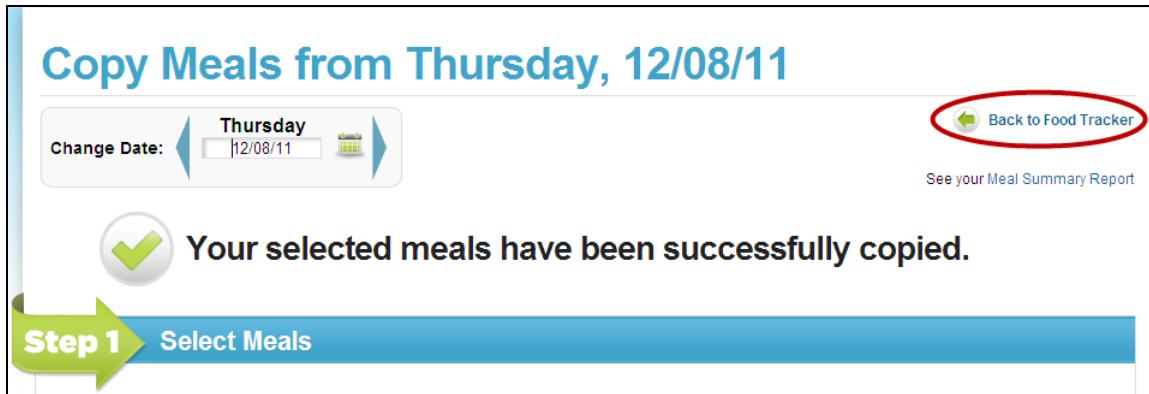
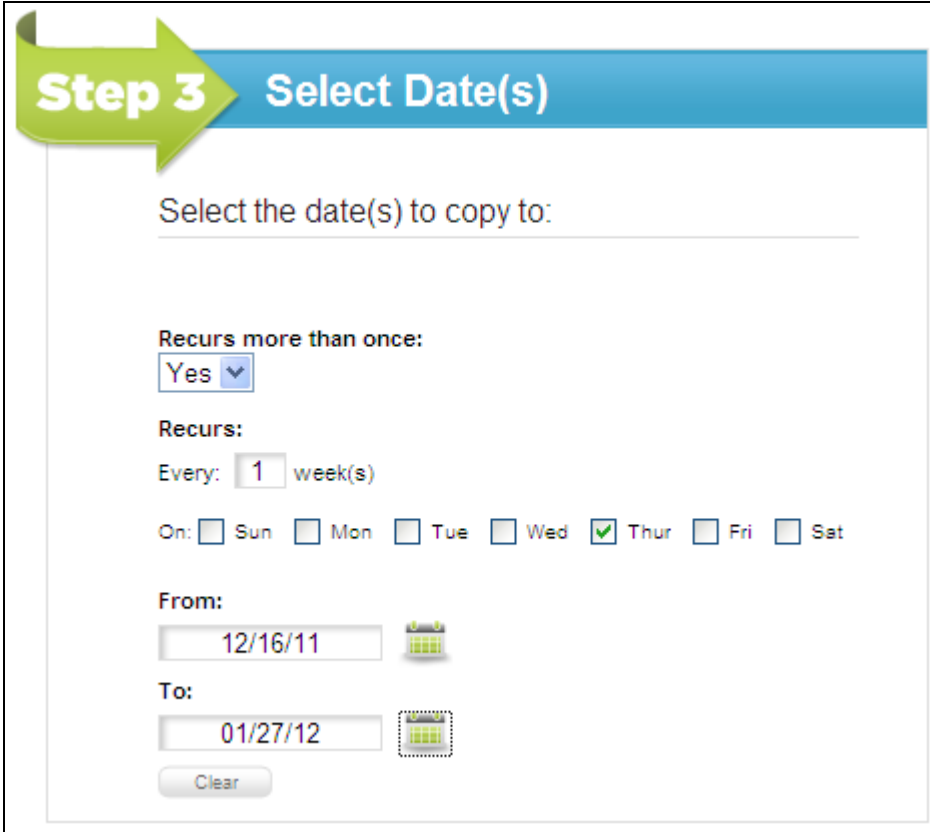


Figure 3-32: Food Tracker – Meals Copied Successfully Message

Setting up Recurrence

When copying a meal, you have the option to set up recurrence so that your meals are copied to multiple days. Under **Step 3 – Select Date(s)**, choose “Yes” for the **Recurs more than once** dropdown. Additional fields will display as follows.

- **Every __ week(s):** Enter the week interval. For example, if you would like to copy to every week, enter 1; if you would like to copy to every other week, enter 2.
- **On:** Check the days of the week you would like to copy the meals. For example, you could choose Monday through Friday, just Saturday, etc.
- **From:** Choose the day you would like the recurrence to start, by entering a date or selecting it from the calendar. You can copy up to one year in the future or one year in the past.
- **To:** Choose the day you would like the recurrence to end, by entering a date or selecting it from the calendar. You can copy up to one year in the future or one year in the past.



The screenshot shows a web form titled "Step 3 Select Date(s)". Below the title is a text input field with the placeholder "Select the date(s) to copy to:". Below that is a dropdown menu labeled "Recurs more than once:" with "Yes" selected. Underneath is a "Recurs:" section with an "Every:" input field containing "1" and the text "week(s)". Below that is a row of checkboxes for days of the week: Sun, Mon, Tue, Wed, Thur (checked), Fri, and Sat. Below the checkboxes are "From:" and "To:" sections, each with a date input field and a calendar icon. The "From:" field contains "12/16/11" and the "To:" field contains "01/27/12". At the bottom of the form is a "Clear" button.

Figure 3-33: Food Tracker – Copy Meals Recurrence

After completing all of the recurrence fields, you can copy the meals using the instructions provided above.

My Favorite Foods List

About My Favorite Foods List

My Favorite Foods allows you to build a list of foods you eat often. You can add foods on your Favorites list directly to meals without having to search for them every time.

Building My Favorite Foods List

You can add to your Favorite List as you enter food items in Food Tracker or build your list all at once on the My Favorite Foods List page.

To add a food to your favorites from the Food Tracker page, click the **“My Favorite”** button underneath the food name in the Meals Area.



Figure 3-34: Adding a Food to Favorites in Food Tracker

You can also build your list of Favorite Foods on the My Favorite Foods page. You can access the page under the “Track Food & Activity” navigation heading.



Figure 3-35: Selecting My Favorite Foods List

The My Favorite Foods List page will appear as shown below.

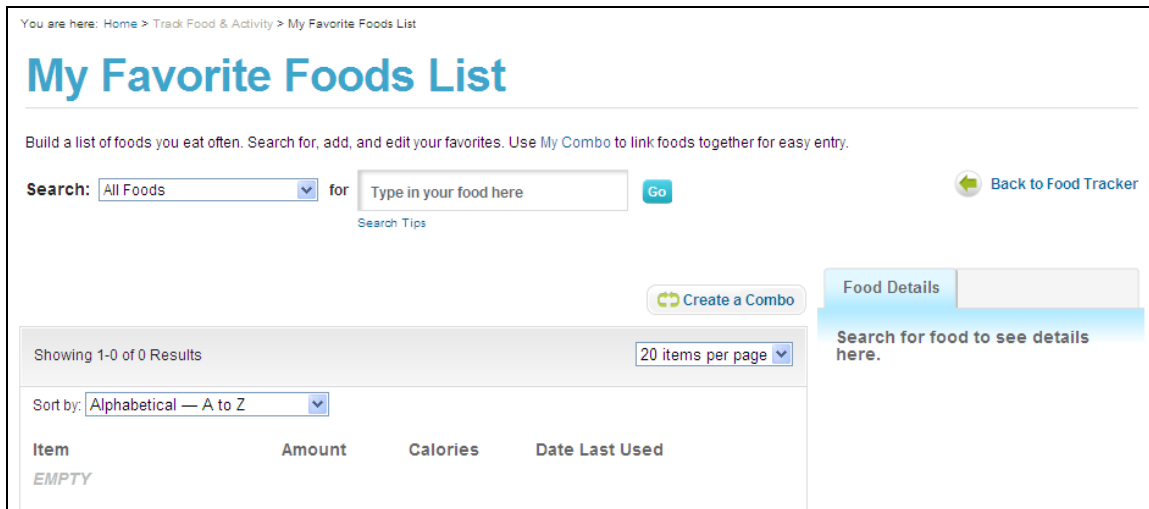


Figure 3-36: My Favorite Foods List Page

Searching and Adding Foods in My Favorite Foods List

Search for foods in My Favorite Foods using the search box. To search for a new food, enter a search term in the box. You can either search All Foods or select a specific search category to search within.

Once you find the food item you want, choose the amount that you typically eat for that food. This will be the amount that is saved to the My Favorite Foods List. Click the **“Add to My Favorite Foods”** button. This item will then appear in your favorites list. Continue searching and adding foods to build your list.

The screenshot shows the 'My Favorite Foods List' page. At the top, there is a breadcrumb trail: 'You are here: Home > Track Food & Activity > My Favorite Foods List'. The main heading is 'My Favorite Foods List'. Below it, a search bar is set to 'All Foods' with a 'Go' button and a 'Back to Food Tracker' link. A table displays search results for 'Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten'. The table has columns for 'Item', 'Amount', 'Calories', and 'Date Last Used'. The first result is 'Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten' with an amount of '1 medium breast' and 141 calories. A red circle highlights the 'Add To My Favorite Foods' button. To the right, a 'Food Details' panel shows the food name, amount selection, and a 'Food Info' section with a 'Total Calories: 141' and a table of nutrients.

Item	Amount	Calories	Date Last Used
1 Broccoli, fresh, cooked, with vegetable oil	1 cup, flowerets	60	12/12/11
2 Coffee, brewed, regular	1 mug (8 fl oz)	2	12/12/11
3 Milk, low fat (1%)	1 cup	102	12/12/11

Food Groups	Limits
Protein Foods	3 oz.
Empty Calories*	0
Solid Fats	0 Calories
Added Sugars	0 Calories
Saturated Fat	1 g
Sodium**	341 mg

Figure 3-37: My Favorite Foods List – Adding a Food

Editing My Favorite Foods List

You can edit the food items or amounts in your Favorite Foods list at any time. From the Food Tracker page, click to the My Favorite Foods List tab behind the food card and select the “**Edit My List**” button. From here, you will be directed to the My Favorite Foods List page. Locate the food item you wish to change and select the “**Edit**” button.

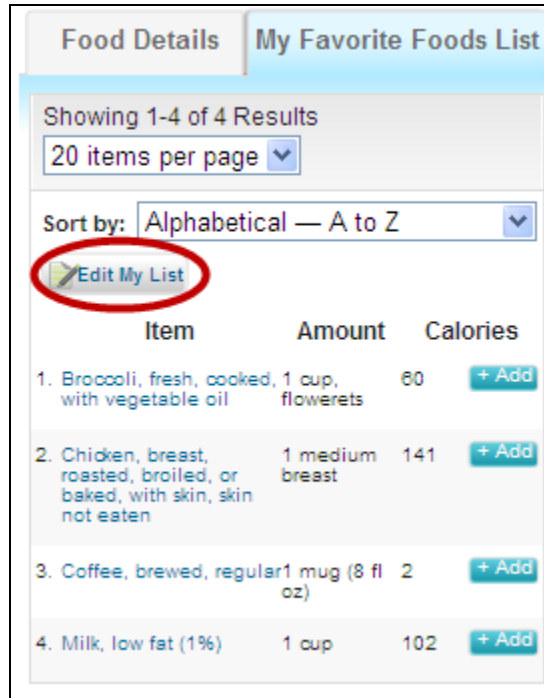


Figure 3-38: My Favorite Foods List Tab – Edit My List

You may also access the My Favorite Foods List page directly to edit a food item. Click the “**Edit**” button next to any food item to make it appear in the food card on the right side of the page. You can edit the amount and click the “**Save**” button to update the food in your list.

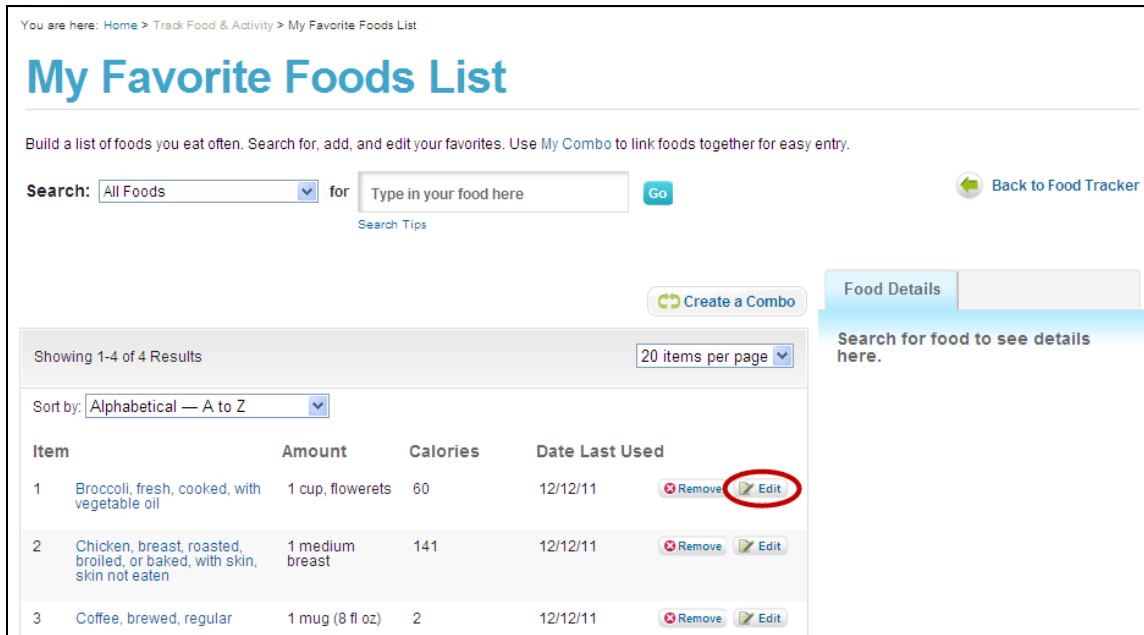


Figure 3-39: My Favorite Foods List – Editing a Food

Deleting Foods from My Favorite Foods List

You can remove food items from your Favorite Foods list at any time. From the Food Tracker page, click to the My Favorite Foods List tab behind the food card and select the “**Edit My List**” button. From here, you will be directed to the My Favorite Foods List page. Locate the food item you wish to delete and select the “**Remove**” button.

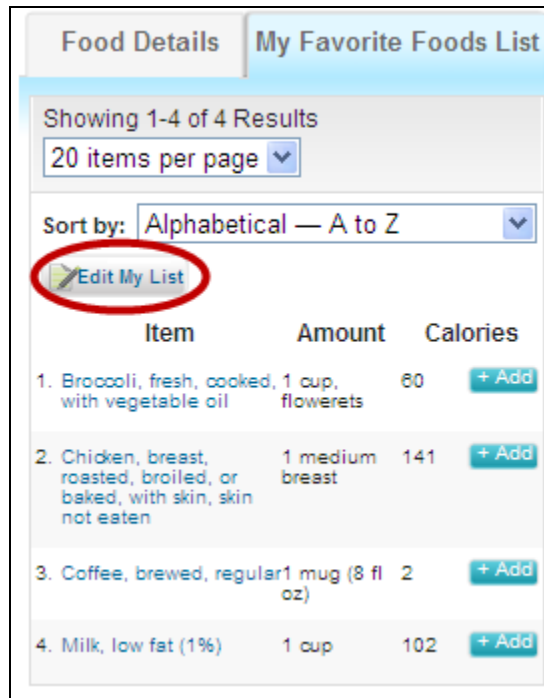


Figure 3-40: My Favorite Foods List Tab – Edit My List

You may also remove a food by accessing the My Favorite Foods List page directly. Click the “**Remove**” button next to any food item you wish to delete. This food will no longer appear in your Favorites list.

The screenshot shows the 'My Favorite Foods List' interface. At the top, there is a breadcrumb trail: 'You are here: Home > Track Food & Activity > My Favorite Foods List'. The main heading is 'My Favorite Foods List'. Below the heading, there is a search bar with a dropdown menu set to 'All Foods', a text input field for 'Type in your food here', and a 'Go' button. A 'Back to Food Tracker' button is also present. A 'Create a Combo' button is located above the results table. The table displays 4 results, sorted by 'Alphabetical — A to Z'. The first item, 'Broccoli, fresh, cooked, with vegetable oil', has its 'Remove' button circled in red. The table columns are 'Item', 'Amount', 'Calories', and 'Date Last Used'. A 'Food Details' sidebar is visible on the right, with a search prompt: 'Search for food to see details here.'

Item	Amount	Calories	Date Last Used	
1 Broccoli, fresh, cooked, with vegetable oil	1 cup, flowerets	60	12/12/11	Remove Edit
2 Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten	1 medium breast	141	12/12/11	Remove Edit
3 Coffee, brewed, regular	1 mug (8 fl oz)	2	12/12/11	Remove Edit

Figure 3-41: My Favorite Foods List – Deleting a Food

Using My Favorite Food List

Adding Items from My Favorite Foods List to Food Tracker

You can add foods from your Favorite Foods List directly to your meals in Food Tracker. On the Food Tracker page, click the **My Favorite Foods List** tab behind the food card to view your Favorites list. Click the blue **+Add** button next to the food you wish to add to a meal. The food card will appear. From the food card, you will be able to select the meals and any profiles to which you would like to add. Click the blue **+Add** button to add the food to a meal.

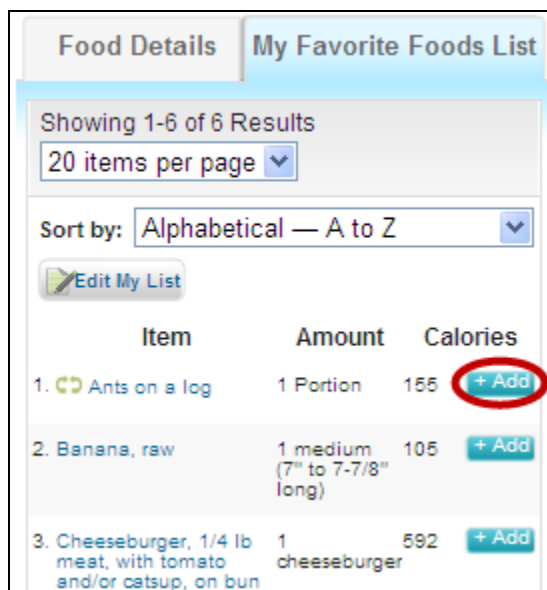


Figure 3-42: My Favorite Foods List – Adding a Favorite to a Meal

Sorting My Favorite Foods List

If you have many items in your Favorite Foods List, you may want to sort the list to help you find what you are looking for. Choose to view your list by any of the following:

- Alphabetical – A to Z
- Alphabetical – Z to A
- Last Used – Oldest to Newest
- Last Used – Newest to Oldest

You can also choose to sort by your Combos. Select this option to see your Combos grouped together for easy access.

Chapter 4 - Physical Activity Tracker >

About Physical Activity Tracker

The Physical Activity Tracker allows you to track physical activities throughout the week to compare to the recommendations in the 2008 *Physical Activity Guidelines for Americans*. The Physical Activity Tracker can only be used by individuals age 6 and older because the *2008 Physical Activity Guidelines for Americans* do not include specific guidelines for children less than 6 years of age.

To access the Physical Activity Tracker page, from any page, select the **Track Food & Activity** heading and select **Physical Activity Tracker** as shown below.



Figure 4-1: Selecting Physical Activity Tracker

The Physical Activity Tracker page includes the sections described below.

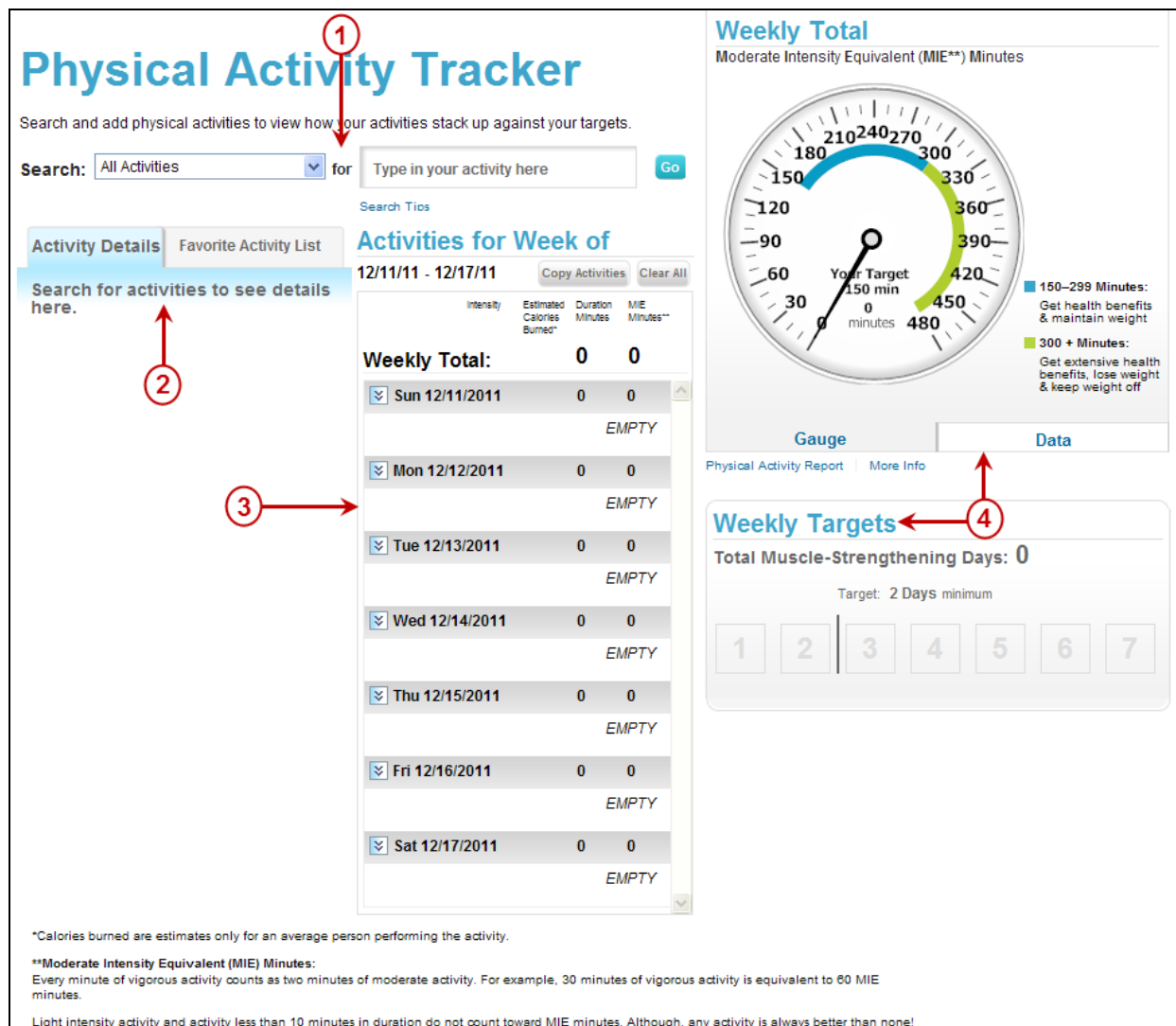


Figure 4-2: Physical Activity Tracker

- 1. Search Area**
Search for your physical activities here.
- 2. Physical Activity Card**
When you select a physical activity from your search results list, information about that activity will appear here. You can add the activity to any day of the week from the physical activity card.
- 3. Activities Area**
After you add a physical activity to a day of the week, it will appear in this area along with all of the other activities you have added for that week.
- 4. Gauge and Weekly Targets Graphs**
Your physical activity totals will add up here as you add activities to your week. The physical activity gauge and weekly targets graphs show your activity building up toward the amounts recommended in the 2008 *Physical Activity Guidelines for Americans* and your personal goal (if you set one using My Top 5 Goals)

Using Physical Activity Tracker

Searching for Physical Activities

How to Search

From the Physical Activity Tracker page enter an activity into the search box provided. As you are typing, a list of top search results will drop down. If you see the activity you are looking for, select it from the list.

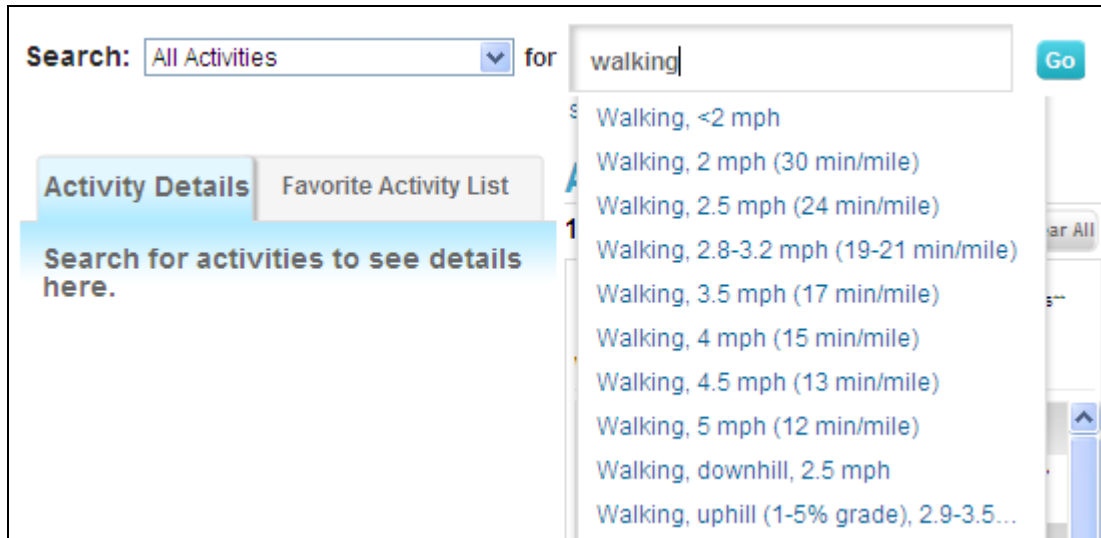


Figure 4-3: Physical Activity Tracker – Initial Search Results

If you do not see what you are looking for or want to see more activities that meet your search criteria, select the **Go** button to get the complete search results list.

Search Results

Showing 1-20 of 103 Results 20 items per page ▾

1	Walking, <2 mph
2	Walking, 2 mph (30 min/mile)
3	Walking, 2.5 mph (24 min/mile)
4	Walking, 2.8-3.2 mph (19-21 min/mile)
5	Walking, 3.5 mph (17 min/mile)
6	Walking, 4 mph (15 min/mile)
7	Walking, 4.5 mph (13 min/mile)
8	Walking, 5 mph (12 min/mile)

Figure 4-4: Physical Activity Tracker – Complete Search Results

Select the activity that best matches what you are looking for, and the activity details will appear in the physical activity card on the left side of the page. You can add the activity to any day of the week from the physical activity card. For more information about the physical activity card, see Using the Activity Card below.

Search Categories

When searching for physical activities, you can select to search within a specific category to limit your results. The categories to choose from include:

- All Activities
- My Favorite Activities
- Walking & Running
- Conditioning
- Sports
- Home
- Occupation
- Other



Figure 4-5: Physical Activity Tracker – Search Categories

Search Tips

Search tips are available to assist you with possible search problems. To access the Search Tips, from the Physical Activity Tracker page, click the Search Tips link.

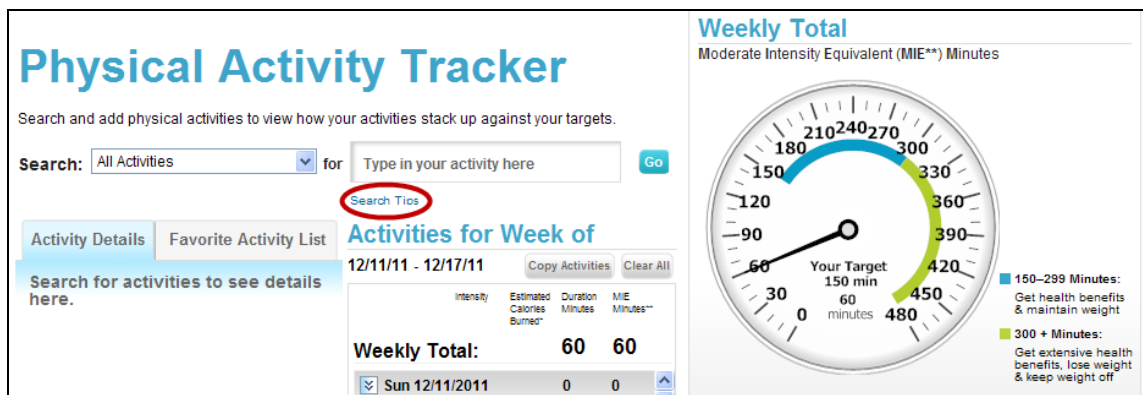


Figure 4-6: Physical Activity Tracker – Search Tips Selection

The Search Tips page opens in a new window and provides hints and examples to help you find what you are looking for.

Physical Activity Search		
Problem	Hint	Examples
No activities found	Search "All Activities" Try a more general term Try a similar activity Check your spelling	<ul style="list-style-type: none"> ● Instead of "Sports" search within "All Activities" ● Instead of "Zumba®" try "aerobics" ● Instead of "treadmill" try "running" or "walking"
Several activities found but not the one I'm looking for	Search within a specific category Try a more specific term	<ul style="list-style-type: none"> ● Instead of "All Activities" search within "Walking & Running" ● Instead of "dancing" try "ballet dancing" or "ballroom dancing"
Unexpected results	Try a variation of the word Try the active form of the word	<ul style="list-style-type: none"> ● Instead of "biking" try "bicycling" ● Instead of "jump rope" try "jumping rope"

Figure 4-7: Search Tips Page

Using the Activity Card

When you pick a physical activity from your search results list, the activity details are shown in the activity card on the left side of the Physical Activity Tracker page. The activity card gives you the following information about an activity:

- **Estimated Calories Burned:** If you entered a weight during personalization, SuperTracker can calculate an estimated number of Calories you burn doing a given activity for a given period of time. Click the “Calculate” link if you would like to see the estimated number of Calories burned. This number is an estimate for an average person performing the activity.
- **Intensity:** SuperTracker tells you whether the activity is light, moderate, or vigorous intensity. This is based on the number of metabolic equivalents for the activity, or METs.
- **Muscle Strengthening:** The activity card tells you whether an activity helps you meet your muscle-strengthening target for the week.
- **Bone Strengthening:** If you are between the ages of 6 and 1, the activity card tells you whether an activity helps you meet your bone-strengthening target for the week.
- **More Info:** The activity card includes a link to the Physical Activity More Information page, which you can access by clicking the “More Info” link in the bottom right of the activity card. See the More Information about Physical Activity Page section for details about the Physical Activity More Information page.

The screenshot shows a web interface for an activity card. At the top, there are two tabs: "Activity Details" (selected) and "Favorite Activity List". The main heading is "Walking, 3.5 mph (17 min/mile)". Below this, there is a form with the following elements:

- "Enter the duration:" followed by an empty input box and the word "minutes".
- "Choose Days:" with checkboxes for Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.
- "Choose for:" with checkboxes for #1Dad (checked), #1Mom, #1Kid, and All.
- Two buttons: "+ Add" and "Cancel".
- A section titled "Activity Info" with a downward-pointing arrow.
- Under "Activity Info":
 - "Estimated Calories Burned*:" with a "Calculate" link and the number "0".
 - "Intensity:" with the value "Moderate".
 - "Muscle Strengthening:" with the value "No".
- A "More Info" link at the bottom right.

Figure 4-8: Physical Activity Card

My Favorite Activities List Tab

Behind the “**Activity Details**” tab, is the “**Favorite Activity List**” tab. This is a list of all physical activities you previously added to your My Favorite Activities List. You can easily add them to a day by clicking the blue “**+Add**” button instead of searching for them.

When you click “**+Add**,” the Activity Details will show for the activity you selected. To add, follow the steps provided in the Adding a Physical Activity section below. The duration is pre-selected based on the number of minutes you specified when you added the activity to favorites, but you can change it before adding the activity.

To help you find an activity, you can sort your favorites list alphabetically or by date last used.

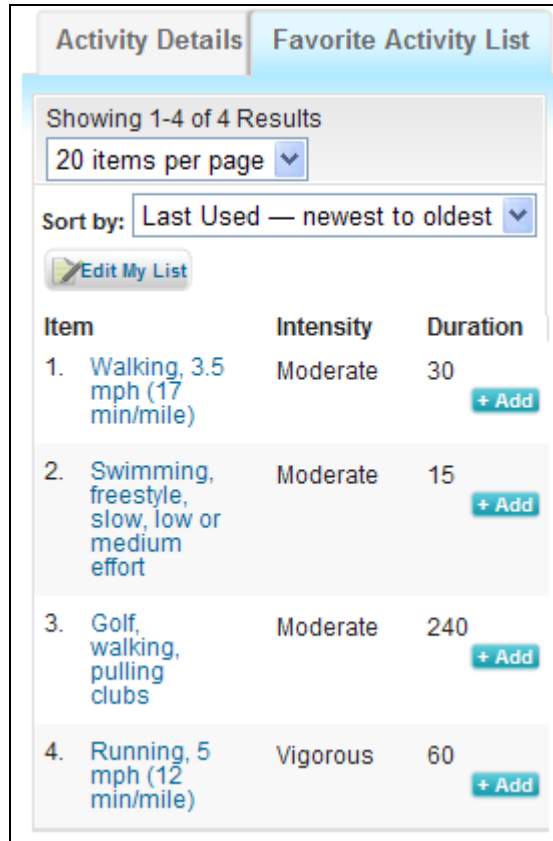


Figure 4-9: Physical Activity Card – Favorite Activity List Tab

Adding a Physical Activity

If you want to add an activity to your day:

- **Enter the duration:** Type the number of minutes you performed the activity
- **Choose day(s):** Check the box next to the day, or days, you performed the activity
- **Choose for:** If you have more than one profile, check the box next to the profile, or profiles, for the activity
- **Add:** Click the blue “+Add” button to move the activity into the day(s) you picked

The screenshot displays the 'Physical Activity Tracker' interface. At the top, there are two tabs: 'Activity Details' (selected) and 'Favorite Activity List'. Below the tabs, the activity name is 'Walking, 3.5 mph (17 min/mile)'. The 'Enter the duration:' field is set to '30 minutes'. Under 'Choose Days:', the days Tuesday, Thursday, and Friday are selected with checkmarks. Under 'Choose for:', the profiles '#1Dad' and '#1Mom' are selected with checkmarks. A blue '+ Add' button is circled in red, and a grey 'Cancel' button is next to it. Below the buttons is a section titled 'Activity Info' which shows 'Estimated Calories Burned*:' as '238' (for 30 minutes), 'Intensity:' as 'Moderate', and 'Muscle Strengthening:' as 'No'. A 'Calculate' button is next to the calorie count, and a 'More Info' link is at the bottom right.

Figure 4-10: Physical Activity Tracker – Adding an Activity

After adding, you get a message confirming that the activity was added to the day(s) and profile(s) you picked. If you want to see the activity details again, click the “See This Activity Again” button.

The screenshot displays the 'Activities for Week of' interface. On the left, under 'Activity Details', it shows 'Walking, 3.5 mph (17 min/mile)' added to Tuesday 12/13/11 and Thursday 12/15/11 for profiles #1Dad and #1Mom. A 'See this Activity Again' button is present. On the right, a table shows the weekly total and daily breakdown. The weekly total is 60 minutes and 60 M/E minutes. The activity is recorded on Tuesday and Thursday, each for 30 minutes.

	Intensity	Estimated Calories Burned*	Duration Minutes	M/E Minutes**
Weekly Total:			60	60
☯ Sun 12/11/2011			0	0
			EMPTY	
☯ Mon 12/12/2011			0	0
			EMPTY	
☯ Tue 12/13/2011			30	30
Walking, 3.5 mph Moderate (17 min/mile)		238	30	30
			<input type="button" value="My Favorite"/> <input type="button" value="Remove"/> <input type="button" value="Edit"/>	
☯ Wed 12/14/2011			0	0
			EMPTY	
☯ Thu 12/15/2011			30	30
Walking, 3.5 mph Moderate (17 min/mile)		238	30	30
			<input type="button" value="My Favorite"/> <input type="button" value="Remove"/> <input type="button" value="Edit"/>	
☯ Fri 12/16/2011			0	0
			EMPTY	
☯ Sat 12/17/2011			0	0

Figure 4-11: Physical Activity Tracker – Activity Added

Editing a Physical Activity

You can edit any physical activity you added by clicking the “**Edit**” button next to the activity name in the Weekly Activities area in the center of the Physical Activity Tracker page. You can also click on the activity name.

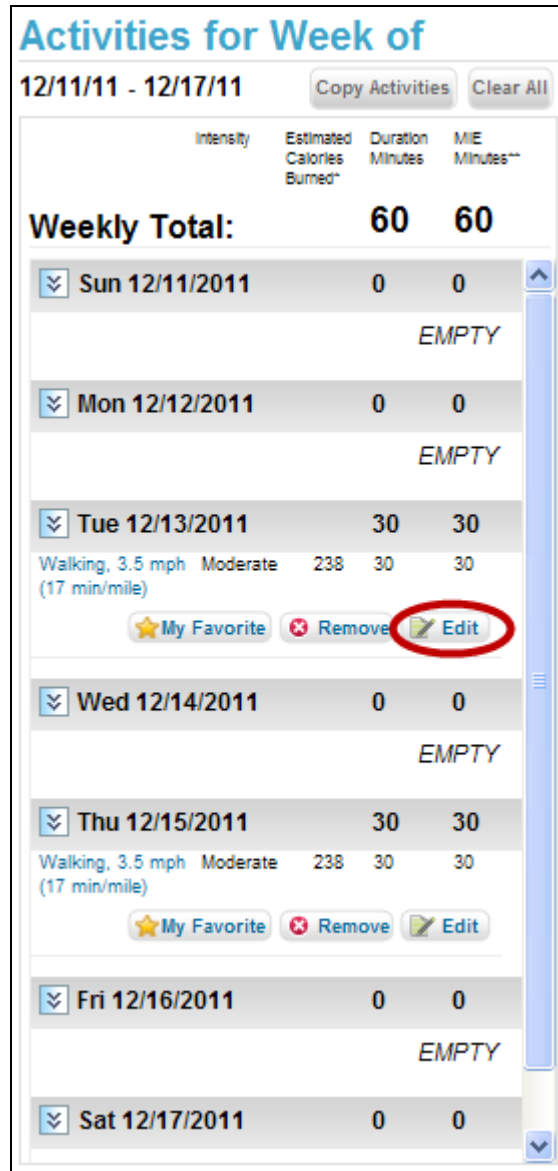


Figure 4-12: Physical Activity Tracker – Edit Activity Selection

The activity details will appear in the physical activity card on the left side of the Physical Activity Tracker page. You can update the duration and click the “+Save” button to save your changes. After saving, the updated activity will appear in the Weekly Activities area in the middle of the Physical Activity Tracker page. You will also get a message confirming that the activity was updated. If you want to see the activity details again, click the “See this Activity Again” button under the confirmation message.

The screenshot displays the 'Edit Activity' interface for a physical activity tracker. At the top, there are two tabs: 'Activity Details' (which is active) and 'Favorite Activity List'. Below the tabs, the activity name is 'Walking, 3.5 mph (17 min/mile)'. Underneath, there is a label 'Enter the duration:' followed by a text input field containing the number '30' and the unit 'minutes'. Below the input field are two buttons: a blue '+ Save' button and a grey 'Cancel' button. A dark grey header with white text reads 'Activity Info'. Below this header, there are three rows of information: 'Estimated Calories Burned*' with a value of '238' (for 30 minutes) and a 'Calculate' link; 'Intensity:' with a value of 'Moderate'; and 'Muscle Strengthening:' with a value of 'No'. At the bottom right of the form, there is a 'More Info' link.

Figure 4-13: Physical Activity Tracker – Edit Activity

Removing a Physical Activity

You can remove any physical activity you added by clicking the “**Remove**” button next to the activity name in the Weekly Activities area in the center of the Physical Activity Tracker page. The Weekly Activities area will refresh and the activity selected will no longer appear.

The screenshot shows the 'Activities for Week of' interface for the week of 12/11/11 to 12/17/11. At the top, there are buttons for 'Copy Activities' and 'Clear All'. Below this is a table with columns for Intensity, Estimated Calories Burned, Duration Minutes, and MIE Minutes. A 'Weekly Total' row shows 60 minutes and 60 MIE minutes. The daily activity list includes Sun 12/11/2011, Mon 12/12/2011, Tue 12/13/2011, Wed 12/14/2011, Thu 12/15/2011, Fri 12/16/2011, and Sat 12/17/2011. The Tuesday and Thursday entries show a walking activity with a 'Remove' button circled in red.

	Intensity	Estimated Calories Burned*	Duration Minutes	MIE Minutes**
Weekly Total:			60	60
Sun 12/11/2011			0	0
EMPTY				
Mon 12/12/2011			0	0
EMPTY				
Tue 12/13/2011			30	30
Walking, 3.5 mph Moderate 238 30 30 (17 min/mile)				
<input type="button" value="My Favorite"/> <input type="button" value="Remove"/> <input type="button" value="Edit"/>				
Wed 12/14/2011			0	0
EMPTY				
Thu 12/15/2011			30	30
Walking, 3.5 mph Moderate 238 30 30 (17 min/mile)				
<input type="button" value="My Favorite"/> <input type="button" value="Remove"/> <input type="button" value="Edit"/>				
Fri 12/16/2011			0	0
EMPTY				
Sat 12/17/2011			0	0

Figure 4-14: Physical Activity Tracker – Remove Activity Selection

You can also remove all physical activities you added for a particular week by clicking the “Clear All” button at the top of the Weekly Activities area in the center of the Physical Activity Tracker page. Click “OK” when asked to confirm.

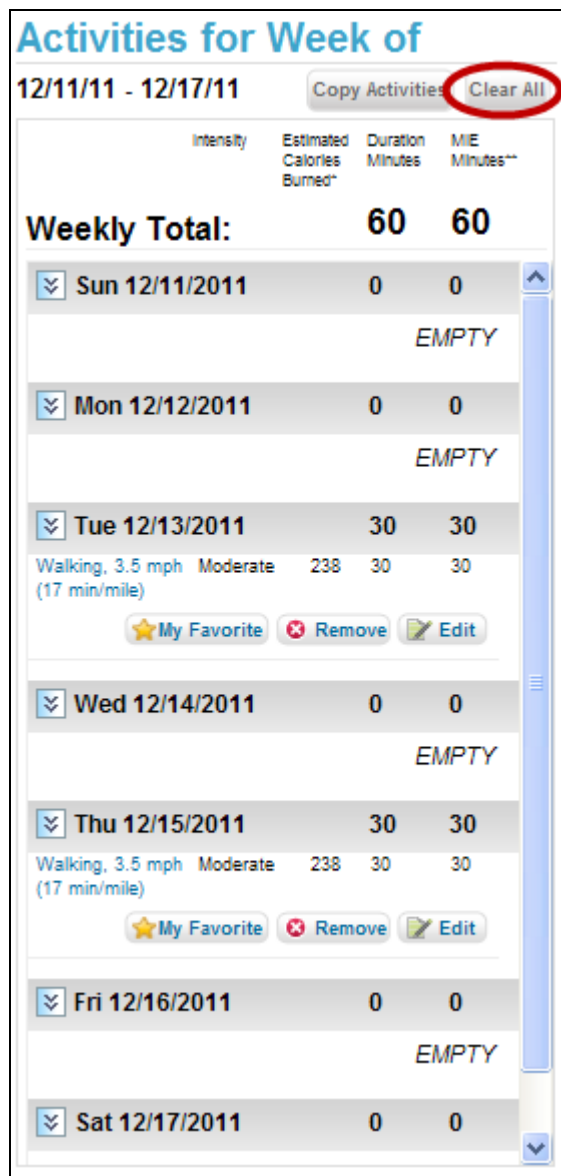


Figure 4-15: Physical Activity Tracker – Clear All Activities

Understanding Moderate Intensity Equivalent (MIE) Minutes

SuperTracker uses Moderate Intensity Equivalent (MIE) minutes to track your activity. Because the 2008 *Physical Activity Guidelines for Americans* indicate that one minute of vigorous-intensity activity counts about the same as two minutes of moderate-intensity activity, SuperTracker converts all activity durations into MIE minutes.

For example, 30 minutes of vigorous activity counts as 60 MIE minutes whereas 30 minutes of moderate activity counts as 30 MIE. Your MIE minute total is used to track your progress toward your physical activity target.

Only moderate and vigorous intensity activities count toward your MIE minute total; light intensity activity does not count. In addition, if you are 18 or older, only activities with a duration of 10 or more minutes count toward MIE minutes.

Understanding the Gauge & Weekly Targets Graph

When you add physical activities to your Physical Activity Tracker, your MIE totals will add up in the physical activity gauge on the right side of the page. In addition, your progress toward weekly targets for muscle-strengthening, bone-strengthening, and vigorous intensity activities will be graphed in the Weekly Targets area, if applicable. The gauge and weekly targets graphs will appear different depending on your age. The differences are described below.

The Activity Gauge

As you add activities to the Physical Activity Tracker, you can visually see your progress toward your targets in the physical activity gauge. The physical activity gauge shows your activity building up toward the amounts recommended in the *Physical Activity Guidelines for Americans* and your personal goal (if you are 18 or older and set a physical activity goal using My Top 5 Goals).

- **Ages 18 and older:** The *Physical Activity Guidelines for Americans* specify a weekly activity target for adults. Therefore, the SuperTracker gauge adds up MIE minutes of activity for the whole week, Sunday through Saturday. Adults can set their own goal for minutes of activity a week using My Top 5 Goals. If you have set your own goal, the gauge will specify your goal in addition to the recommended number of minutes per week from the Guidelines.

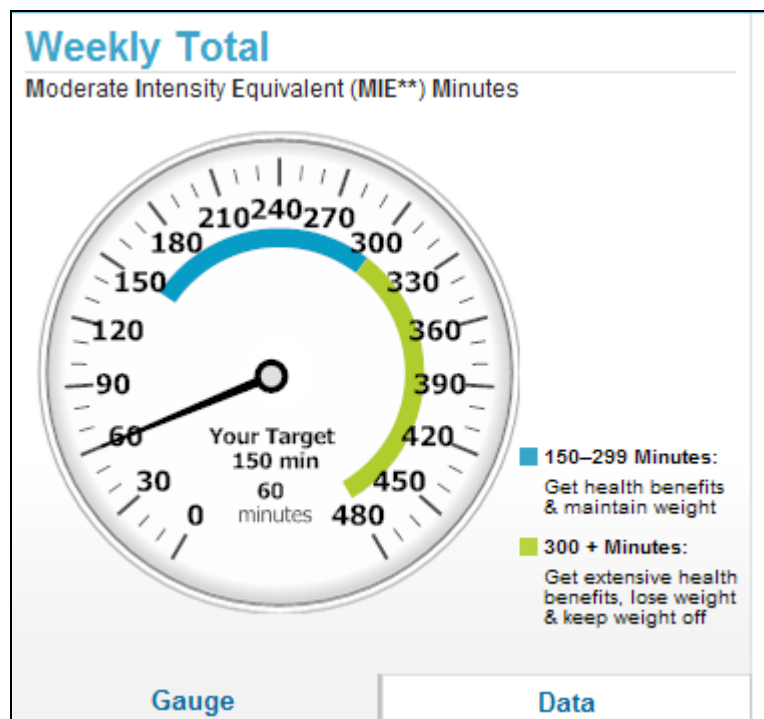


Figure 4-16: Physical Activity Tracker – Activity Gauge for Adults

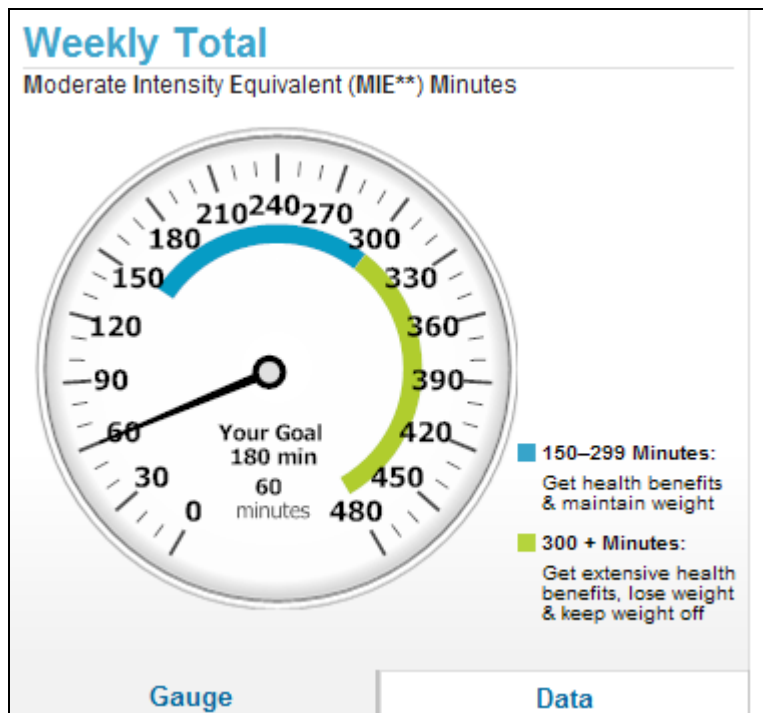


Figure 4-17: Physical Activity Tracker – Activity Gauge for Adults with an Activity Goal

- **Ages 6-17:** The *Physical Activity Guidelines for Americans* specify a daily activity target for children and adolescents. Therefore, the SuperTracker gauge adds up MIE minutes of activity for one day at a time.

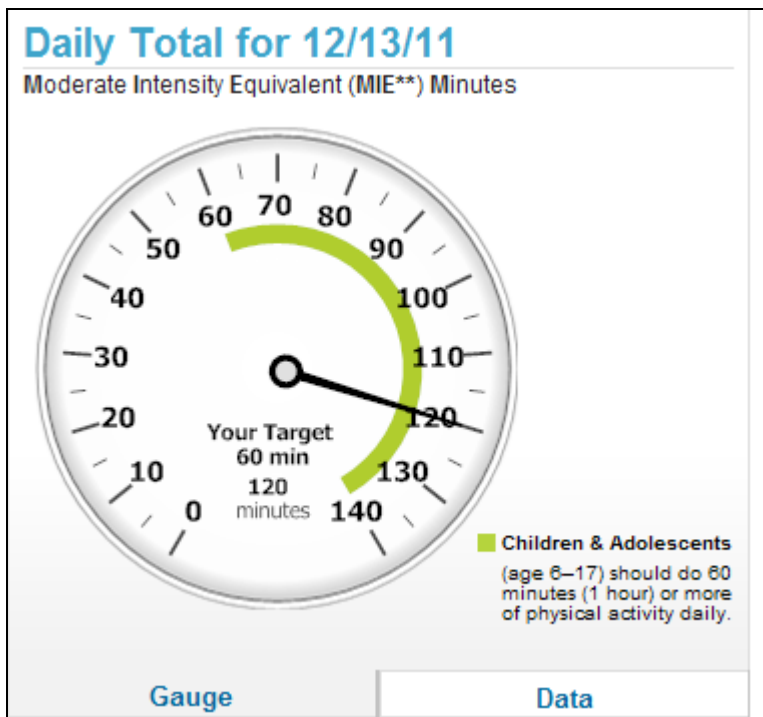


Figure 4-18: Physical Activity Tracker – Activity Gauge for 6-17 Year Olds

- **Ages 2-5:** As mentioned above, the Physical Activity Tracker is not available to individuals under the age of 6 because the 2008 *Physical Activity Guidelines for Americans* do not include specific guidelines for children less than 6 years of age.

Data View

Click the tab labeled “**Data**” at the bottom of the physical activity gauge to see a table of your actual minutes of activity compared to your target or goal.

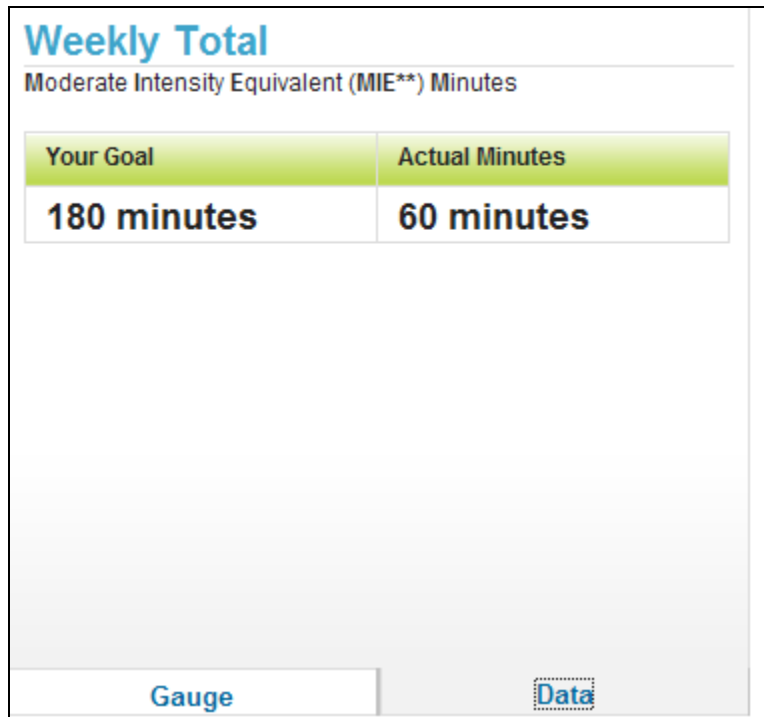


Figure 4-19: Physical Activity Tracker – Activity Gauge, Data Tab

Related Links

- **Physical Activity Report:** Underneath your physical activity gauge you will find a link to your Physical Activity Report. Click this link if you would like to see a report of your weekly physical activities to compare against the 2008 *Physical Activity Guidelines for Americans*.
- **More Info:** Underneath your physical activity gauge you will find a link to more information about physical activity including benefits and recommendations for specific audiences. Please see the More Information about Physical Activity Page section below for details.

Weekly Targets

Under the physical activity gauge, you can see your progress toward your weekly muscle-strengthening, bone-strengthening, and vigorous activity targets, if applicable based on the *Physical Activity Guidelines for Americans*. If you are 18 and older, you will only see the muscle-strengthening target graph. If you are under 18, you will see all three target graphs.

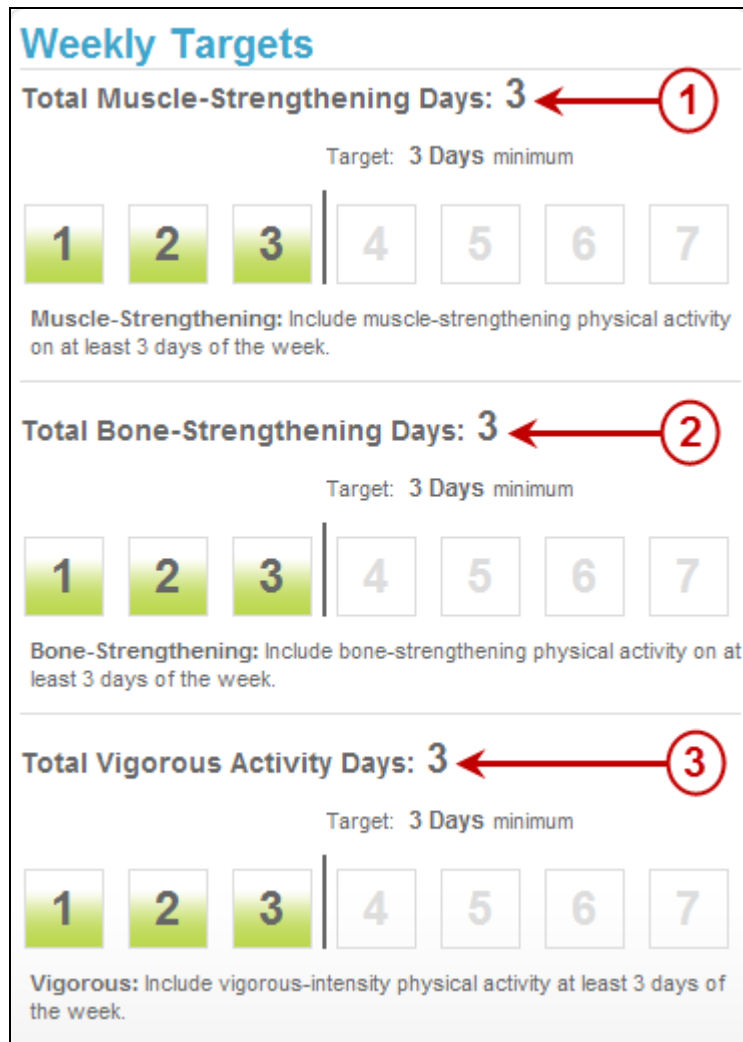


Figure 4-20: Weekly Targets Graph

1. Total Muscle-Strengthening Days

All adults, children and adolescents have a weekly target for muscle-strengthening activity. The number of days a week you do activity that counts as muscle-strengthening will add up here.

2. Total Bone-Strengthening Days

Children and adolescents have a weekly target for bone-strengthening activity. The number of days a week you do activity that counts as bone-strengthening will add up here.

3. Total Vigorous Activity Days

Children and adolescents have a weekly target for vigorous-intensity activity. The number of days a week you do activity that is vigorous intensity will add up here.

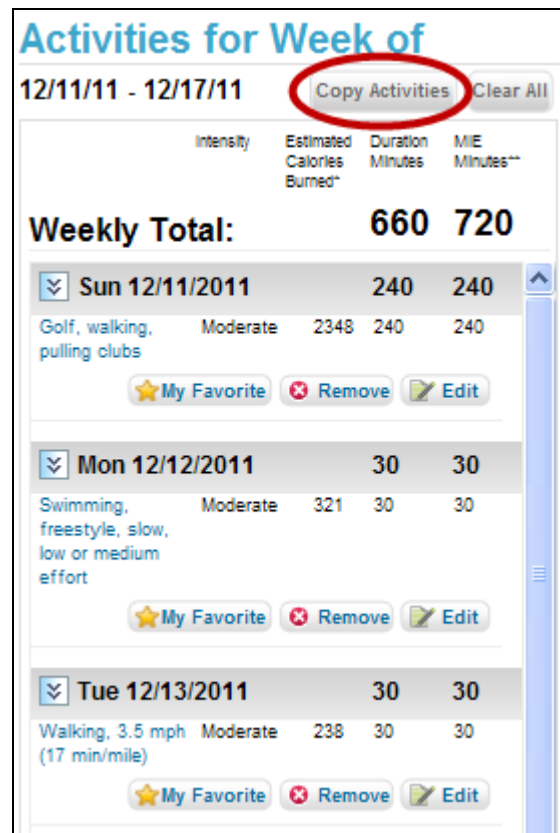
Copying Physical Activities

About Copying Physical Activities

SuperTracker allows you to copy physical activities from one week to another and/or from one profile to another. This can save you time if you and your family do the same activities on different weeks. For example, if you and your family go for a hike multiple times, you could copy this activity rather than searching for and re-entering it on a different week. You have the option to copy once or to set up recurrence so that your activities are copied to multiple weeks (e.g. if you take a walk every night after dinner or if you have swim practice every Tuesday and Thursday).

Using Copy Activities

To access the Copy Activities page, select the **Copy Activities** button from the Weekly Activities area of the Physical Activity Tracker page.



The screenshot displays the 'Activities for Week of' page for the week of 12/11/11 to 12/17/11. At the top right, there are two buttons: 'Copy Activities' (circled in red) and 'Clear All'. Below this is a table with columns for Intensity, Estimated Calories Burned*, Duration Minutes, and MIE Minutes**. The 'Weekly Total' is shown as 660 720. The table lists three activities:

Day	Activity	Intensity	Estimated Calories Burned*	Duration Minutes	MIE Minutes**
Sun 12/11/2011	Golf, walking, pulling clubs	Moderate	2348	240	240
Mon 12/12/2011	Swimming, freestyle, slow, low or medium effort	Moderate	321	30	30
Tue 12/13/2011	Walking, 3.5 mph (17 min/mile)	Moderate	238	30	30

Each activity row includes 'My Favorite', 'Remove', and 'Edit' buttons.

Figure 4-21: Physical Activity Tracker – Copy Activities Selection

The Copy Activities page will display with the physical activities you entered in Physical Activity Tracker for the week you were viewing when you clicked the Copy Activities button. If you would like to copy activities from a different week, use the “**Switch Week**” calendar in the upper left of the page.

When you are ready to copy activities, complete the following three steps.

- **Step 1 – Select Activities:** Click the checkbox next to the days of activity or individual activities you would like to copy. If you select a day of the week, all activities entered for that day will be automatically selected. Click the checkbox again to deselect any activity you do not wish to copy.
- **Step 2 – Select People:** If you have multiple profiles in your account, you can select the profile or profiles to which you would like to copy.
- **Step 3 – Select Date(s):** Either type in or use the calendar to select the date to which you would like to copy your selected activities. You can copy up to one year in the future or one year in the past. If you would like to copy to one day only, be sure the “Rekurs more than once” field says “no.” If you would like to set up a copy that recurs on multiple days, please see the instructions below for Setting up Recurrence.

Copy Activities from Week of 12/11/11 - 12/17/11

Switch Week: [Back to Physical Activity Tracker](#)

Step 1 Select Activities

Select the activities you wish to copy:

<input checked="" type="checkbox"/> Sunday	<input checked="" type="checkbox"/> Monday	<input checked="" type="checkbox"/> Tuesday	<input checked="" type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday	<input type="checkbox"/> Saturday
<input checked="" type="checkbox"/> Golf, walking, pulling clubs	<input checked="" type="checkbox"/> Swimming, freestyle, slow, low or medium effort	<input checked="" type="checkbox"/> Walking, 3.5 mph (17 min/mile)	<input checked="" type="checkbox"/> Golf, walking, pulling clubs	<input type="checkbox"/> Walking, 3.5 mph (17 min/mile)	<input type="checkbox"/> Swimming, freestyle, slow, low or medium effort	<input type="checkbox"/> Running, 5 mph (12 min/mile)
				<input checked="" type="checkbox"/> Swimming, freestyle, slow, low or medium effort		

Step 2 Select People

Select the people to copy to:

All
 #1Dad
 #1Mom
 #1Kid

Step 3 Select Date(s)

Select the date(s) to copy to; you can also select recurring dates:

Copy to week of: [Calendar](#)

Rekurs more than once:

Copy Activities

Figure 4-22: Physical Activity Tracker – Copying Activities

After you complete steps 1 through 3, click the **“Copy Activities”** button. The Copy Activities page refreshes, and a confirmation message displays so you know that your activities have been successfully copied. At this point, you can continue to copy activities or navigate back to the Physical Activity Tracker page using the **“Back to Physical Activity Tracker”** button in the upper right corner. On the Physical Activity Tracker page, you can change the date in the dashboard to see the activities you have copied in the future or the past.



Figure 4-23: Physical Activity Tracker – Activities Copied Successfully

Setting up Recurrence

When copying activities, you have the option to set up recurrence so that your activities are copied to multiple weeks. Under **Step 3 – Select Date(s)**, choose “**Yes**” for the **Recurs more than once** dropdown. Additional fields will display as follows.


- **Every __ week(s):** Enter the week interval. For example, if you would like to copy to every week, enter 1; if you would like to copy to every other week, enter 2.
- **From week of:** Choose the week you would like the recurrence to start, by entering a date or selecting it from the calendar. The date will automatically update to be the week start date (Sunday). You can copy up to one year in the future or one year in the past.
- **To week of:** Choose the week you would like the recurrence to end, by entering a date or selecting it from the calendar. The date will automatically update to be the week start date (Sunday). You can copy up to one year in the future or one year in the past.


Step 3 Select Date(s)

Select the date(s) to copy to; you can also select recurring dates:

Recurs more than once:
Yes ▾

Recurs:
Every: 1 week(s)

From week of:
12/25/11 

To week of:
01/22/12 

Clear

Figure 4-24: Physical Activity Tracker – Copy Activities Recurrence

After completing all of the recurrence fields, you can copy the activities using the instructions provided above.

My Favorite Activities List

About My Favorite Activities List

My Favorite Activities allows you to build a list of physical activities you do often. You can add to your Favorites List as you enter activities in Physical Activity Tracker or build your list all at once on the My Favorite Activities List page.

Building My Favorite Activities List

To add an activity to your favorites from the Physical Activity Tracker page, click the “**My Favorite**” button underneath the food name in the Weekly Activities Area.

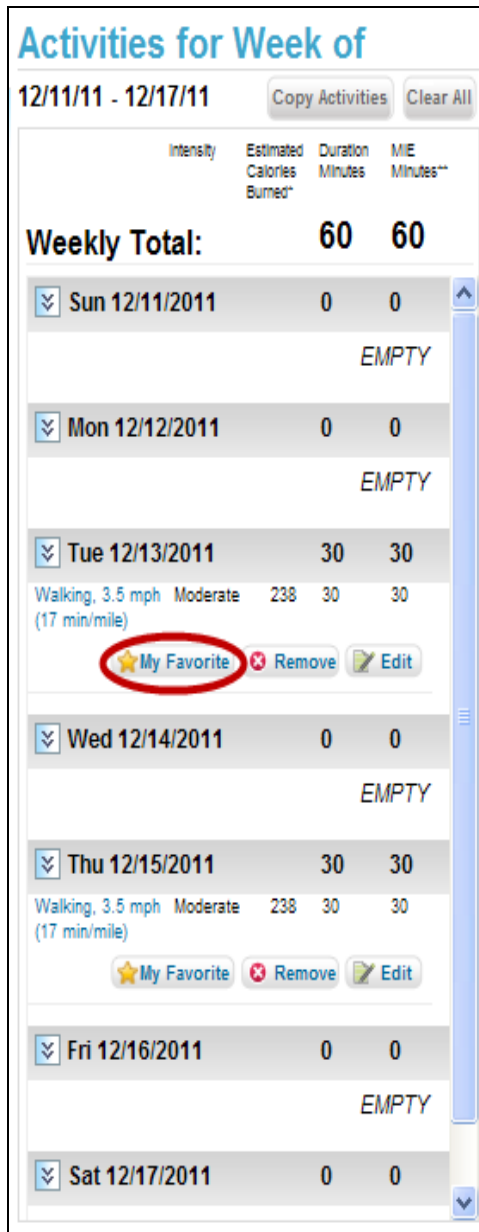


Figure 4-25: Adding an Activity to Favorites in Physical Activity Tracker

You can also build your list of Favorite Activities on the My Favorite Activities page. You can access the page under the “Track Food & Activity” navigation heading.



Figure 4-26: Selecting My Favorite Activities List

The My Favorite Activities List page will appear as shown below.

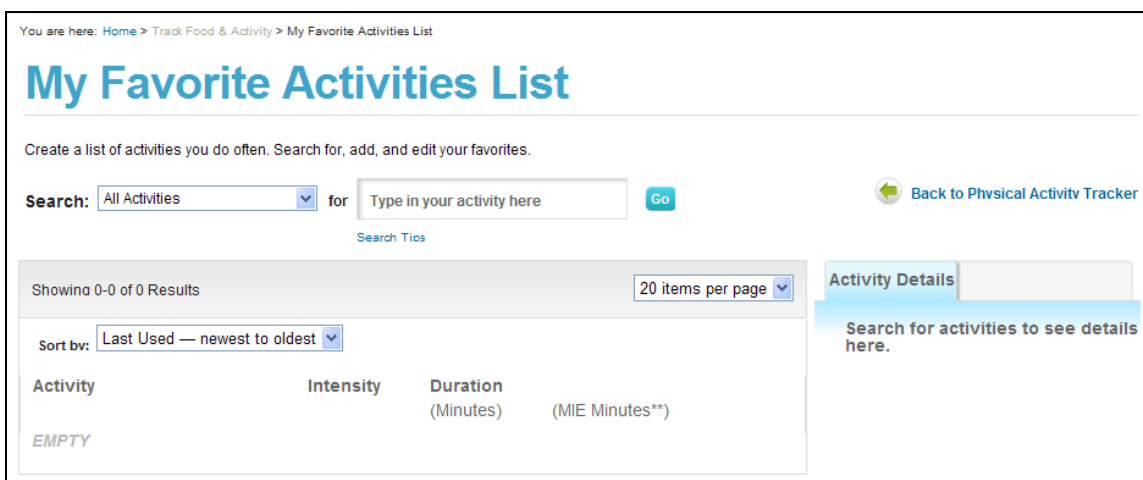


Figure 4-27: My Favorite Activities List Page

Searching and Adding Physical Activities in My Favorite Activities List

Search for Activities in My Favorite Activities using the search box. To search for a new activity, enter an activity in the search box and choose a search category or All Activities.

Once you find the activity you want, enter the amount of time (in minutes) that you typically spend on that activity and enter it in the duration box. This will be the duration for that activity in your Favorite Activities List. Continue searching and adding Activities.

Editing a Physical Activity in My Favorite Activities List

You can edit the activities or duration in your Favorite Activities List at any time. Go to the My Favorite Activities List tab and select the “Edit My List” button. From here, you will be directed to the My Favorite Activities List page. Locate the activity you wish to change and select the “Edit” button. You may also access the My Favorite Activities List page directly to edit an activity.

Deleting Physical Activities from My Favorite Activities List

You can remove an activity from your Favorite Activities list at any time. Go to the My Favorite Activities List tab and select the “Edit My List” button. From here, you will be directed to the My Favorite Activities List page. Locate the activity you wish to delete and select the “Remove” button. You may also remove an activity by accessing the My Favorite Activities List page directly.

Using My Favorite Activities List

Adding Items from My Favorite Activities List to Physical Activity Tracker

You can add activities from your Favorite Activities List directly to your week in Physical Activity Tracker. From the My Favorite Activities list tab, select the “Add” button. This will display the physical activity card for that activity. From the physical activity card, you will be able to select the days and profiles to add to your week. For more information see the Adding a Physical Activity section.

Sorting My Favorite Activities List

There are several ways to sort your Favorite Activities list. Choose to view your list by any of the following:

- Alphabetical – A to Z
- Alphabetical – Z to A
- Last Used – Oldest to Newest
- Last Used – Newest to Oldest
- Intensity – Low to High
- Intensity – High to Low

More Information about Physical Activity Page

Additional information about physical activity is available on the “**More Information about Physical Activity**” page as follows:

- General Information
- Benefits of Physical Activity for Adults
- Physical Activity Information for Children Ages 2-5
- Important Physical Activity Information for Pregnant and Postpartum Women
- Physical Activity Information for Older Adults

You can access this page using the **“More Info”** link underneath the Physical Activity Tracker gauge or at the bottom of the physical activity card.

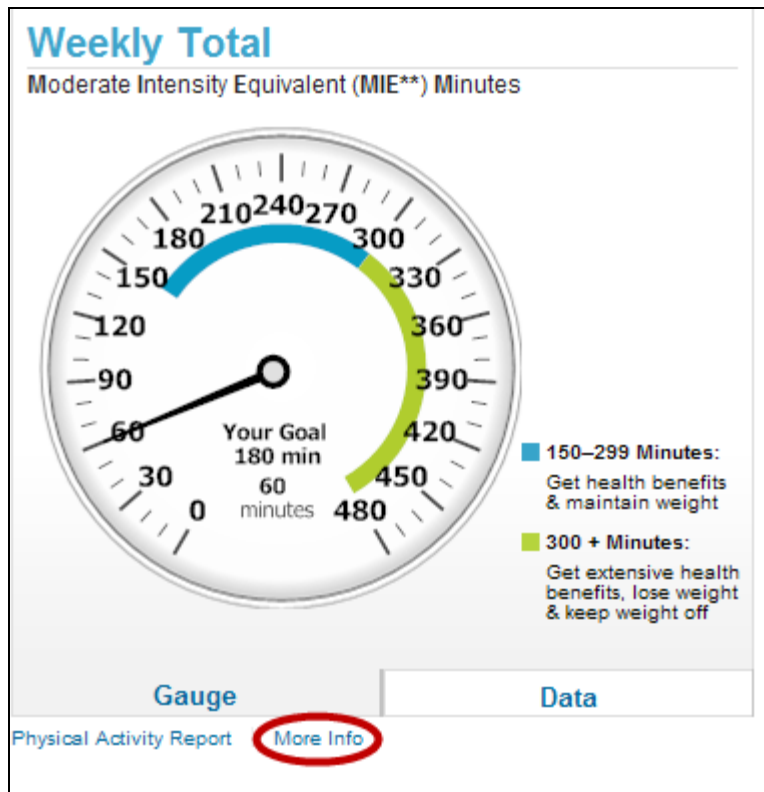


Figure 4-28: Accessing More Information about Physical Activity from the Physical Activity Tracker Gauge

Activity Details | Favorite Activity List

Walking, 3.5 mph (17 min/mile)

Enter the duration: minutes

Choose Days:

Sunday
 Monday
 Tuesday
 Wednesday
 Thursday
 Friday
 Saturday

Choose for:

#1Dad
 #1Mom
 #1Kid
 All

Activity Info

Estimated Calories Burned*: [Calculate](#)
238
(for 30 minutes)

Intensity: **Moderate**

Muscle Strengthening: **No**

[More Info](#)

Figure 4-29: Accessing More Information about Physical Activity from the Physical Activity Card

Chapter 5 - My Reports >

Food Groups & Calories Report

About the Food Group & Calories Report

The Food Groups and Calories Report shows how you are meeting your food group targets and Calorie limits based on the foods you enter in Food Tracker.

To access the Food Group and Calories Report, hover over the **My Reports** navigation heading and select **Food Group & Calories** as shown below. You may also access this report directly from the My Reports Overview page.



Figure 5-1: Selecting Food Group & Calories Report

Using the Food Groups & Calories Report

Once you are on the Food Group & Calories Report page, you can run the report in 3 steps:

- **Choose Profiles:** The Choose Profiles dropdown will only display if you have more than 1 profile. Click the dropdown arrow to expand the list of profiles. Check the profile(s) you want or check “All Profiles.”
- **View Report from:** You can create a Food Groups & Calories report for any length of time you wish. Enter the starting date for the report period in the first field and the ending date in the second field. Use the calendar to find and select the dates you want or enter them directly in the field.
- **Create Report:** After selecting profiles and dates, click the “Create Report” button, and the report will load.

You are here: Home > My Reports > Food Groups & Calories

Food Groups & Calories Report

Get your average intake of Calories and food groups for any time period you choose. See which of your food selections were highest or lowest in Calories or a food group by clicking the heading.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profiles View Report from: 12/04/11 thru 12/10/11 **Create Report**

#1Dad

#1Mom

#1Kid

All Profiles

Figure 5-2: Running a Food Groups & Calories Report

Understanding the Food Group & Calories Report

Your Food Group & Calories Report for the time period you selected will display including the following information.

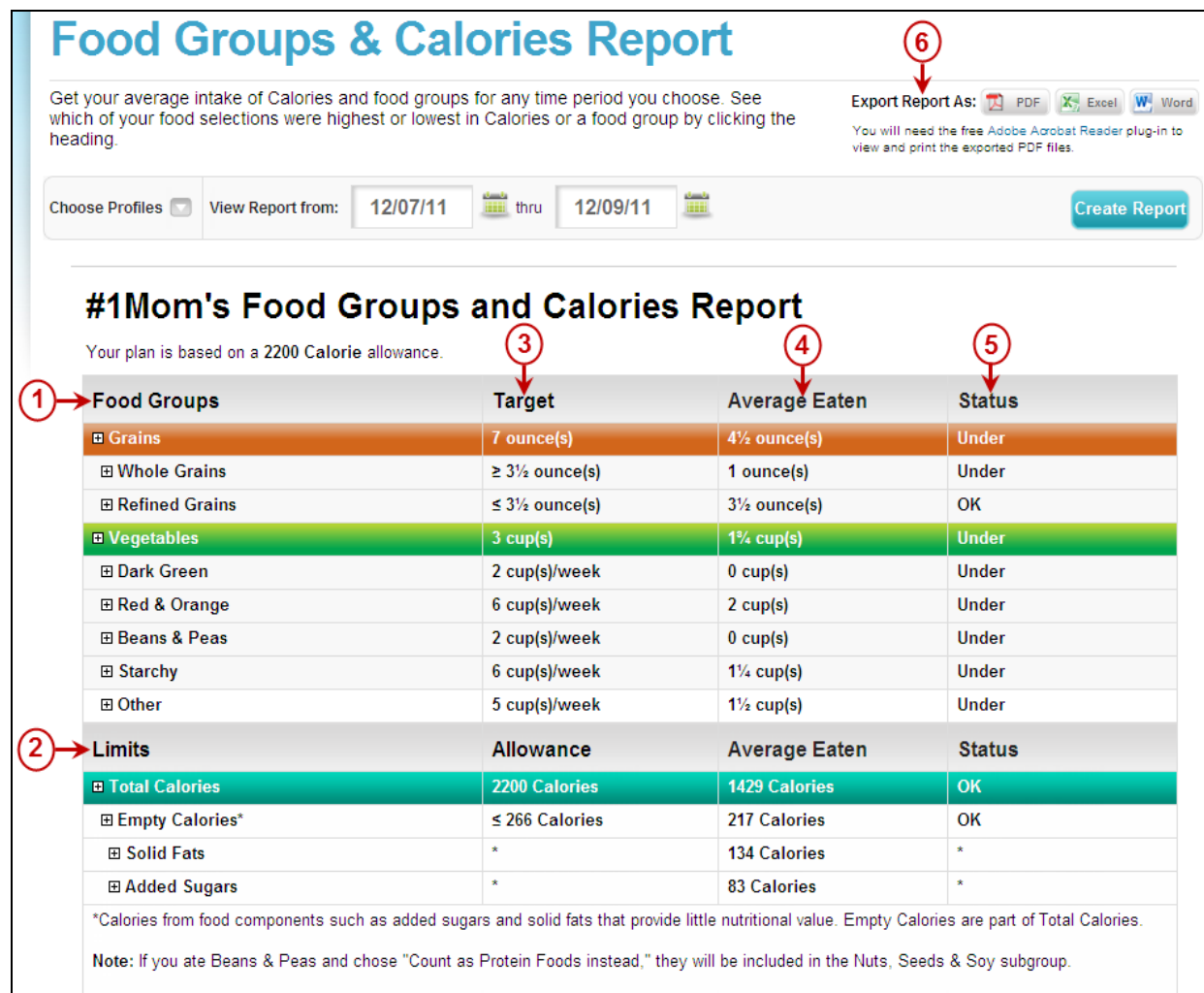


Figure 5-3: Food Group & Calories Report

- 1. Food Groups and Oils**
The names of each food group, subgroup and oils appear in the first column of the report.
- 2. Limits**
All Calorie limits appear in the first column of the report.
- 3. Target/Allowance**
Your targets and allowances for each of the food groups, subgroups, oils and limits display in this column. Your targets and allowances are based on the USDA Food Patterns at your Calorie level. Each of the Calorie levels has a specific target for the food groups, subgroups and oils as well as Total Calorie and Empty Calorie limits.
- 4. Average Eaten**
The average amount you consumed of each of the food groups, subgroups, oils and limits displays

in this column. This average is based on the time period you selected. Days with no foods entered into Food Tracker do not count toward the average.

5. Status

The intake status for each of the food groups, subgroups, oils and limits display in this column. These are based on the food items you entered in Food Tracker within the time period you selected.

- a. Food groups and subgroups – A status of “OK” will display if you are within ½ ounce of the Grains and Protein Foods targets and within ¼ cup on the Vegetables, Fruits, and Dairy targets. Anything less than this has a status of “Under” and anything more has a status of “Over.”
- b. Limits – A status of “OK” will display if you are within your Calorie allowance. Anything over this number will display a status of “Over.”

6. Report Export

Three format options to view and/or export your Food Group & Calories Report are available here. Choose from PDF, Excel, or Word versions of the report you created.

Using the Drill Down

The Food Groups & Calories Report will show you which foods you added were the top contributors of any food group, subgroup, or limit. Click the plus sign icon next to a food group, subgroup or limit name to display a list of foods you ate that contained that particular item as well as tips to optimize your intake.

- **Food Sources:** Displays the list of the foods eaten over the time period that contributed a value over 1% of total intake of the food group, subgroup, oils or limit. This list is generated based on the items you entered to your days in Food Tracker within the time period you selected. The list will display from the highest contributor to the lowest based on the percentage of intake.

You can reverse the order to see the foods that contributed the lowest percentage of your total intake first. Click the arrow next to “Food Sources” to sort lowest to highest. Click the plus sign icon next to the nutrient name again to re-expand the drill down list and view your foods in this order.

- **Tips:** When you expand an item, you will also see three tips to the right. Tips about each food group, subgroup band oils as well as Total Calories and Empty Calories display here. These tips are helpful to learn more about reaching and staying within your targets and limits.

Vegetables	3 cup(s)	3¼ cup(s)	OK
Food Sources ↓		Tips	
1. Cucumber, raw	56% of intake	1. Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count.	
2. Salad, with lettuce, cheese, tomatoes and/or carrots, no dressing	30% of intake	2. Add dark-green, red, and orange vegetables and beans and peas to main and side dishes. Use dark leafy greens to make salads.	
3. Carrots, raw	15% of intake	3. When purchasing canned vegetables, select those labeled "reduced sodium," "low sodium," or "no salt added."	
Dark Green	2 cup(s)/week	0 cup(s)	Under
Red & Orange	6 cup(s)/week	¾ cup(s)	Under
Beans & Peas	2 cup(s)/week	0 cup(s)	Under
Starchy	6 cup(s)/week	0 cup(s)	Under
Other	5 cup(s)/week	2½ cup(s)	Under

Figure 5-4: Food Groups & Calories Report Drill Down

Nutrients Report

About the Nutrients Report

The Nutrients Report shows the average nutrient amount you eat over a time period you choose.

To access the Nutrients Report, hover over the **My Reports** navigation heading and select **Nutrients Report** as shown below. You may also access this report from the My Reports Overview page.



Figure 5-5: Selecting Nutrients Report

Using the Nutrients Report



Once you are on the Nutrients Report page, you can run the report in 3 steps:

- **Choose Profiles:** The Choose Profiles dropdown will only display if you have more than 1 profile. Click the dropdown arrow to expand the list of profiles. Check the profile(s) you want or check “All Profiles”.
- **View Report for:** You can run the Nutrients Report for any time period you would like. Use the calendar to choose the dates you want or enter them in the fields.
- **Create Report:** After selecting profile(s) and the dates, click the “Create Report” button, and the report will load.





You are here: [Home](#) > [My Reports](#) > [Nutrients Reports](#)

Nutrients Report

Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose. See which of your food selections were highest or lowest in a nutrient by clicking the heading.

Export Report As:  PDF  Excel  Word

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

Choose Profiles  View Report from:  thru  

<input type="checkbox"/> #1Dad
<input checked="" type="checkbox"/> #1Mom
<input type="checkbox"/> #1Kid
<input type="checkbox"/> All Profiles

Figure 5-6: Running a Nutrients Report

Understanding the Nutrients Report

Your Nutrients Report for the time period you selected will display including the following information.

Nutrients Report

Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose. See which of your food selections were highest or lowest in a nutrient by clicking the heading.

5
Export Report As: PDF Excel Word
You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profiles
View Report from: thru
Create Report

#1Mom's Nutrients Report 12/07/2011 - 12/09/2011

Your plan is based on a 2200 Calorie allowance.

1 Nutrients	2 Target	3 Average Eaten	4 Status
<input type="checkbox"/> Total Calories	2200 Calories	1429 Calories	OK
<input type="checkbox"/> Protein (g)***	46 g	99 g	OK
<input type="checkbox"/> Protein (% Calories)***	10 - 35% Calories	28% Calories	OK
<input type="checkbox"/> Carbohydrate (g)***	130 g	180 g	OK
<input type="checkbox"/> Carbohydrate (% Calories)***	45 - 65% Calories	50% Calories	OK
<input type="checkbox"/> Dietary Fiber	25 g	13 g	Under
<input type="checkbox"/> Total Fat	20 - 35% Calories	23% Calories	OK
<input type="checkbox"/> Saturated Fat	< 10% Calories	7% Calories	OK
<input type="checkbox"/> Monounsaturated Fat	No Daily Target or Limit	8% Calories	No Daily Target or Limit
<input type="checkbox"/> Polyunsaturated Fat	No Daily Target or Limit	5% Calories	No Daily Target or Limit
<input type="checkbox"/> Linoleic Acid (g)***	12 g	6 g	Under
<input type="checkbox"/> Linoleic Acid (% Calories)***	5 - 10% Calories	4% Calories	Under
<input type="checkbox"/> α-Linolenic Acid (g)***	1.1 g	0.6 g	Under
<input type="checkbox"/> α-Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	0.4% Calories	Under
<input type="checkbox"/> Omega 3 - EPA	No Daily Target or Limit	483 mg	No Daily Target or Limit
<input type="checkbox"/> Omega 3 - DHA	No Daily Target or Limit	703 mg	No Daily Target or Limit
<input type="checkbox"/> Cholesterol	< 300 mg	263 mg	OK
Minerals	Target	Average Eaten	Status

Figure 5-7: Nutrients Report

1. Nutrients

The names of each nutrient appear in the first column of the report, including macronutrients, vitamins, and minerals.

2. Target

Your targets for each of the nutrients display in this column. Your targets are based on the recommendations established by the Institutes of Medicine and the 2010 *Dietary Guidelines for Americans*.

3. Average Eaten

The average amount of each nutrient you consumed displays in this column. This average is based on the time period you selected. Days with no foods entered into Food Tracker do not count toward the average.

4. Status

Each nutrient has a Target or Limit amount associated with it. If the average amount of the food you

eat is within the acceptable range, you will see the word “OK.” If you are under the acceptable range, it will read “Under.” Additionally, if you are over the acceptable range, your status will be “Over.”

5. Report Export

Three format options to view and/or export your Nutrients Report are available here. Choose from PDF, Excel, or Word versions of the report you created.

Using the Drill Down

The Nutrients Report will show you which foods you added were the top contributors of any nutrient. Click the plus sign icon next to a nutrient to display a list of foods you ate that contained that particular nutrient as well as tips to optimize your intake.

- **Food Sources:** The food that contributed the highest percentage of the total amount you ate will display first. The order is based on amount of the nutrient in the food, and the number of times you ate it. You’ll see the total amount of this nutrient from all times you’ve eaten this food, not the amount in a single portion. For example, if you expand “Calcium,” the food at the top might have less calcium, but you ate it more frequently than other foods with more calcium per serving.

You can reverse the order to see the foods that contributed the lowest percentage of your total intake first. Click the arrow next to “Food Sources” to sort lowest to highest. Click the plus sign icon next to the nutrient name again to re-expand the drill down list and view your foods in this order.

- **Tips:** When you expand a nutrient, you will also see three tips to the right. Each nutrient has tips to give you additional information about that nutrient.

Minerals	Target	Average Eaten	Status
☐ Calcium	1000 mg	921 mg	Under
Food Sources ⇅		Tips	
1. Milk, fat free (skim)	49% of intake	1. Calcium targets may be achieved by consuming recommended levels of fat-free or low-fat milk, other dairy products, and fortified soymilk (soy beverage).	
2. Salad, with lettuce, cheese, tomatoes and/or carrots, no dressing	28% of intake	2. People who avoid all dairy products and fortified soymilk (soy beverage) should include other food sources of calcium, such as fortified cereal, fortified orange juice, or tofu prepared with calcium.	
3. Peanut butter and jelly sandwich	5% of intake	3. Calcium is needed in the body for healthy bones, nerves, blood vessels, and muscle function.	
4. Great Grains, Raisin, Date, and Pecan Whole Grain Cereal	4% of intake		

Figure 5-8: Nutrients Report Drill Down

Food Details Report

About the Food Details Report

The Food Details Report shows the food group and nutrient content of the individual foods you eat each day.

To access the Food Details Report, hover over the **My Reports** navigation heading and select **Food Details Report** as shown below. You may also access this report from the My Reports Overview page.



Figure 5-9: Selecting Food Details Report

Using the Food Details Report

Once you are on the Food Details Report page, you can run the report in 4 steps:

- **Choose Profiles:** The Choose Profiles dropdown will only display if you have more than 1 profile. Click the dropdown arrow to expand the list of profiles. Check the profile(s) you want or check “All Profiles”.
- **View Report for:** You can run the Food Details Report for one day at a time. Use the calendar to choose the date you want or enter it in the field.
- **Select Items:** Check the items you want to display in your report. You can pick individual food groups, subgroups, oils, limits and nutrients or you can select all items in each category.
- **Create Report:** After selecting profiles, the date, and items to display, click the “Create Report” button, and the report will load.

The screenshot displays the 'Food Details Report' interface. At the top, a breadcrumb trail reads 'You are here: Home > My Reports > Food Details'. The main heading is 'Food Details Report'. Below this, a descriptive text states: 'See the food group and nutrient content of your foods each day. Choose which food groups, limits, or nutrients to view. You can sort by clicking any column heading.' To the right of this text are 'Export Report As:' options for PDF, Excel, and Word, with a note: 'You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.'

The main content area is divided into several sections:

- Choose Profiles:** A dropdown menu is currently set to 'View Report for: 12/08/11'. Below it, a list of profiles is shown with checkboxes: #1Dad, #1Mom, #1Kid, and All Profiles.
- Food Groups & Oils:** A list of categories with checkboxes: Grains, Whole Grains, Refined Grains, Vegetables, Dark Green, and Red & Orange.
- Limits:** A list of categories with checkboxes: Total Calories, Empty Calories, Solid Fats, Added Sugars, and Alcohol.
- Nutrients:** A list of categories with checkboxes: Protein (g), Protein (% Calories), Carbohydrate (g), Carbohydrate (% Calories), and Dietary Fiber.

At the bottom right of the selection area, a blue 'Create Report' button is circled in red.

Figure 5-10: Running a Food Details Report

Understanding the Food Details Report

Your Food Details Report for the date you picked will display including the following information.

Food Details Report

See the food group and nutrient content of your foods each day. Choose which food groups, limits, or nutrients to view. You can sort by clicking any column heading.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profiles View Report for: 01/01/12

Food Groups & Oils
 Grains
 Whole Grains
 Refined Grains
 Vegetables
 Dark Green
 Red & Orange

Limits
 Total Calories
 Empty Calories
 Solid Fats
 Added Sugars
 Alcohol

Nutrients
 Protein (g)
 Protein (% Calories)
 Carbohydrate (g)
 Carbohydrate (% Calories)
 Dietary Fiber

Create Report

#1Mom's Food Details Report

Date: 01/01/12
 Your plan is based on a 2200 Calorie allowance.

Food	Amount	Grains	Whole Grains	Refined Grains
Apple, raw	1 medium (2-3/4" across)	0 oz.	0 oz.	0 oz.
Bread, 100% whole wheat	1 regular slice	1 oz.	1 oz.	0 oz.
Celery, raw	1 cup	0 oz.	0 oz.	0 oz.
Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten	1 medium breast	0 oz.	0 oz.	0 oz.
Milk, fat free (skim)	1 cup	0 oz.	0 oz.	0 oz.
Your Menu Total		1 oz.	1 oz.	0 oz.
Target or Limit		7 oz.	≥ 3½ oz.	≤ 3½ oz.

Figure 5-11: Food Details Report

1. Food

The name of each food you added on the date you selected. If you ate the same food more than once, it will only appear once.

2. Amount

The amount of each food you added on the date you selected. If you ate the same food more than once, each amount will be listed separately.

3. Food Groups & Oils/Limits/Nutrients

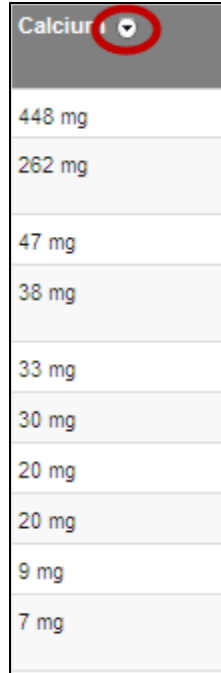
The items you selected will appear in columns here. For each food you added, the amount contributed by that individual food will appear under the appropriate column heading. If you ate the same food more than once, the amount will reflect the total eaten for the whole day.

4. Report Export

Three format options to view and/or export your Food Details Report are available here. Choose from PDF, Excel, or Word versions of the report you created.

Sorting the Report

You can sort the Food Details Report by any item. To see which foods were highest or lowest in a particular food group, nutrient, etc., select the arrow icon next to that column heading. Your foods will automatically sort with the lowest contributor at the top of the list. To reorder from highest to lowest, click the arrow next to the column heading again.



The image shows a vertical list of values representing calcium content. The top row is a header with the text 'Calcium' and a small downward-pointing arrow icon, which is circled in red. Below the header are ten rows of numerical values followed by 'mg', arranged in descending order: 448 mg, 262 mg, 47 mg, 38 mg, 33 mg, 30 mg, 20 mg, 20 mg, 9 mg, and 7 mg.

Calcium
448 mg
262 mg
47 mg
38 mg
33 mg
30 mg
20 mg
20 mg
9 mg
7 mg

Figure 5-12: Sorting the Food Details Report

Meal Summary Report

About the Meal Summary Report

The Meal Summary Report displays the menu of foods you have eaten or planned for breakfast, lunch, dinner and snacks. The menus shown are based on the foods you have entered in Food Tracker.

To access the Meal Summary Report, hover over the **My Reports** navigation heading and select **Meal Summary** as shown below. You may also access this report directly from the My Reports Overview page.



Figure 5-13: Selecting Meal Summary Report

Using the Meal Summary Report

Once you are on the Meal Summary Report page, you can run the report in 4 steps:

- **Choose Profiles:** The Choose Profiles dropdown will only display if you have more than 1 profile. Click the dropdown arrow to expand the list of profiles. Check the profile(s) you want or check “All Profiles.”
- **View Report from:** You can create a Meal Summary Report for any length of time you wish. Enter the starting date for the report period in the first field and the ending date in the second field. Use the calendar to find and select the dates you want or enter them directly in the field.
- **Choose Meals:** Check the meals you want to display in your report. You can choose to display Breakfast, Lunch, Dinner or Snacks individually or select “All.”
- **Create Report:** After selecting profiles, dates and meals, click the “Create Report” button, and the report will load.

You are here: Home > My Reports > Meal Summary

Meal Summary Report

View a menu of foods you've eaten or planned for any time period you choose.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profiles View Report from: 12/07/11 thru 12/09/11

Choose Meals: Breakfast Lunch Dinner Snacks All **Create Report**

#1Dad

#1Mom

#1Kid

All Profiles

Figure 5-14: Running a Meal Summary Report

Understanding the Meal Summary Report

Your Meal Summary Report for the time period you selected will display including the following information.

Meal Summary Report

View a menu of foods you've eaten or planned for any time period you choose.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profiles: View Report from: 12/07/11 thru 12/09/11

Choose Meals: Breakfast Lunch Dinner Snacks All [Create Report](#)

Meals from 12/07/11 - 12/09/11

#1Mom's Meals

#1Mom, your plan is based on a 2200 Calorie allowance.

Date	Breakfast	Lunch	Dinner	Snacks
12/07/11	<ul style="list-style-type: none"> 1 medium wedge (1/8 of medium melon) Cantaloupe (muskmelon), raw 1 cup Milk, fat free (skim) 	<ul style="list-style-type: none"> 1 cup Fruit drink (Lemonade, Limeade, Snapple, Minute Maid Fruit Punch) 1 sandwich Ham sandwich, with lettuce and margarine 1 container (6 oz) Yogurt, fruit, light (fat free, low calorie sweetener) 	<ul style="list-style-type: none"> 1 large steak Beef, steak, broiled, lean only eaten 1 medium (2-1/4" to 3" across) Potato, baked, peel not eaten 1 cup Salad, with lettuce and vegetables (tomatoes and/or carrots), no dressing 1 bottle (16.9 fl oz or 500 ml) Water, bottled, unsweetened 	<ul style="list-style-type: none"> 1 medium (2-3/4" across) Apple, raw
12/08/11	<ul style="list-style-type: none"> 1 regular slice Bread, 100% whole wheat 1 cup Cranberry juice, 100%, not a blend 1 1/2 cup Great Grains, Raisin, Date, and Pecan Whole Grain Cereal 1 1/2 cup Milk, fat free (skim) 	<ul style="list-style-type: none"> 1 medium (7" to 7-7/8" long) Banana, raw 1 bar (.8 oz) Granola bar, oats, fruit and nuts, lowfat 1/2 sandwich Peanut butter and jelly sandwich 	<ul style="list-style-type: none"> 1 large breast Chicken, breast, baked, with skin, breaded, skin/breading not eaten 1 tablespoon Italian dressing, low calorie 2 cup Salad, with lettuce, cheese, tomatoes and/or carrots, no dressing 	<ul style="list-style-type: none"> 6 baby carrot(s) Carrots, raw

Figure 5-15: Meal Summary Report

- Date**
The dates in the time period selected.
- Breakfast**
These are the foods you added to breakfast on the date(s) shown.
- Lunch**
These are the foods you added to lunch on the date(s) shown.
- Dinner**
These are the foods you added to dinner on the date(s) shown.

5. Snacks

These are the foods you added to snacks on the date(s) shown.

6. Report Export Features

Three format options to view and/or export your Meal Summary Report are available here. Choose from PDF, Excel, or Word versions of the report you created.

Physical Activity Report

About the Physical Activity Report

The Physical Activity Report shows how you are meeting recommendations in the 2008 *Physical Activity Guidelines for Americans* based on weekly activities you enter in Physical Activity Tracker.

To access the Physical Activity Report, hover over the **My Reports** navigation heading and select **Physical Activity Report** as shown below. You may also access this report from the My Reports Overview page.



Figure 5-16: Selecting Physical Activity Report

Using the Physical Activity Report

Once you are on the Physical Activity Report page, you can run the report in 3 steps:

- **Choose Profiles:** The Choose Profiles dropdown will only display if you have more than 1 profile. Click the dropdown arrow to expand the list of profiles. Check the profile(s) you want or check “All Profiles.”
- **View Report for the week of:** You can run the physical activity report for one week at a time. Use the calendar to choose the week you want or enter a date in the field. The date will automatically update to be the week start date (Sunday).
- **Create Report:** After selecting profiles and dates, click the “Create Report” button, and the report will load.


You are here: Home > My Reports > Physical Activity

Physical Activity Report

View your weekly physical activities and compare to the Physical Activity Guidelines for Americans.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

Choose Profiles ▾ View Report for the week of: 12/4/2011  **Create Report**

- #1Dad
- #1Mom
- #1Kid
- All Profiles

Figure 5-17: Running a Physical Activity Report

Understanding the Physical Activity Report for Adults

For adults ages 18 and older, your Physical Activity Report for the week you picked will display including the following information.

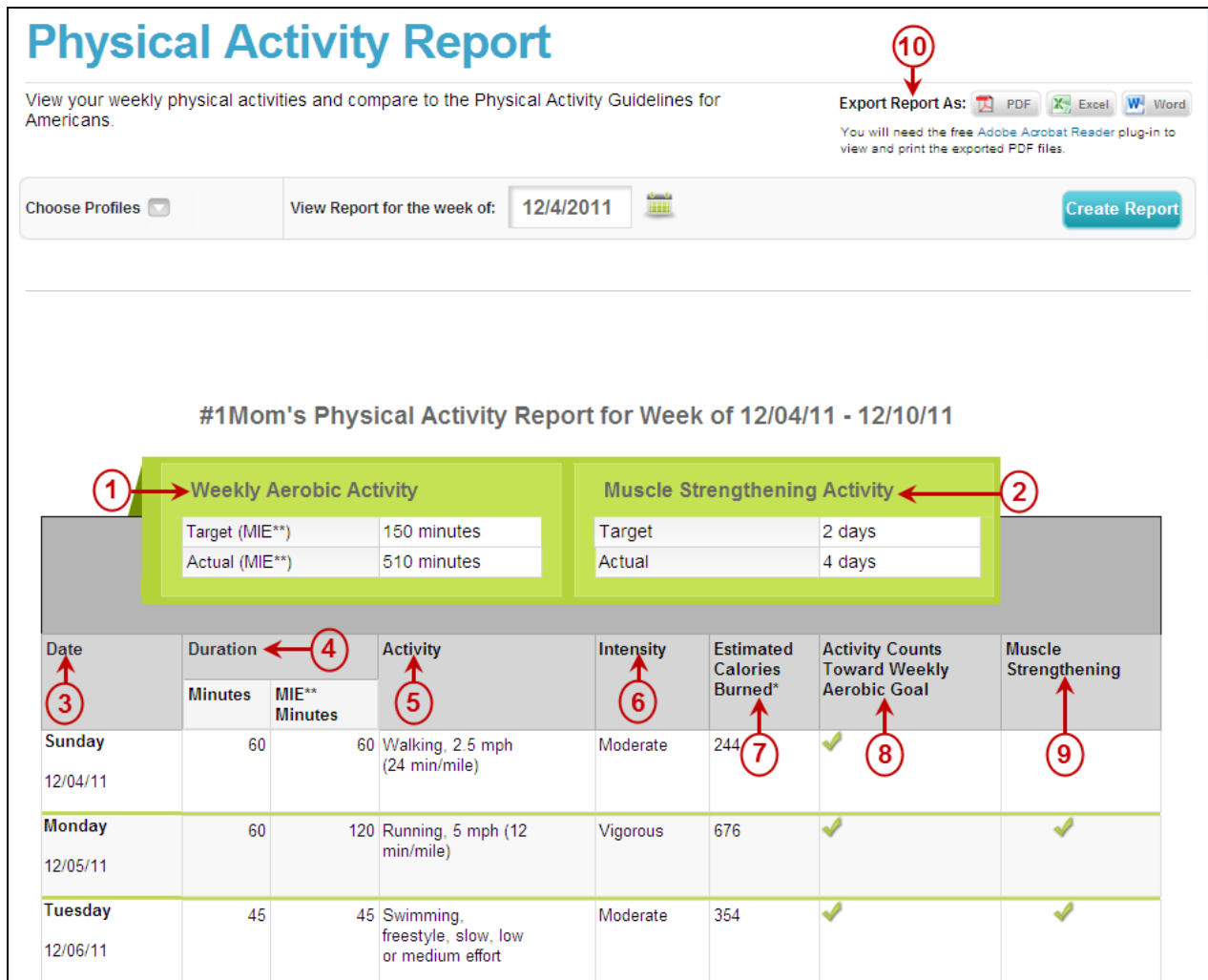


Figure 5-18: Physical Activity Report

1. Weekly Aerobic Activity Summary

Your weekly aerobic activity target and the actual amount you did displays here in Moderate Intensity Equivalent (MIE) minutes. SuperTracker uses MIE minutes to account for different activity intensities. Every minute of moderate intensity activity counts as 1 MIE minute, and every minute of vigorous intensity activity counts as 2 MIE minutes (e.g., 30 minutes vigorous is equivalent to 60 MIE minutes).

2. Muscle Strengthening Activity Summary

Your weekly muscle strengthening target and the actual number of days you did muscle strengthening activity displays here.

3. Date

The day of the week and dates of each activity.

4. Duration

The duration of each activity, specified in actual minutes and MIE minutes.

5. Activity

The name of each activity.

6. Intensity

The intensity of each activity (light, moderate or vigorous).

7. Estimated Calories Burned

If you entered a weight during personalization, the estimated number of Calories burned by each activity will display here. This number is an estimate for an average person performing the activity.

8. Activity Counts Toward Weekly Aerobic Goal

A green checkmark will appear for each activity that counts toward your weekly aerobic activity target. Light intensity activity and activity less than 10 minutes in duration do not count.

9. Muscle Strengthening

A green checkmark will appear for each activity that counts toward your weekly muscle strengthening activity target.

10. Report Export

Three format options to view and/or export your Physical Activity Report are available here. Choose from PDF, Excel, or Word versions of the report you created.

Understanding the Physical Activity Report for Children (ages 6-17)

For users ages 6-17, your Physical Activity Report for the week selected will display including the following information.



Figure 5-19: Physical Activity Report

- 1. Date**
The day of the week and dates of each activity.
- 2. Duration**
The duration of each activity, specified in actual minutes and Moderate Intensity Equivalent (MIE) minutes. SuperTracker uses MIE minutes to account for different activity intensities. Every minute of moderate intensity activity counts as 1 MIE minute, and every minute of vigorous intensity activity counts as 2 MIE minutes (e.g., 30 minutes vigorous is equivalent to 60 MIE minutes).
- 3. Total Daily MIE Minutes**
The total number of MIE minutes you did each day will display here, and the report will say if you met your daily aerobic activity target.
- 4. Activity**
The name of each activity.

5. Intensity

The intensity of each activity (light, moderate or vigorous).

6. Estimated Calories Burned

If you are age 9 or older and entered a weight during personalization, the estimated number of Calories burned by each activity will display here. This number is an estimate for an average person performing the activity.

7. Muscle Strengthening

A green checkmark will appear for each activity that counts toward your weekly muscle strengthening activity target.

8. Bone Strengthening

A green checkmark will appear for each activity that counts toward your weekly bone strengthening activity target.

9. Vigorous Intensity

A check will appear for each activity that counts toward your weekly vigorous intensity activity target.

10. Weekly Muscle Strengthening Target Met

The report will show if you met your weekly muscle strengthening target.

11. Weekly Bone Strengthening Target Met

The report will show if you met your weekly bone strengthening target.

12. Weekly Vigorous Intensity Target Met

The report will show if you met your weekly vigorous intensity activity target.

13. Report Export

Three format options to view and/or export your Physical Activity Report are available here. Choose from PDF, Excel, or Word versions of the report you created.

About Physical Activity Reports for Preschoolers (ages 2-5)

The Physical Activity Report can only be used by individuals age 6 and older because the 2008 *Physical Activity Guidelines for Americans* do not include specific guidelines for children less than 6 years of age.

History Charts

About the History Charts

History Charts allow you to see a graph of your trend history for weight, Calories, physical activity, food groups, or nutrients. You can choose any time period and can run a chart for daily, weekly, monthly, or yearly time frames.

To access the History Charts, hover over the **My Reports** navigation heading and select **History Charts** as shown below. You may also access this report from the My Reports Overview page.



Figure 5-20: Selecting History Charts

Using the History Charts

Once you are on the History Charts page, you can create a chart in 5 steps:

- **Select a Report:** Choose from the list on the left for weight, Calories, physical activity, food groups, or nutrients.
- **Choose Profiles:** The Choose Profiles dropdown will only display if you have more than 1 profile. Click the dropdown arrow to expand the list of profiles. Click the profile you want, you can only run a chart for one profile at a time.
- **Time Period:** You can create a history chart for any length of time you wish and you can view the chart as daily, weekly, monthly, or yearly results. The chart will automatically average your values over the time period selected.
- **Date Range:** Enter the start date for the chart period in the first field and the end date in the second field. Use the calendar to find and select the dates you want or enter them directly in the field.
- **Select Chart Type:** Some reports can be viewed as a line or as a bar chart. Select the type of chart you would like to see.
- **Create Report:** After selecting the above, click the “Create Report” button, and the chart will load.

Figure 5-21: Running a History Chart

Understanding the History Charts

Your History Chart for the time period you selected will display including the following information.

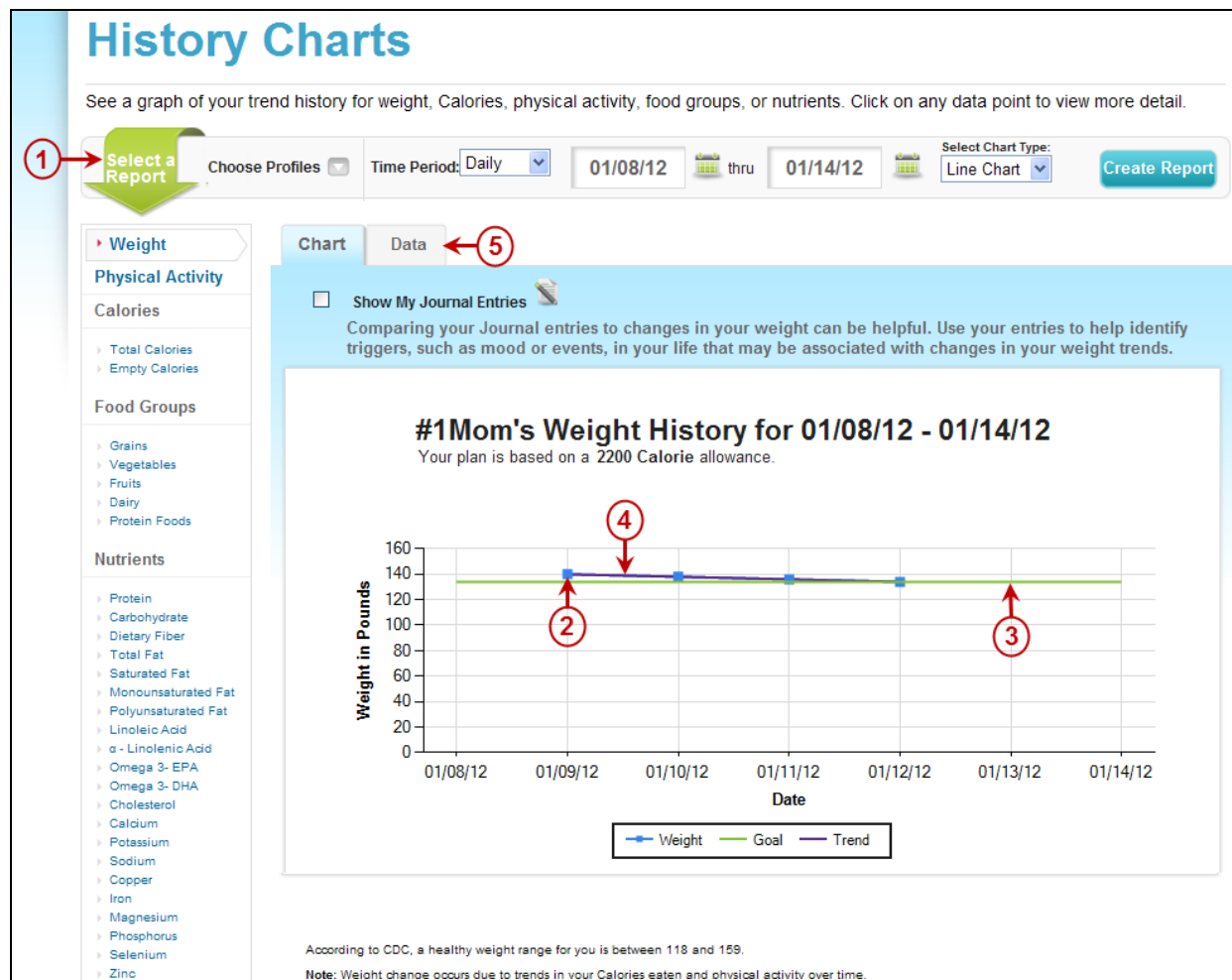


Figure 5-22: History Charts

1. Select a Report

Choose from the list on the left for weight, Calories, physical activity, food groups, or nutrients. The report you selected will be highlighted in gray. Click any item to switch between reports.

2. Data Points

These represent the values you have entered (e.g. your weight or the Calories in the foods you have entered in Food Tracker). If you selected a weekly time period, your chart will display in a weekly format, where all data points from the same week are averaged together and shown in one data point. Similarly, if you selected a monthly time period, your chart will display in a monthly format, where data points from the same month are averaged together and shown in one data point.

3. Target/Limit/Goal

This line represents your target, limit or personal goal if you have set one.

4. Trend

This line provides a “big picture” look at the trend in your data points (e.g. if you are increasing or decreasing over time).

5. Data Tab

Click to view the data tab if you would like to see your data in table form instead of in a chart.

Weight History Charts

You can track your weight using SuperTracker. Update your weight regularly, and then run a report to see how your weight has changed over time. You will see your weight entries and your trend line appear. If you have set a goal weight, a goal line will display as well.

Physical Activity History Charts

For adults, the physical activity history chart is only available weekly, monthly and yearly. SuperTracker uses a weekly target, based on the 2008 *Physical Activity Guidelines for Americans*. If you are age 6 to 17, you can view your physical activity history for daily, weekly, monthly, or yearly time periods.

The chart will show your target, or if you set a goal, the chart will display your goal. The chart will also display your trend line.

Calorie History Charts

There are two types of Calorie history charts: Total Calories and Empty Calories. When you create either chart, your target and trend lines will appear.

Food Group History Charts

You can run one chart at a time, for each of the food groups. When you create a chart, your target and trend lines will appear. You also have the option to select "Show All Subgroups." By selecting this option, you can see the contribution from the subgroups.

Nutrient History Charts

You can select any of the nutrients to run a chart. When you create a chart, your target and trend lines will appear. Some nutrients do not have a target or a limit, and therefore, will not display any target lines.

Some nutrients have two graphs. These nutrients are protein, carbohydrates, and saturated fat. These nutrients are expressed in two ways, as grams and as a percentage of Calories. Use both charts to determine your status of these nutrients.

Showing My Journal Entries

If you have recorded journal entries, you can opt to have them show on your chart when you are running a weight, physical activity, Total Calories, or Empty Calories chart. Comparing your Journal entries to changes in your weight, physical activity, and Calorie intake can be helpful. Use your entries to help identify triggers, such as mood or events, in your life that may be associated with changes in your behaviors.

Check the **“Show My Journal Entries”** box to show your journal entries on your history charts. A red dot will appear on the chart when journal entries exist. Click the red dot to see your journal entry, or entries, for that time period. If you have more than one, use the numbers in the upper right hand corner of the journal entry window to view them all.

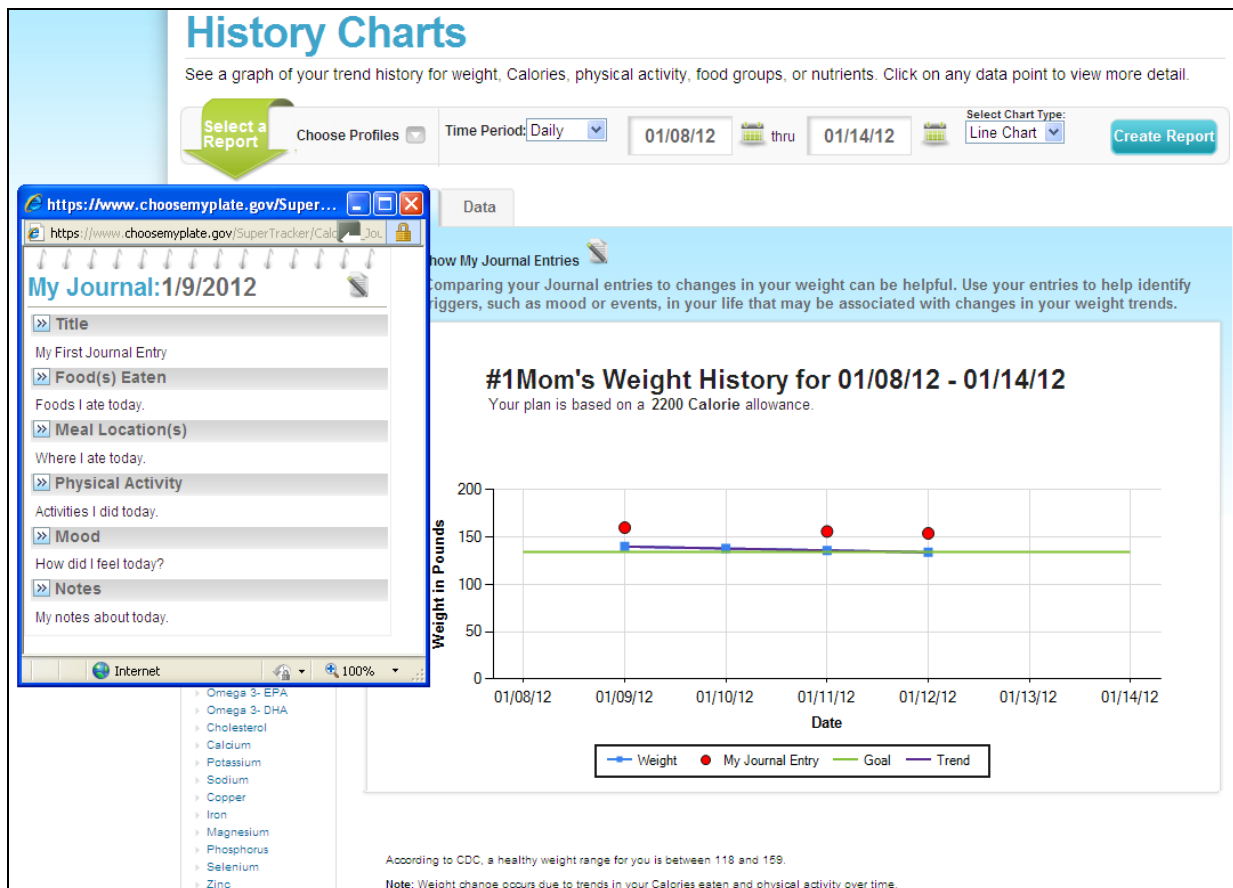


Figure 5-23: History Charts – Showing My Journal Entries

Drilling Down

If you run a history chart for a weekly, monthly or yearly timeframe, you can drill down on any data point to take a closer look at the data. For example, if you click on a yearly data point, the chart will update to display the months that make up that year. In addition, if you click on a monthly data point, the chart will update to display the weeks that make up that month. And, if you click on a weekly data point, the chart will update to display the days that make up that week.

When you are viewing a daily history chart and click on one data point, a new window will open with the Food Details Report for that day. The report will display the item you were viewing (e.g. a food group or nutrient) and the amounts in the specific foods you entered on that date. This feature is available for all history charts except for weight and physical activity.

Chapter 6 - My Features >

My Weight Manager

About My Weight Manger

Use the My Weight Manager feature to enter your weight and track progress over time.

To access the My Weight Manager page, hover over the **My Features** navigation heading and select **My Weight Manager** as shown below. You must have a personalized profile, including your height and weight, in order to use this feature.

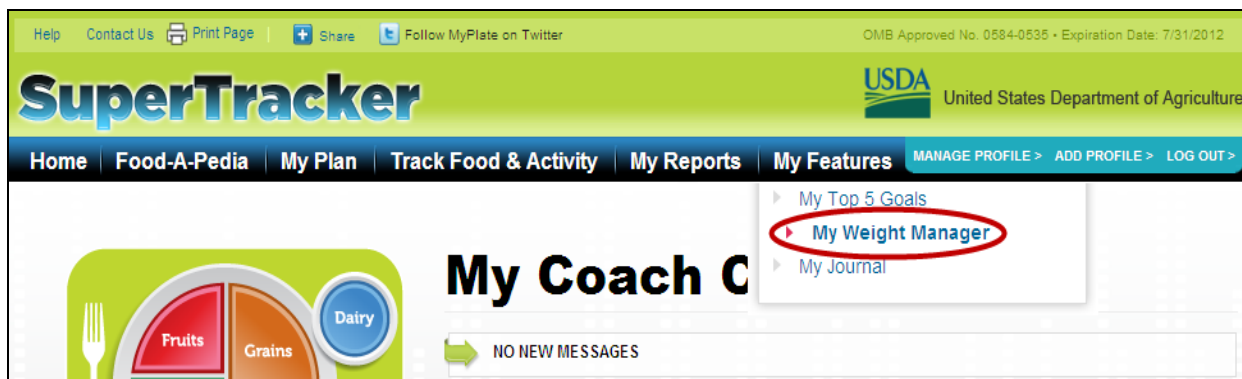


Figure 6-1: Selecting My Weight Manager

Using My Weight Manager

The My Weight Manager page will display including the sections described below.

My Weight Manager

Enter your current weight and track it over time. View the Weight History Chart to monitor progress and compare it to your Calories and physical activity trends.

How to Use the History Charts: Calories and physical activity affect your weight. Use your weight history to decide whether you need to adjust your eating and/or physical activity. For example, eating fewer Calories or increasing physical activity may help you move your weight down.

Current Weight: 133 lbs. **Goal Weight:** 120 lbs. Show My Journal Entries

U.S.

Sarah, your daily Calorie allowance is 1800. Your physical activity goal is 100 minutes per week. Track your Food or Physical Activity.

Date	Weight	Edit
02/10/12	132	<input type="button" value="Edit"/>
02/09/12	133	<input type="button" value="Edit"/>
02/07/12	134	<input type="button" value="Edit"/>
02/06/12	134	<input type="button" value="Edit"/>
02/01/12	133	<input type="button" value="Edit"/>
01/30/12	139	<input type="button" value="Edit"/>
01/27/12	133	<input type="button" value="Edit"/>
01/26/12	135	<input type="button" value="Edit"/>
01/09/12	136	<input type="button" value="Edit"/>
01/06/12	139	<input type="button" value="Edit"/>
01/05/12	145	<input type="button" value="Edit"/>

Weight History Chart

Weight in Pounds vs. Date

Legend: Weight (blue line with dots), Goal (green horizontal line), Trend (purple line)

Understanding Weight Management

- Calorie balance over time is the key to weight management. Calorie balance is the relationship between Calories consumed from foods and beverages and Calories expended in normal body processes (e.g. breathing and digestion) and through physical activity.

Figure 6-2: My Weight Manager

1. Current Weight and Goal Weight Box

Enter your weight here. Use the US/Metric dropdown if you prefer to enter your weight in kilograms instead of pounds. Click the blue “Submit” button to add your most recent weight to your weight tracking history. Change the date using the calendar in the dashboard to enter your weight for a different day. If you have a goal weight, it will also display here. If not, click the link to set one.

2. Weight History

All weights you have entered using SuperTracker are listed here. If you want to change one of them, click the blue “Edit” button. This will cause the dashboard date to change to the date it was when you entered the weight. You can then change it in the Current Weight box above and click the blue “Save” button. Note: The date in the dashboard will automatically return to the current date.

3. History Charts

View a chart of your weight history to monitor progress and compare it to trends in your Calorie intake and physical activity over time. Click the double arrow icons next to the Calorie History and Physical Activity History titles to display your charts.

4. Understanding Weight Management

Information appears on this page to help you manage your weight.

Understanding the Weight, Calorie and Physical Activity History Charts

Weight History

Your weight history using SuperTracker is charted on the My Weight Manager page. The weights you have entered are shown in blue, your trend line appears in purple, and if you have set a goal weight, you will see it in green. The chart displays your last 30 weight entries. If these entries have occurred over a period of time that is greater than 45 days, your chart will display in a weekly format, where all weights entered in the same week are averaged together and shown in one data point. Similarly, if your last 30 weight entries span a time frame greater than six months, your chart will display in a monthly format, where all weights entered in the same month are averaged together and shown in one data point. And if your last 30 weights span a time period greater than four years, your chart will display in a yearly format. Use your weight history to decide whether you need to adjust your eating and/or physical activity. For example, eating fewer Calories or increasing physical activity may help you move your weight down.

Calorie History

To view your Calorie history chart, click the double arrow icon next to the Calorie History heading. Your Calorie intake is charted over the same time period as your weight history in the chart above, so you can compare changes in your Calorie intake to changes in your weight. Your Calorie intake (based on foods you have entered) is shown in blue, your trend line appears in purple, and your Calorie limit is in green.

Physical Activity History

To view your physical activity history chart, click the double arrow icon next to the Physical Activity History heading. Your physical activity is charted over the same time period as your weight history in the chart above, so you can compare changes in your activity to changes in your weight. Your minutes of physical activity (in moderate intensity equivalents) is shown in blue, your trend line appears in purple, and if your target (or personal goal if you have set one) is in green.

Viewing My Journal Entries

If you have been recording journal entries using SuperTracker’s My Journal feature, you have the option to show them on your history charts. Check the “**Show My Journal Entries**” box to show your journal entries on your history charts. A red dot will appear on the chart when journal entries exist. Click the red dot to see your journal entry, or entries, for that time period. If you have more than one, use the numbers in the upper right hand corner of the journal entry window to view them all.

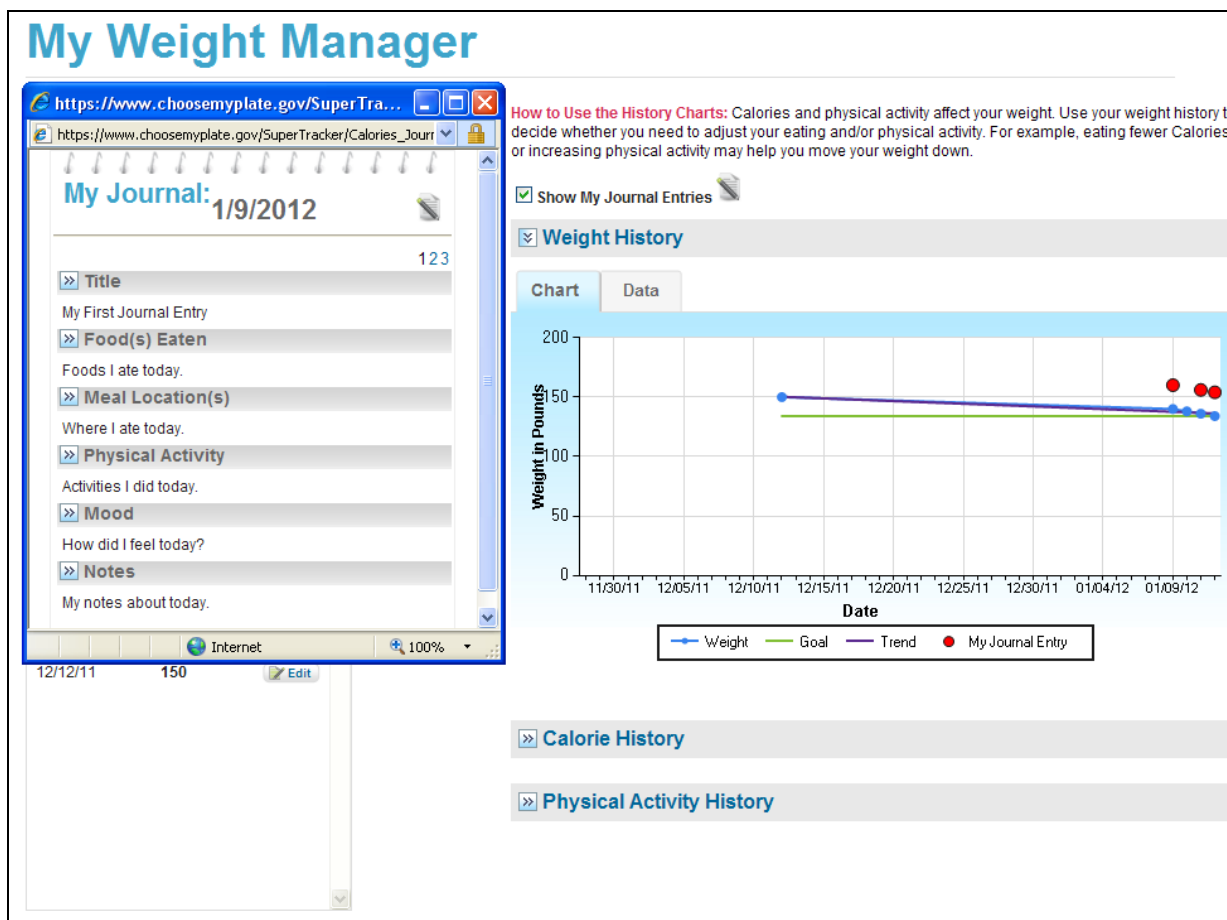


Figure 6-3: My Weight Manager – Showing My Journal Entries

Comparing your Journal entries to changes in your weight, Calories, and physical activity can be helpful. Use your entries to help identify triggers, such as mood or events, in your life that may be associated with changes in your weight and health behaviors. For more information about My Journal, see the My Journal section below.

My Journal

About My Journal

My Journal is your area. Use it to quickly jot down your foods and physical activities throughout the day. Keep track of events to help you identify triggers that may be associated with changes in your health behaviors and weight.

To access the My Journal page, hover over the **My Features** navigation heading and select **My Journal** as shown below.

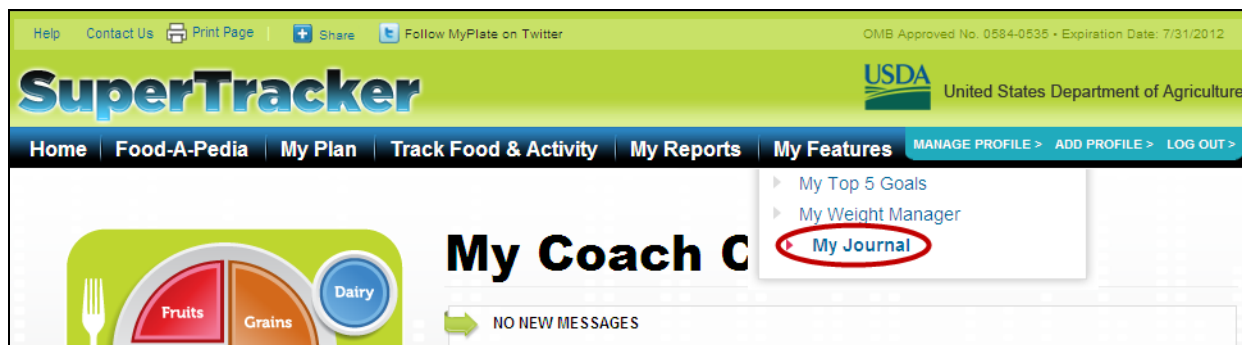


Figure 6-4: Selecting My Journal

Using My Journal

The first time you enter the My Journal feature you will be directed to a blank My Journal entry page including the fields numbered below.

My Journal

This is your area. Quickly jot down your foods and physical activities. Keep track of daily events to help you identify triggers that may be associated with changes in your health behaviors and weight.

Post a Journal Entry

Title: (1)

Food(s) Eaten: (2) **Meal Location(s):** (3) **Physical Activity:** (4) **Mood:** (5)

Notes: (6)

0 characters used (7)

Save Cancel

Figure 6-5: My Journal Entry Page

1. Title

Enter the title of your journal entry here. Make it as descriptive as you would like within 90 characters.

2. Food(s) Eaten

Use this area to quickly jot down the foods you have eaten throughout the day. You may wish to come back to your journal entry when you are ready to enter foods into Food Tracker.

3. Meal Location(s)

Use this area to note the locations where you have eaten meals and snacks throughout the day.

4. Physical Activity

Use this area to quickly jot down your physical activities throughout the day. You may wish to come back to your Journal entry when you are ready to enter your activities into Physical Activity Tracker.

5. Mood

Use this area to make notes you may have regarding mood, attitudes or feelings associated with your meals, snacks or physical activities throughout the day.

6. Notes

Use this area to create a narrative entry about your day. Keep track of any other information that is important to you. Feel free to format the text as you wish. Use the toolbar to select from the many formatting options.

7. Character Counter

The maximum character length for this area is 5,000 characters. Use this counter to keep track. The counter also comes in handy to stay within the character limitations if you are planning to post your Notes to Twitter or Facebook.

Viewing Journal Entries

Once you have added a new Journal entry you will be directed to the Journal Entry page.

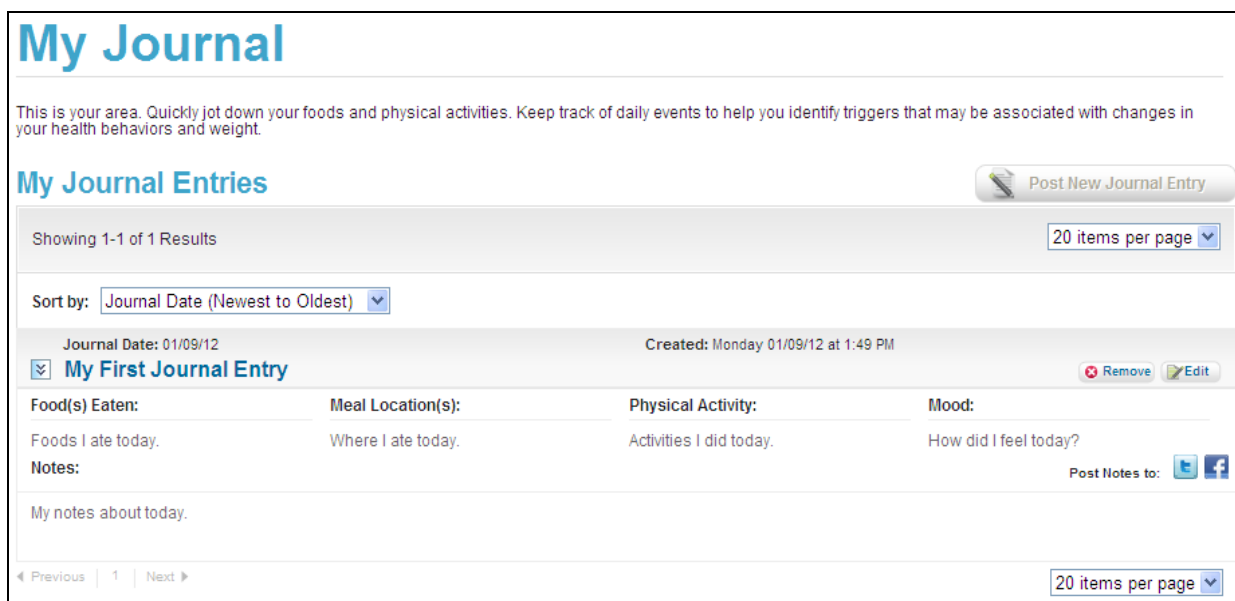


Figure 6-6: My Journal Entries Page

On this page, you will see your new Journal entry as well as any others you have created. Your most recent journal entry will display with all of the fields showing. Only the title will display for any previous journal entries. Click the double arrow icon to view all of the fields.

Each entry will display with a Journal date and Created date and time. The journal entries will remain in order by the Journal date. The journal entries will automatically display in chronological order according to the Journal date.

Sharing My Journal Notes (include Facebook, Twitter)

If you wish to post your Notes entry to Twitter or Facebook, select from the icons at the top of the field. You will be requested to login to your personal account to post the notes, and the maximum character limit for those networks will apply. Your Notes entry will be truncated to the appropriate character length according to the site you selected.

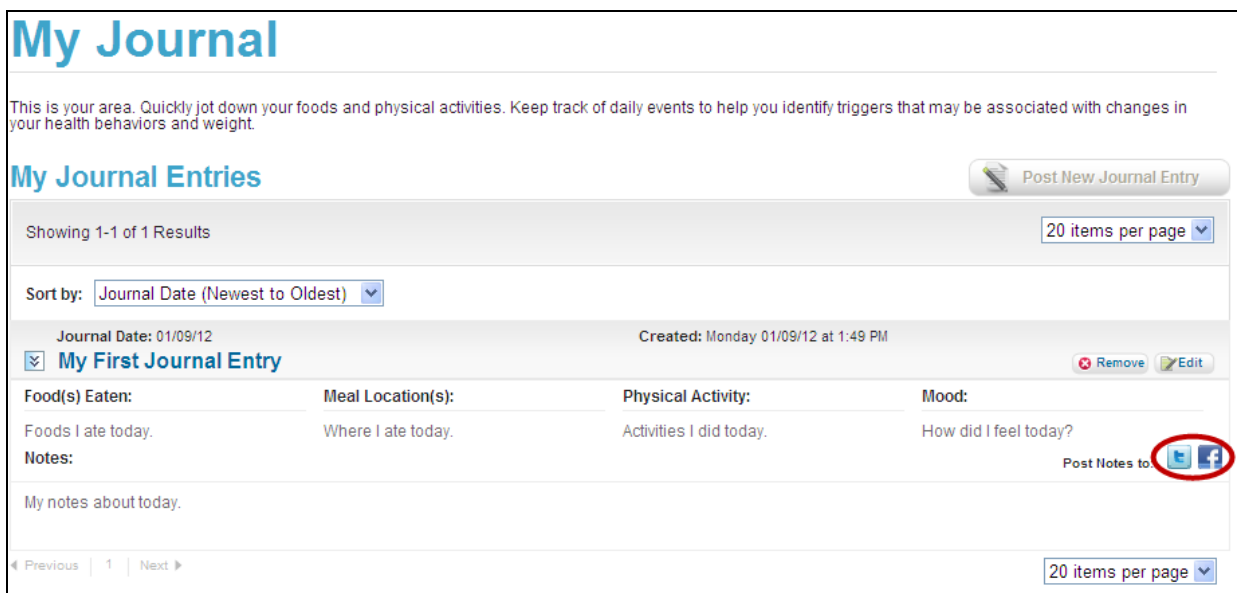


Figure 6-7: My Journal Entries Page

Adding a New Entry

If you do not have a journal entry for the date in the dashboard, simply click the “Post a New Journal Entry” button in the upper right hand side of the page.

Editing an Entry

You can edit your journal entries at any time. From the journal entries page, select the “Edit” button next to the journal you wish to edit. From here, you will be directed to your journal entry page for editing. If you do choose to update a journal entry for a particular date, that entry will then display with a Modified date in place of the Created date.

Deleting an Entry

You can delete your journal at any time. From the journal entries page, select the “Remove” button next to the journal you wish to delete. The journal entry for that day will be permanently deleted.

Navigating Journal Entries

As your number of Journal entries grows, you have several options to navigate through the pages. Use the dropdown box found in the upper and lower right hand side of the page to select the number of entries you

wish to display on each page. Or, you can also scroll through your entries using the page numbers on the lower left hand side of the page.

You may also wish to sort your journal entries to help you find what you are looking for. Choose to view your list by any of the following:

- Journal Date (Newest to Oldest)
- Journal Date (Oldest to Newest)
- Date Modified (Newest to Oldest)
- Date Modified (Oldest to Newest)

My Top 5 Goals

About My Top 5 Goals

The My Top 5 Goals feature allows you to choose and track up to 5 personal goals. There are currently 19 different goals you can set related to Weight Management, Physical Activity, Calories, Food Groups and Nutrients. You can also sign up to receive tips and support related to your goals from a virtual coach.

To access the My Top 5 Goals page, hover over the **My Features** navigation heading and select **My Top 5 Goals** as shown below. You must have a personalized profile, including your height and weight, in order to use this feature.



Figure 6-8: Selecting My Top 5 Goals

The My Top 5 Goals page will display including the sections described below.

My Top 5 Goals

Set personal goals that you want to achieve. You can choose and track up to 5 areas. Sign up in My Coach Center to receive tips and support as you work toward your goals.

Select a goal: ← ①

Weight Management Physical Activity Calories Food Groups Nutrients

Choose One:

Maintain Current Weight Move toward a Goal Weight

Current Weight: 165 lbs. **Goal Weight:** lbs. US

+ Add

Update your weight regularly using [My Weight Manager](#).

By choosing a new goal weight, your plan will change. Visit [My Plan](#) to see your Calorie allowance.

My Coach Center ← ②

Sign up to receive tips and support related to your goals.

Send me messages in My Coach Center
 Send me messages via email

Please provide an email address:

Choose how often you want to receive messages: Weekly

Submit

Goals ← ③

1 EMPTY

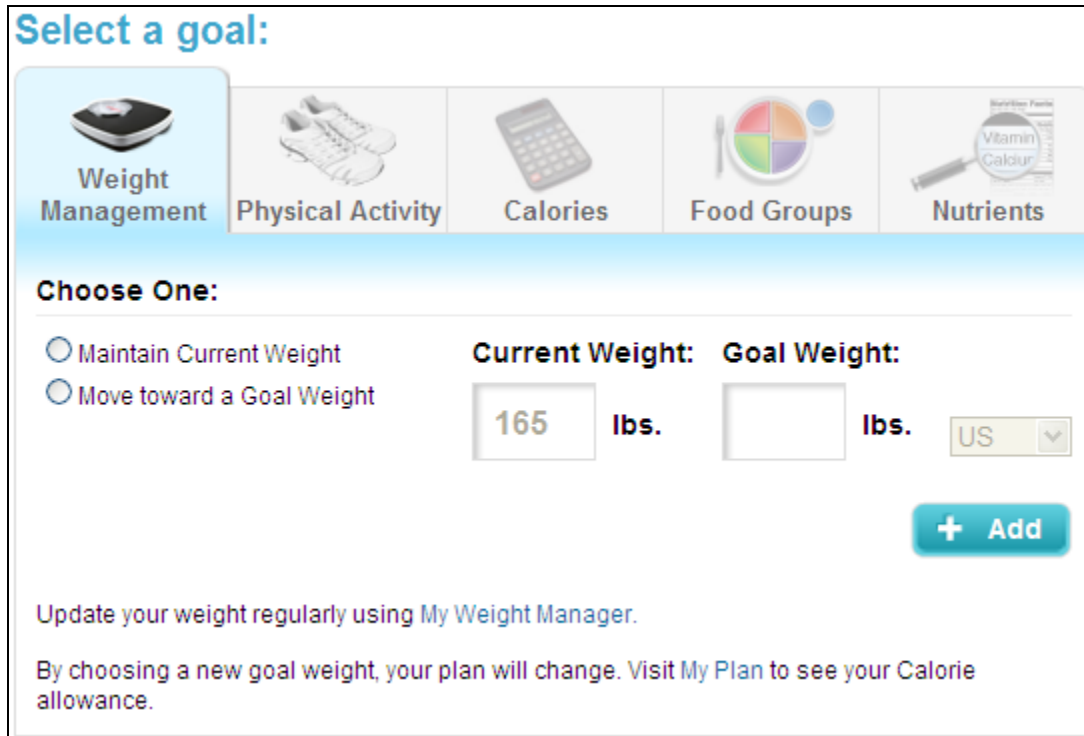
How Am I Doing? ← ④

Figure 6-9: My Top 5 Goals

1. **Select a goal**
Use this area to choose up to 5 goals related to Weight Management, Physical Activity, Calories, Food Groups and/or Nutrients.
2. **My Coach Center**
Sign up for messaging related to the goals you set. You can specify the message frequency and whether messages are delivered to your SuperTracker Coach Center and/or your email address.
3. **Goals**
A list of your goals and graphs showing progress toward each goal for the current day.
4. **How Am I Doing?**
A weekly trend analysis of your goals. Green check marks appear for days when your goals are met. Hover over the green check marks for more information.

Weight Management Goals

There are 2 weight management goals to choose from on the My Top 5 Goals page: “Maintain Current Weight” or “Move toward a Goal Weight.” Set one of these goals Under the Weight Management tab as shown below. Weight management goals are available to individuals who are age 9 or older. These goals are also not available to women who are pregnant.



Select a goal:

Weight Management Physical Activity Calories Food Groups Nutrients

Choose One:

Maintain Current Weight

Move toward a Goal Weight

Current Weight: 165 lbs. **Goal Weight:** lbs. US

+ Add

Update your weight regularly using [My Weight Manager](#).

By choosing a new goal weight, your plan will change. Visit [My Plan](#) to see your Calorie allowance.

Figure 6-10: My Top 5 Goals – Weight Management Goals

Adding a Weight Management Goal

Under the **Weight Management** tab, select the radio button next to the goal you would like to set. Your current weight will automatically appear in the **Current Weight** box. Follow the instructions below to set the **Goal Weight**.

- Maintain Current Weight:** If you select “Maintain Current Weight,” your current weight will automatically appear in the Goal Weight box. Click the blue “**+Add**” button to set the goal. Update your weight regularly using My Weight Manager, so SuperTracker can determine if you are meeting your goal.

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal as well as congratulations messages when you are maintaining your weight (+/- 1 pound of your current weight when you set the goal).

- Move toward a Goal Weight:** If you select “Move toward a Goal Weight,” your Calorie plan will be recalculated to help you achieve the goal weight you specify. Enter the weight you would like to achieve in the Goal Weight box. Use the US/Metric dropdown if you prefer to enter your weight in kilograms instead of pounds. After entering your goal weight, click the blue “**+Add**” button. A message window will appear notifying you of your new Calorie plan. Click “OK” to set the goal and update your plan. If you entered a goal weight that is too high or too low (based on your BMI), you will not be able to set the goal. Update your weight regularly using My Weight Manager, so

SuperTracker can determine if you are meeting your goal. (Note: Your new plan based on your goal weight will remain in effect until you edit or remove your goal.)

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal weight as well as congratulations messages when you move closer to or achieve your goal weight.

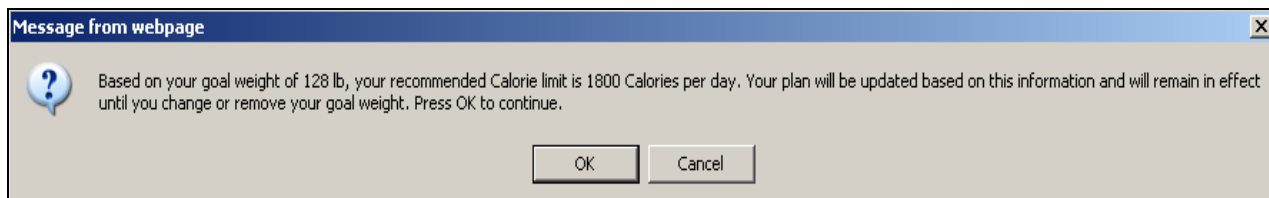


Figure 6-11: My Top 5 Goals – Move toward a Goal Weight

Editing a Weight Management Goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to edit your goal weight, click the **“Edit”** button. This will allow you to change the weight you entered in the **Goal Weight** box under the Weight Management tab at the top of the page.

Deleting a Weight Management Goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to remove your weight management goal, click the **“Remove”** button. Your goal will be deleted, and you will no longer receive messaging related to this goal. If your goal was to “Move toward a Goal Weight,” your Calorie plan will be recalculated to reflect the removal of your goal.

Physical Activity Goal

You can set a physical activity goal under the Physical Activity tab as shown below. Physical activity goals are available to individuals who are age 6 or older. If you are 18 or older, you can set your own goal for minutes of physical activity per week. If you are between the ages of 6-17, you can set a goal to meet your target of 60 minutes of physical activity per day.

Select a goal:

Weight Management | **Physical Activity** | Calories | Food Groups | Nutrients

Enter Goal:

minutes per week

- 150 - 299 minutes per week of moderate-intensity aerobic (or 75-149 minutes per week of vigorous-intensity aerobic or equivalent combination) [Learn the benefits](#)
- 300 or more minutes per week of moderate-intensity aerobic (or 150 or more minutes per week of vigorous-intensity aerobic or equivalent combination) [Learn the benefits](#)

[+ Add](#)

Figure 6-12: My Top 5 Goals – Physical Activity Goals

Adding a Physical Activity Goal

Under the **Physical Activity** tab, follow the instructions below depending on your age.

- **Age 18 and Older:** If you are 18 or older, enter the number of minutes per week of physical activity you would like to achieve in the box provided. To the right of the box is information regarding recommended ranges of physical activity and its benefits based on the 2008 *Physical Activity Guidelines for Americans*. Click the blue **+Add** button to set the goal. Enter your physical activities regularly using Physical Activity Tracker, so SuperTracker can determine if you are meeting your goal.

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal as well as congratulations messages when you meet your weekly physical activity goal.

- **Age 6 to 17:** If you are between the ages of 6 and 17, your physical activity target of 60 minutes per day will automatically populate the box. Click the blue **+Add** button to set the goal. Enter your physical activities regularly using Physical Activity Tracker, so SuperTracker can determine if you are meeting your goal.

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal as well as congratulations messages when you when you meet your daily physical activity target.

Editing a Physical Activity Goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you are 18 or older and would like to edit your physical activity goal, click the **“Edit”** button. This will allow you to change the number of minutes per week you entered in the box under the Physical Activity tab at the top of the page. You cannot edit your physical activity target if you are under the age of 18.

Deleting a Physical Activity Goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to remove your physical activity goal, click the **“Remove”** button. Your goal will be deleted, and you will no longer receive messaging related to this goal.

Calorie Goals

There are 3 Calorie goals on the My Top 5 Goals page: “Stay within my Total Calorie Limit,” “Stay within my Empty Calorie Limit,” and “Enter a personal Calorie goal.” The “personal Calorie goal” option is only available to users age 19 and older who are not pregnant or breastfeeding. Set any of these goals under the Calories tab as shown below.

Select a goal:

Choose Goal(s):

Stay within my Total Calorie Limit Stay within my Empty Calorie* Limit

Enter a personal Calorie goal:

Calories

+ Add

* Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Figure 6-13: My Top 5 Goals – Calorie Goals

Adding a Calorie Goal

Under the **Calories** tab, select the checkbox next to the goal(s) you would like to set or enter a personal Calorie goal.

- **Stay within my Total Calorie Limit:** Select the checkbox next to “Stay within my Total Calorie Limit,” and click the blue **+Add** button to set the goal. Add your foods in Food Tracker regularly, so SuperTracker can determine if you are meeting your goal.

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal. You will not receive congratulations messages for this particular

goal because it is a limit, and the application does not know when you are done entering foods for the day.

- **Stay within my Empty Calorie Limit:** Select the checkbox next to “Stay within my Empty Calorie Limit,” and click the blue “+Add” button to set the goal. Add your foods in Food Tracker regularly, so SuperTracker can determine if you are meeting your goal.

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal. You will not receive congratulations messages for this particular goal because it is a limit, and the application does not know when you are done entering foods for the day.

- **Enter a personal Calorie goal:** If you would like to set a personal Calorie goal, enter the number in the box and click the blue “+Add” button. A message window will appear with information about setting a personal Calorie goal. Click “OK” to set the goal and update your plan. Your updated “My Plan,” reflecting your new Calorie goal and food group targets, will open in a new window. Your food group targets will be based on meeting your nutrient needs and not your personal Calorie goal. Your new plan will be used throughout all SuperTracker features and will remain in effect until you edit or remove your goal.

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages to help you stay within your personal Calorie goal. You will not receive congratulations messages for this particular goal because the application does not know when you are done entering foods for the day.

Editing a Calorie goal

Once you have set a personal goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to edit your personal Calorie goal, click the “**Edit**” button. This will allow you to change the number of Calories you entered in the box under the Calories tab at the top of the page.

Deleting a Calorie goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to remove a Calorie goal, click the “**Remove**” button. Your goal will be deleted, and you will no longer receive messaging related to this goal. If you remove the personal Calorie goal, your original “My Plan,” including your previous Calorie allowance and food group targets, will open in a new window.

Food Group Goals

There are 5 food group goals on the My Top 5 Goals page: Grains, Vegetables, Fruits, Dairy, and Protein Foods. Set one or more of these goals under the Food Groups tab as shown below.

Select a goal:

Weight Management Physical Activity Calories **Food Groups** Nutrients

Meet my target for:

Grains Vegetables Fruits Dairy Protein Foods

+ Add

Figure 6-14: My Top 5 Goals – Food Group Goals

Adding a Food Group Goal

Under the **Food Groups** tab, select the checkbox next to the goal(s) you would like to set, and click the blue “**+Add**” button. Add your foods in Food Tracker regularly, so SuperTracker can determine if you are meeting your goal(s).

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal(s) as well as congratulations messages for everyday that you meet your food group target(s).

Deleting a Food Group Goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to remove a food group goal, click the “**Remove**” button. Your goal will be deleted, and you will no longer receive messaging related to this goal.

Nutrient Goals

There are 9 nutrient goals on the My Top 5 Goals page: Calcium, Vitamin D, Potassium, Dietary Fiber, Folate, Iron, Vitamin B12, Sodium, and Saturated Fat. Set one or more of these goals under the **Nutrients** tab as shown below.

Select a goal:

Weight Management Physical Activity Calories Food Groups **Nutrients**

Choose Nutrient(s):

Calcium Dietary Fiber Vitamin B12
 Vitamin D Folate Sodium (Limit)
 Potassium Iron Saturated Fat (Limit)

+ Add

Figure 6-15: My Top 5 Goals – Nutrient Goals

Adding a Nutrient Goal

Under the Nutrients tab, select the checkbox next to the goal(s) you would like to set, and click the blue “+Add” button. Add your foods in Food Tracker regularly, so SuperTracker can determine if you are meeting your goal(s).

If you sign up for My Coach Center (See the My Coach Center section), you will receive tip messages related to your goal(s) as well as congratulations messages for everyday that you meet your nutrient target(s). You will not receive congratulations messages for sodium and saturated fat because these nutrient recommendations are limits, and the application does not know when you are done entering foods for the day.

Deleting a Nutrient Goal

Once you have set a goal, it will appear under the **Goals** section of the My Top 5 Goals page. If you would like to remove a food group goal, click the “**Remove**” button. Your goal will be deleted, and you will no longer receive messaging related to this goal.

Measuring Progress

There are 2 ways to view progress toward your goals on the My Top 5 Goals page: daily graphs and weekly trend analyses.

- **Daily Graphs:** In the **Goals** area, you will find a list of your goals and a bar chart showing your progress toward each for the current day. The chart includes your daily target or limit as well as your actual amount based on your foods and activities entered for the day. Note: A daily progress chart is not available for weight management goals. Visit My Weight Manager to track your weight over time.

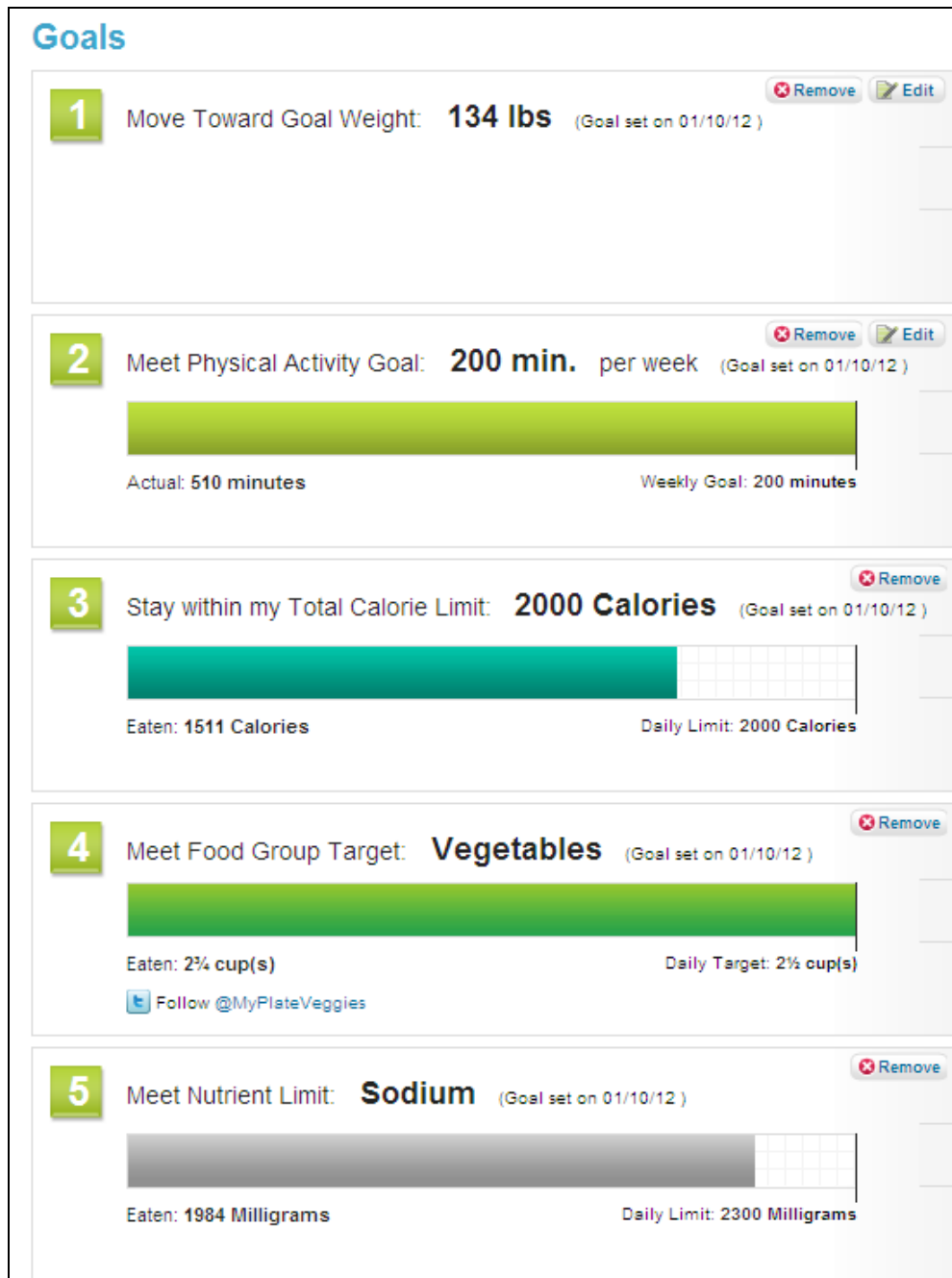


Figure 6-16: My Top 5 Goals – Daily Graphs

- Weekly Trend Analysis:** Under the **How Am I Doing?** heading, you will find a weekly trend analysis for each of your goals. Green check marks appear for days when your goals are met. Hover over the green check marks for more information. If you set a physical activity goal, you may also see yellow dots on your weekly trend analysis. Yellow dots will display for days on which you performed physical activity, but it did not count toward your target (e.g. if you only performed light intensity activity). Note: A weekly trend analysis is not available for weight management goals. Visit My Weight Manager to track your weight over time.

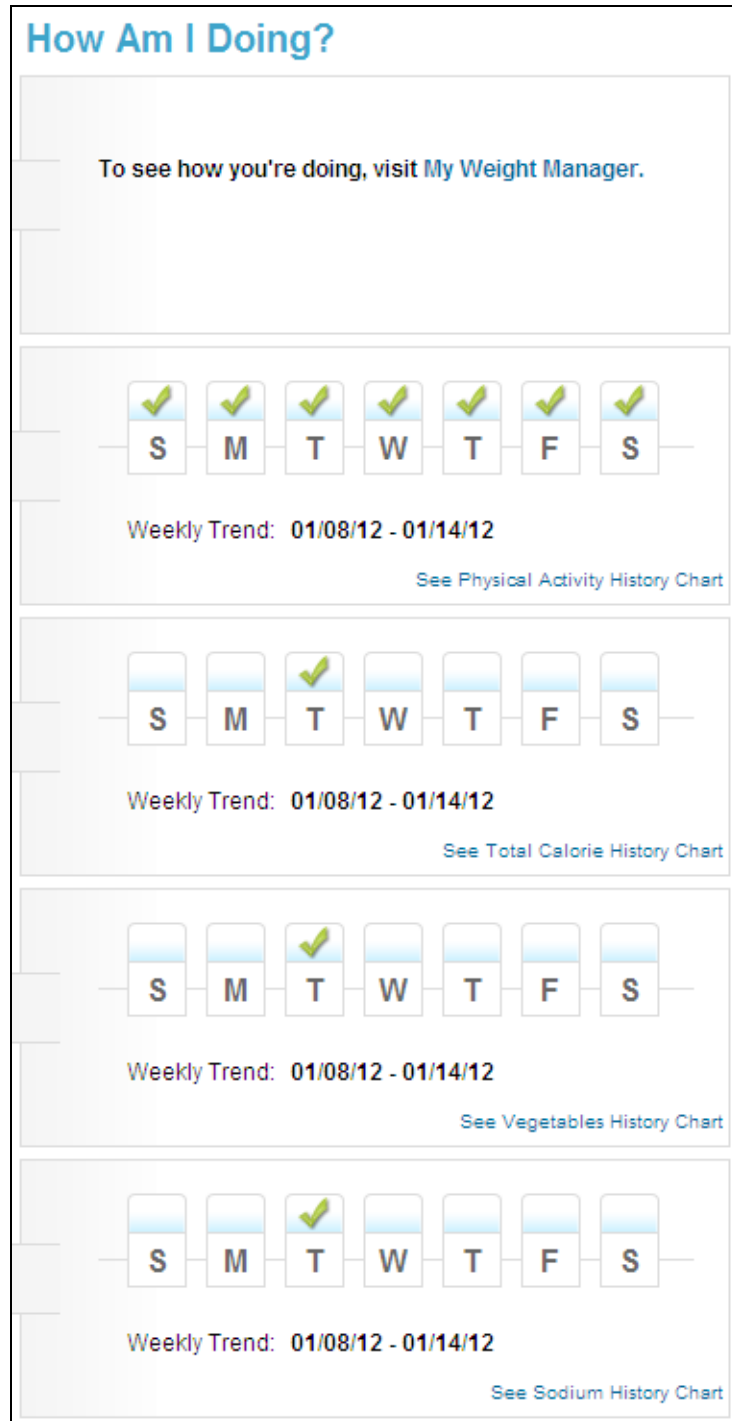


Figure 6-17: My Top 5 Goals – Weekly Trend Analysis

My Coach Center

About My Coach Center

After setting personal goals, you can sign up for tips and support related to your goals in My Coach Center. The Coach Center is located in the upper right corner of the My Top 5 Goals page as shown below.

Figure 6-18: My Top 5 Goals – My Coach Center

Signing up for My Coach

Sign up for My Coach Center in 3 easy steps:

- **Choose where you want to receive messages:** You can choose to receive messages within SuperTracker (in the Coach Center) and/or you can have them sent to your personal email address. Select the checkbox next to “Send me messages in My Coach Center” and/or “Send me messages via email” to select one or both. If you choose email, enter your email address in the box provided. If you provided an email address during Registration, that address will automatically appear, but you can change it.
- **Choose how often you want to receive messages:** You can choose to receive messages daily, weekly, or monthly. Use the dropdown menu to pick your desired frequency.
- **Submit:** Click the blue submit button to activate your Coach Center and begin receiving messages

Receiving My Coach Messages

When you sign up for My Coach Center, there are 2 types of messages you will receive:

- **Tip Messages:** You will receive tips specific to the goals you set at the frequency you select.
- **Congratulatory Messages:** You will receive congratulations messages as you reach your goals.

If you choose to receive messages in your Coach Center, your 5 most recent messages will always display in your Coach Center. You can find your Coach Center on the My Top 5 Goals page, the homepage, and on the bottom left of all pages with the dashboard. All messages you have received are available in the My Coach Center Message Archive. See the My Coach Center Message Archives section.

If you choose to receive messages by email, you will receive an email at the frequency you specified. The email will contain all tip messages and congratulatory messages you received since the previous email.

Editing My Coach Preferences

To edit your Coach Center preferences, go to the My Top 5 Goals page and click the “**Edit Preferences**” link on the bottom of the Coach Center.

You can change where you receive your messages and how often. Click the “**Submit**” button when you are done making changes.

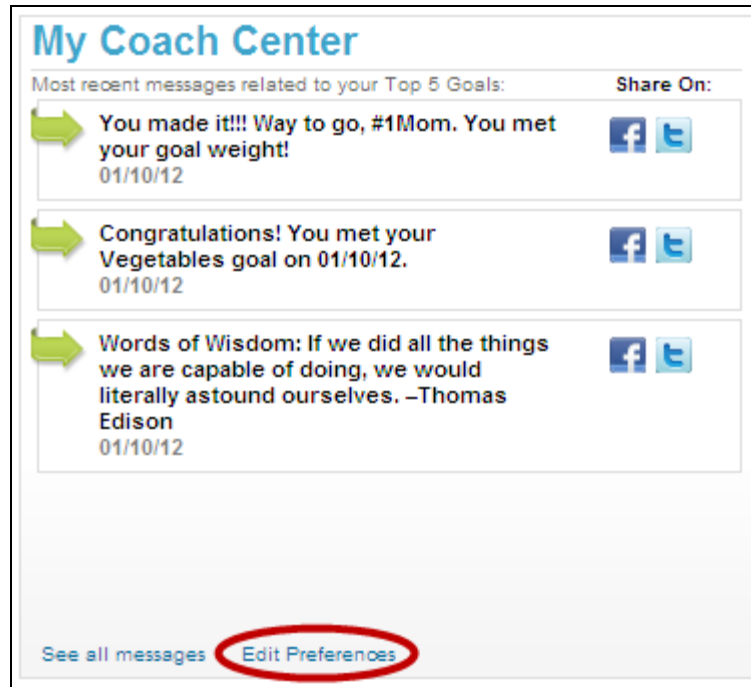


Figure 6-19: My Coach Center – Editing My Coach Center Preferences

Sharing My Coach Messages

You can share any of your my Coach Center messages on Facebook or Twitter. To share your message, click the Facebook or Twitter icon next to the message you wish to share in your Coach Center. You will be requested to login to your personal account to post the message.



Figure 6-20: My Coach Center – Sharing Messages on Facebook and Twitter

My Coach Center Message Archives

All My Coach Center messages you have received are available on the My Coach Center Message Archives page. To access your archives, click the **“See all messages”** link on the bottom of the Coach Center.

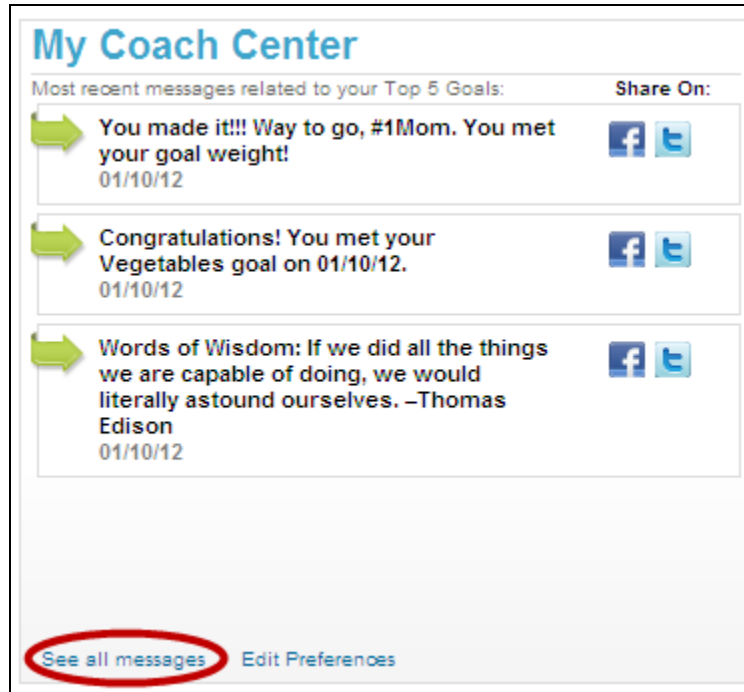


Figure 6-21: Accessing My Coach Center Message Archives

Your Coach Center Message Archives page will display as shown below.

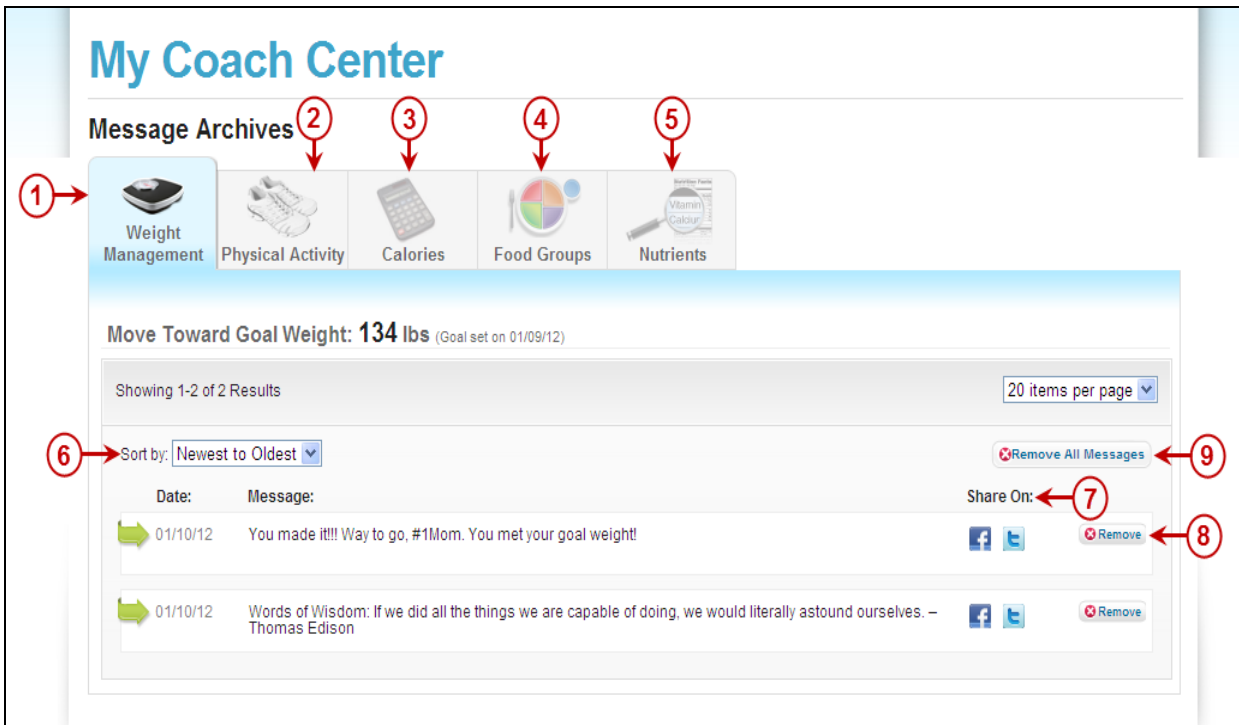


Figure 6-22: My Coach Center Message Archives

1. Weight Management Messages

Click on this tab to view all messages you received for a Weight Management goal, including tips and congratulatory messages.

2. Physical Activity Messages

Click on this tab to view all messages you received for a Physical Activity goal, including tips and congratulatory messages.

3. Calories Messages

Click on this tab to view all messages you received for Calories goal(s), including tips and congratulatory messages.

4. Food Groups Messages

Click on this tab to view all messages you received for Food Groups goal(s), including tips and congratulatory messages.

5. Nutrients Messages

Click on this tab to view all messages you received for Nutrients goal(s), including tips and congratulatory messages.

6. Sort by:

You can sort your messages for a specific goal from newest to oldest or oldest to newest.

7. Share On:

Click the Facebook or Twitter icon next to a message to share it.

8. Remove

Click the Remove button next to a message if you want to delete that individual message.

9. Remove All Messages

Click the Remove All button if you want to delete all messages you have received for a specific goal.

Chapter 7 - Food-A-Pedia >

About Food-A-Pedia

Food-A-Pedia provides quick access to nutrition and food group information within SuperTracker. You can use Food-A-Pedia to search and compare two foods at a time. You can also add a food directly to your food tracker from Food-A-Pedia by clicking on the “**Add to Today’s Food Tracker**” button after looking it up.

Food-A-Pedia can be accessed from the home Page or navigation of SuperTracker. You do not need to login or create a profile to look up a food in Food-A-Pedia.

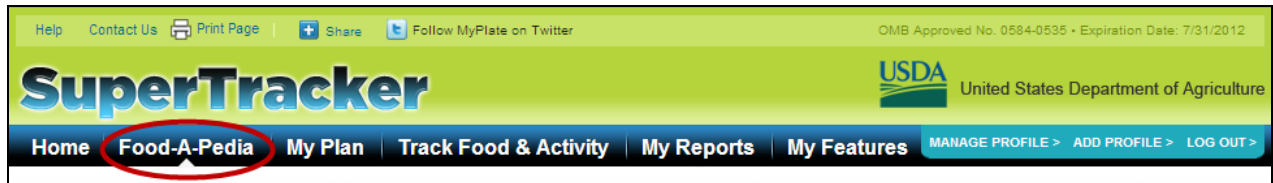


Figure 7-1: Selecting Food-A-Pedia

The Food-A-Pedia page will appear as shown below.

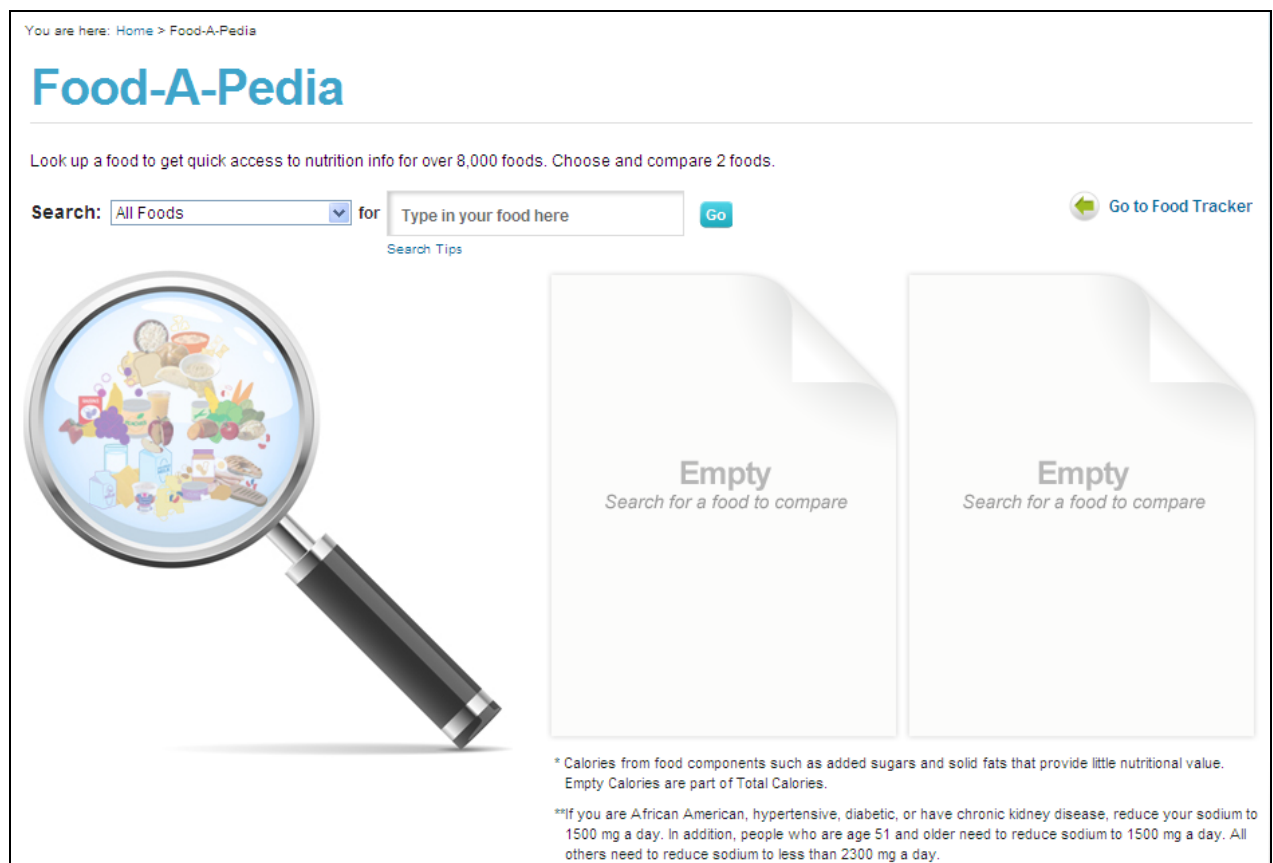


Figure 7-2: Food-A-Pedia Page

Using Food-A-Pedia

Searching for a Food

From the Food-A-Pedia page enter a food into the search box provided. As you are typing, a list of top search results will drop down. If you see the food you are looking for, select it from the list. If you do not see what you are looking for or want to see more foods that meet your search criteria, select the **Go** button to get the complete search results list.

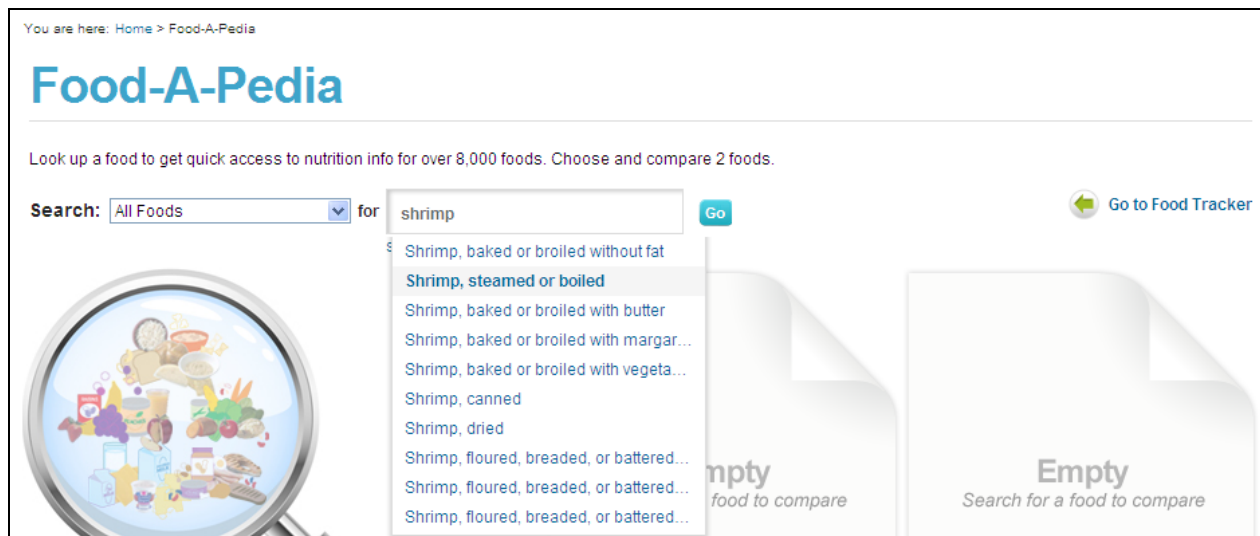


Figure 7-3: Food-A-Pedia – Search for Food

Select the food that best matches what you are looking for, and the food details will appear in the food card on the left side of the page. Select another food to display in the food card on the right side of the page.

Comparing Foods

You can use Food-A-Pedia to compare 2 foods at a time. Search and select your first food. Next, search and select the second food to compare. The food details for the food(s) you pick are shown in the food cards on the right side of the Food-A-Pedia page. At the bottom of each food card, there are two tabs providing information about the food(s) you picked. You can use this information to compare foods:

- **Food Info:** Tells you how many total and empty Calories are in the food, how much of each food group it provides, and how many of its Calories come from saturated fat, sodium and alcohol
- **Nutrient Info:** Tells you how much of each nutrient the food has and the percent of your daily target or limit it provides
(Note: This is different from the %DV you see on a product's Nutrition Facts Panel. The percent daily target or limit in SuperTracker is based on your personal Calorie limit; the %DV on a food package is always based on a 2000 Calorie diet).

Click on the **"Remove"** button in the upper right hand corner of the food card to remove an item and select another food to compare.

You are here: Home > Food-A-Pedia

Food-A-Pedia

Look up a food to get quick access to nutrition info for over 8,000 foods. Choose and compare 2 foods.

Search: for

[Search Tips](#)



Shrimp, steamed or boiled

Choose an amount:

Food Info		Nutrient Info	
Total Calories: 66			
Food Groups		Limits	
■ Protein Foods	1½ oz.	■ Empty Calories*	0
		Solid Fats	0 Calories
		Added Sugars	0 Calories
		Saturated Fat	0 g
		Sodium**	283 mg

Shrimp, floured, breaded, or battered, fried in butter

Choose an amount:

Food Info		Nutrient Info	
Total Calories: 368			
Food Groups		Limits	
■ Grains	1 oz.	■ Empty Calories*	146
■ Protein Foods	3½ oz.	Solid Fats	144 Calories
		Added Sugars	2 Calories
		Saturated Fat	12 g
		Sodium**	1302 mg

* Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

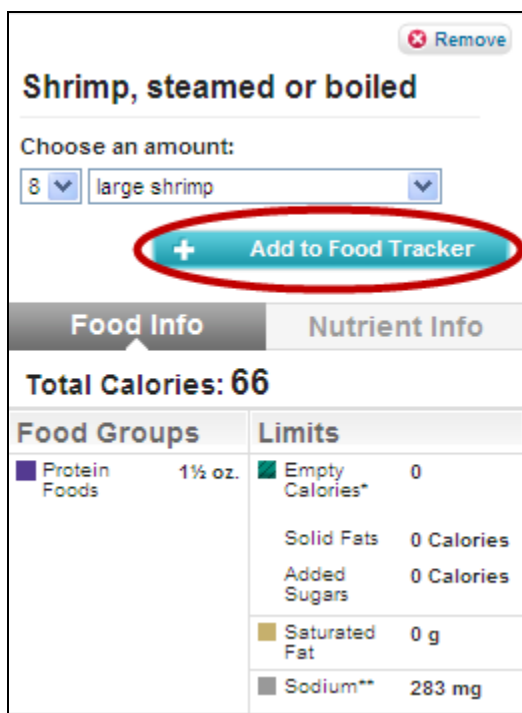
**If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

Figure 7-4: Food-A-Pedia – Comparing Foods

Adding an Item to Food Tracker

You can enter foods directly from Food-A-Pedia to your meals in Food Tracker. If you want to add a food to your day using Food Tracker:

- **Choose an amount:** Use the two drop down menus at the top of the food card to pick the portion size and number of portions
- **Click “+Add to Today’s Food Tracker”:** Click the blue “+Add to Today’s Food Tracker” button. After clicking the button, additional choices will expand down:
- **Choose meal time(s):** Check the box next to the meal, or meals, for the food
- **Choose for:** If you have more than one profile, check the box next to the profile, or profiles, for the food
- **Add:** Click the blue “+Add” button to add the food to Food Tracker for the current day.



The screenshot shows a food card for "Shrimp, steamed or boiled". At the top right is a "Remove" button. Below the title is a "Choose an amount:" section with two dropdown menus: the first is set to "8" and the second is set to "large shrimp". A blue button with a white plus sign and the text "Add to Food Tracker" is highlighted with a red oval. Below this are two tabs: "Food Info" (selected) and "Nutrient Info". Under "Food Info", it shows "Total Calories: 66" and a table with "Food Groups" and "Limits".

Food Groups	Limits
Protein Foods 1½ oz.	Empty Calories* 0
	Solid Fats 0 Calories
	Added Sugars 0 Calories
	Saturated Fat 0 g
	Sodium** 283 mg

Figure 7-5: Food-A-Pedia – Adding Item to Food Tracker, Step 1

✖ Remove

Shrimp, steamed or boiled

Choose an amount:

8 large shrimp

Choose Meal Time(s): Choose for:

Breakfast #1Dad

Lunch #1Mom

Dinner #1Kid

Snacks All

+ Add
Cancel

Food Info
Nutrient Info

Total Calories: 66

Food Groups	Limits
<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #4a4a8a; margin-right: 5px;"></div> <div>Protein Foods</div> </div>	<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #2e8b57; margin-right: 5px;"></div> <div>Empty Calories*</div> </div> <div style="margin-left: 20px;">0</div>
	<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #8b4513; margin-right: 5px;"></div> <div>Solid Fats</div> </div> <div style="margin-left: 20px;">0 Calories</div>
	<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #8b4513; margin-right: 5px;"></div> <div>Added Sugars</div> </div> <div style="margin-left: 20px;">0 Calories</div>
	<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #8b4513; margin-right: 5px;"></div> <div>Saturated Fat</div> </div> <div style="margin-left: 20px;">0 g</div>
	<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #444; margin-right: 5px;"></div> <div>Sodium**</div> </div> <div style="margin-left: 20px;">283 mg</div>

Figure 7-6: Food-A-Pedia – Adding Item to Food Tracker, Step 2

After adding, you get a message confirming that the food was added to the meal(s) and profile(s) you picked. If you want to see the food details again, click the **“See This Food Again”** button. Click on the **“Remove”** button in the upper right hand corner of the food card to remove an item and select another food to compare.

Chapter 8 - Databases >

About the Food Database

The SuperTracker food database is based on the Food and Nutrient Database for Dietary Studies (FNDDS), and the Food Patterns Equivalents Database (FPED). Data collected during dietary studies, such as the USDA's What We Eat in America (WWEIA) and the dietary interview in the National Health and Nutrition Examination Survey (NHANES) is used to translate foods eaten into food groups (e.g. Fruits) and subgroups (e.g. whole fruit and fruit juice). Additionally, foods have been renamed, or provided with synonyms, and given priorities to encourage more popular foods to appear towards the top of your search.

About the Physical Activity Database

The SuperTracker physical activity database is based on the Compendium of Physical Activities by Ainsworth et al. The compendium provides metabolic equivalent data (MET) for a wide variety of physical activities. The SuperTracker database is an adaptation of the compendium, which has been optimized for easy searching. For example, activities have been assigned to six search categories and some activity names have been adjusted to more closely match common names used by the public. Activities in the database are also assigned a priority level, with the most popular activities having the highest priority, which causes them to appear first in your search results. Activities in the database have been designated as muscle- and/or bone-strengthening as appropriate

Chapter 9 - Glossary >

Added sugars – Sugars, syrups, and other caloric sweeteners that are added to foods during processing, preparation, or consumed separately. Added sugars do not include naturally occurring sugars such as those in fruit or milk. Names for added sugars include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, turbinado sugar, trehalose, and sucrose.

Aerobic activities – Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called endurance activity, improves cardiorespiratory fitness. Examples include walking, running, and swimming, and bicycling.

Body mass index (BMI) – A measure of weight in kilograms (kg) relative to height in meters (m) squared. BMI is considered a reasonably reliable indicator of total body fat, which is related to the risk of disease and death. BMI status categories include underweight, healthy weight, overweight, and obese. Overweight and obese describe ranges of weight that are greater than what is considered healthy for a given height, while underweight describes a weight that is lower than what is considered healthy. Because children and adolescents are growing, their BMI is plotted on growth charts for sex and age. The percentile indicates the relative position of the child's BMI among children of the same sex and age.

Bone-strengthening activities – Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. Bone-strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities.

Calorie – Unit of (heat) energy available from the metabolism of food that is required to sustain the body's various functions, including metabolic processes and physical activity. Carbohydrate, fat, protein, and alcohol provide all of the energy supplied by foods and beverages.

Calorie balance – The balance between calories consumed through eating and drinking and those expended through physical activity and metabolic processes.

Calorie density – Amount of calories provided per unit of food weight. Also known as “energy density.” Foods high in water and/or dietary fiber typically have fewer calories per gram and are lower in calorie density, while foods higher in fat are generally higher in calorie density. Calorie density is most useful when considering the eating pattern in its entirety. A healthy eating pattern with low calorie density can include consumption of a small amount of some calorie-dense foods (such as olive oil and nuts). An eating pattern low in calorie density is characterized by a relatively high intake of vegetables, fruit, and dietary fiber and a relatively low intake of both lipids and proteins (lipoproteins). Three major classes of lipoproteins are found in the serum of a fasting individual: low-density lipoprotein (LDL), high-density lipoprotein (HDL), and very-low-density lipoprotein (VLDL). Another lipoprotein class, intermediate-density lipoprotein (IDL), resides between VLDL and LDL; in clinical practice, IDL is included in the LDL measurement. Elevated lipid levels in the blood is known as hyperlipidemia.

Cup equivalent – The amount of a food product that is considered equal to 1 cup from the vegetable, fruit, or milk food group. A cup equivalent for some foods may be less than a measured cup because the food has been concentrated (such as raisins or tomato paste), more than a cup for some foods that are airy in their raw form and do not compress well into a cup (such as salad greens), or measured in a different form (such as cheese).

Diabetes – A disorder of metabolism—the way the body uses digested food for growth and energy. In diabetes, the pancreas either produces little or no insulin (a hormone that helps glucose, the body's main source of fuel, get into cells), or the cells do not respond appropriately to the insulin that is produced. The three main types of diabetes are type 1, type 2, and gestational diabetes. About 90 to 95 percent of people with diabetes have type 2. This form of diabetes is most often associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity, and certain ethnicities. About 80 percent of people with type 2 diabetes are overweight. Prediabetes, also called impaired fasting glucose or impaired glucose tolerance, is a state in which blood glucose levels are higher than normal but not high enough to be called diabetes.

Dietary Reference Intakes (DRIs) – A set of nutrient-based reference values that expand upon and replace the former Recommended Dietary Allowances (RDAs) in the United States and the Recommended Nutrient Intakes (RNIs) in Canada. They include: that either cannot be synthesized by the body at all, or cannot be synthesized in amounts adequate for good health, and thus must be obtained from a dietary source. Other food components, such as dietary fiber, while not essential, also are considered to be nutrients.

Empty Calories – Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Estimated Calories Burned – Calories burned for an average person performing a selected physical activity.

Fats – One of the macronutrients.

- **Monounsaturated fatty acids** – Monounsaturated fatty acids (MUFAs) have one double bond. Plant sources that are rich in MUFAs include nuts and vegetable oils that are liquid at room temperature (e.g., canola oil, olive oil, and high oleic safflower and sunflower oils).
- **Polyunsaturated fatty acids** – Polyunsaturated fatty acids (PUFAs) have two or more double bonds and may be of two types, based on the position of the first double bond.
 - **Omega-6 PUFAs**—Linoleic acid, one of the *n*-6 fatty acids, is required but cannot be synthesized by humans and, therefore, is considered essential in the diet. Primary sources are liquid vegetable oils, including soybean oil, corn oil, and safflower oil. Also called *n*-6 fatty acids.
 - **Omega-3 PUFAs** – Alpha-linolenic acid is an *n*-3 fatty acid that is required because it is not synthesized by humans and, therefore, is considered essential in the diet. It is obtained from plant sources, including soybean oil, canola oil, walnuts, and flaxseed. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are long chain *n*-3 fatty acids that are contained in fish and shellfish. Also called *n*-3 fatty acids.
- **Saturated fatty acids** – Saturated fatty acids have no double bonds. Examples include the fatty acids found in animal products, such as meat, milk and milk products, hydrogenated shortening, and coconut or palm oils. In general, foods with relatively high amounts of saturated fatty acids are solid at room temperature.
- **Trans fatty acids** – Unsaturated fatty acids that contain one or more isolated double bonds in a *trans* configuration produced by chemical hydrogenation. Sources of *trans* fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. *Trans* fatty acids also are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef, and lamb.

Fortification – The addition of one or more essential nutrients to a food, whether or not it is normally contained in the food. Fortification may be used for the purpose of preventing or correcting a deficiency in the population or specific population groups; to restore naturally occurring nutrients lost during processing, storage, or handling; or to increase the nutrient level above that found in comparable food and to serve as a meaningful source of the specific nutrient.

Hypertension – A condition, also known as high blood pressure, in which blood pressure remains elevated over time. Hypertension makes the heart work too hard, and the high force of the blood flow can harm arteries and organs, such as the heart, kidneys, brain, and eyes. Uncontrolled hypertension can lead to heart attacks, heart failure, kidney disease, stroke, and blindness. Prehypertension is defined as blood pressure that is higher than normal but not high enough to be defined as hypertension.

Macronutrient – A dietary component that provides energy. Macronutrients include protein, fats, carbohydrates, and alcohol.

Moderate Intensity Equivalent (MIE) Minutes (ages 6-17) – Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes. Light intensity activity does not count toward MIE minutes

Moderate Intensity Equivalent (MIE) Minutes (ages 18-120) – Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes. Light intensity activity and activity less than 10 minutes in duration do not count toward MIE minutes.

Muscle-strengthening activity (strength training, resistance training, or muscular strength and endurance exercises) – Physical activity, including exercise, that increases skeletal muscle strength, power, endurance, and mass.

Nutrient dense – Nutrient-dense foods and beverages provide vitamins, minerals, and other substances that may have positive health effects, with relatively few calories. The term “nutrient dense” indicates the nutrients and other beneficial substances in a food have not been “diluted” by the addition of calories from added solid fats, added sugars, or added refined starches, or by the solid fats naturally present in the food. Nutrient-dense foods and beverages are lean or low in solid fats, and minimize or exclude added solid fats, sugars, starches, and sodium. Ideally, they also are in forms that retain naturally occurring components, such as dietary fiber. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry—when prepared without solid fats or added sugars—are nutrient-dense foods.

Oils – Fats that are liquid at room temperature. Oils come from many different plants and from seafood. Some common oils include canola, corn, olive, peanut, safflower, soybean, and sunflower oils. A number of foods are naturally high in oils, such as nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered solid fats. Hydrogenated oils that contain *trans* fats also should be considered solid fats for nutritional purposes.

Ounce-equivalent (oz-eq) – The amount of a food product that is considered equal to 1 ounce from the grain group or the protein foods group. An oz-eq for some foods may be less than a measured ounce if the food is concentrated or low in water content (nuts, peanut butter, dried meats, or flour), more than an ounce if the food contains a large amount of water (tofu, cooked beans, cooked rice, or cooked pasta).

Paperwork Reduction Act Statement – According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0535 (expiration date: July 31, 2012). The time required to complete this information collection is estimated to average 12 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Portion size – The amount of a food served or consumed in one eating occasion. A portion is not a standardized amount, and the amount considered to be a portion is subjective and varies.

Protein – One of the macronutrients. Protein is the major functional and structural component of every cell in the body. Proteins are composed of amino acids, nine of which cannot be synthesized to meet the body's needs and therefore must be obtained from the diet. The quality of a source of dietary protein depends on its ability to provide the nitrogen and amino acid requirements that are necessary for the body's growth, maintenance, and repair.

Refined grains – Grains and grain products missing the bran, germ, and/or endosperm; any grain product that is not a whole grain. Many refined grains are low in fiber and enriched with thiamin, riboflavin, niacin, and iron, and fortified with folic acid as required by U.S. regulations.

Seafood – Marine animals that live in the sea and in freshwater lakes and rivers. Seafood includes fish, such as salmon, tuna, trout, and tilapia, and shellfish, such as shrimp, crab, and oysters.

Serving size – A standardized amount of a food, such as a cup or an ounce, used in providing information about a food within a food group, such as in dietary guidance. Serving size on the Nutrition Facts label is determined based on the Reference Amounts Customarily Consumed (RACC) for foods that have similar dietary usage, product characteristics, and customarily consumed amounts for consumers to make “like product” comparisons.

Solid fats – Fats that are usually not liquid at room temperature. Solid fats are found in most animal foods but also can be made from vegetable oils through hydrogenation. Some common solid fats include: butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, coconut oil, palm oil, and shortening. Foods high in solid fats include: full-fat (regular) cheese, cream, whole milk, ice cream, well-marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked goods (such as cookies, crackers, donuts, pastries, and croissants). Solid fats contain more saturated fatty acids and/or *trans* fatty acids, and less monounsaturated or polyunsaturated fatty acids than do most oils, which are liquid at room temperature.

Sugar-sweetened beverages – Liquids that are sweetened with various forms of sugars that add calories. These beverages include, but are not limited to, soda, fruit ades and fruit drinks, and sports and energy drinks.

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2. Except for authorized law enforcement investigations, no other attempts are made to identify individual users or their usage habits. Raw data logs are used for no other purposes and are scheduled for regular destruction in accordance with National Archives and Records Administration [General Schedule 20](#).
3. Unauthorized attempts to upload information or change information on this service are strictly prohibited and may be punishable under the [Computer Fraud and Abuse Act of 1986](#) and the [National Information Infrastructure Protection Act](#).

Whole grains – Grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain. Many, but not all, whole grains are also a source of dietary fiber.

Vigorous-intensity physical activity – On an absolute scale, physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10.