Table of Contents

CHAPTER 1 - GETTING STARTED > ........................................................................................................ 1

SuperTracker Overview .......................................................................................................................... 1
  About SuperTracker .......................................................................................................................... 1
  About Us ................................................................................................................................... 1
  Contact Us .................................................................................................................................. 1
  Audiences ................................................................................................................................... 1
  System Requirements .................................................................................................................... 2
     Platform ................................................................................................................................ 2
     Internet Browser & Settings ...................................................................................................... 2
     Screen Resolution ..................................................................................................................... 2
     508 Compliance and Accessibility ............................................................................................. 2
  SuperTracker Basics ....................................................................................................................... 3
     Logging In ................................................................................................................................. 4
     Session Lockout ...................................................................................................................... 5
     Logging Out ............................................................................................................................. 5
     Session Timeout ..................................................................................................................... 6

SuperTracker Navigation ...................................................................................................................... 8
  Understanding the Dashboard ........................................................................................................ 9
     About the Dashboard ............................................................................................................... 9
     Using the Calendar .................................................................................................................. 9
     Physical Activity Target ......................................................................................................... 10
     Daily Calorie Limit .................................................................................................................. 11
     Daily Food Group Targets ..................................................................................................... 11

Creating a Profile ............................................................................................................................... 12
  About Creating a Profile ............................................................................................................. 12
     How SuperTracker Uses Your User Account Information .................................................... 12
  Personalization ............................................................................................................................ 12
     About Personalization ........................................................................................................... 12
     Completing the Personalization Section .............................................................................. 13
     Understanding Required Fields in Personalization ............................................................. 14
     Understanding Messages Received during Personalization ................................................. 14
  Registration ................................................................................................................................. 16
     About Registration ................................................................................................................ 16
     Completing the Registration Section ..................................................................................... 17
     Understanding Required Fields in Registration ................................................................ 17
  Submitting Your Profile .............................................................................................................. 18

Managing Profiles ............................................................................................................................ 18
  About Managing Profiles ........................................................................................................... 18
  Adding a Profile .......................................................................................................................... 19
  Editing a Profile ......................................................................................................................... 20
  Deleting a Profile ....................................................................................................................... 23
  Switching between Profiles ....................................................................................................... 24
  Delete an Entire Account .......................................................................................................... 24
  Understanding Profile History .................................................................................................. 25
  Managing Your Username and Password ................................................................................. 26
     Recovering a Username .......................................................................................................... 26
     Resetting a Forgotten Password ............................................................................................ 27

Understanding SuperTracker Targets & Limits .............................................................................. 29
  About the Calculations used for Targets and Limits ................................................................ 29
     Understanding the Equations ................................................................................................. 29
## Chapter 2: My Plan

- **About the Plans**
  - My Plan
  - General Plan
  - My Family Plan
  - Sample Meal Plans

## Chapter 3: Food Tracker

- **About Food Tracker**
  - Searching for Foods
    - **How to Search**
    - **Search Categories**
    - **Search Tips**
  - Using the Food Card
    - My Favorite Foods List Tab
    - Adding a Food
    - Editing a Food
    - Removing Foods
  - **Understanding the Graphs**
    - Daily Food Group Targets
      - **Graph View**
      - **Data View**
    - Related Links
    - Daily Limits Graph
  - **My Combo**
    - About My Combo
    - Creating a Combo
      - Understanding the My Combo Details Card
    - Editing a Combo
    - Deleting a Combo
    - Adding a Combo in Food Tracker
  - **My Foods**
    - About My Foods
    - Adding My Foods
    - Editing My Foods
    - Deleting My Foods
  - **Copying Meals**
    - About Copy Meals
    - Using Copy Meals
    - Setting up Recurrence
  - **My Favorite Foods List**
    - About My Favorite Foods List
    - Building My Favorite Foods List
Sort the Report ................................................................. 120

MEAL SUMMARY REPORT ........................................ 121
About the Meal Summary Report ........................................ 121
Using the Meal Summary Report ....................................... 122
Understanding the Meal Summary Report .......................... 123

PHYSICAL ACTIVITY REPORT ..................................... 124
About the Physical Activity Report ...................................... 124
Using the Physical Activity Report ...................................... 125
Understanding the Physical Activity Report for Adults .......... 126
Understanding the Physical Activity Report for Children (ages 6-17) ......................................................... 128
About Physical Activity Reports for Preschoolers (ages 2-5) ................................................................. 129

HISTORY CHARTS .......................................................... 130
About the History Charts ................................................. 130
Using the History Charts .................................................. 131
Understanding the History Charts ..................................... 132
Weight History Charts ..................................................... 133
Physical Activity History Charts ....................................... 133
Calorie History Charts .................................................... 133
Food Group History Charts ............................................. 133
Nutrient History Charts .................................................. 133
Showing My Journal Entries ........................................... 134
Drilling Down ................................................................. 134

CHAPTER 6 - MY FEATURES > ........................................ 135

MY WEIGHT MANAGER ................................................ 135
About My Weight Manager .............................................. 135
Using My Weight Manager .............................................. 136
Understanding the Weight, Calorie and Physical Activity History Charts .................................................. 137
Weight History .............................................................. 137
Calorie History .............................................................. 137
Physical Activity History ................................................ 137
Viewing My Journal Entries ........................................... 138

MY JOURNAL ................................................................. 139
About My Journal .......................................................... 139
Using My Journal .......................................................... 140
Viewing Journal Entries .................................................. 141
Sharing My Journal Notes (include Facebook, Twitter) ........ 142
Adding a New Entry ......................................................... 142
Editing an Entry ............................................................ 142
Deleting an Entry ........................................................... 142
Navigating Journal Entries .............................................. 142

MY TOP 5 GOALS ............................................................ 144
About My Top 5 Goals ..................................................... 144
Weight Management Goals ............................................. 146
Adding a Weight Management Goal .................................. 146
Editing a Weight Management Goal .................................. 147
Deleting a Weight Management Goal ............................... 147
Physical Activity Goal ..................................................... 148
Adding a Physical Activity Goal ....................................... 148
Editing a Physical Activity Goal ....................................... 149
Deleting a Physical Activity Goal ..................................... 149
Calorie Goals ................................................................. 149
Adding a Calorie Goal ..................................................... 149
Editing a Calorie goal ...................................................... 150
Deleting a Calorie goal .................................................... 150
Food Group Goals ........................................................................................................................ 150
  Adding a Food Group Goal ........................................................................................................ 151
  Deleting a Food Group Goal .................................................................................................... 151
Nutrient Goals .................................................................................................................................. 151
  Adding a Nutrient Goal ............................................................................................................. 152
  Deleting a Nutrient Goal .......................................................................................................... 152
Measuring Progress ....................................................................................................................... 152
MY COACH CENTER .......................................................................................................................... 154
  About My Coach Center ........................................................................................................... 154
    Signing up for My Coach ........................................................................................................ 155
    Receiving My Coach Messages ............................................................................................ 155
    Editing My Coach Preferences ............................................................................................ 156
    Sharing My Coach Messages ............................................................................................... 157
  My Coach Center Message Archives ....................................................................................... 158
CHAPTER 7 - FOOD-A-PEDIA > .................................................................................................. 161
  ABOUT FOOD-A-PEDIA ............................................................................................................. 161
  USING FOOD-A-PEDIA ............................................................................................................. 162
    Searching for a Food ................................................................................................................ 162
    Comparing Foods .................................................................................................................... 162
    Adding an Item to Food Tracker ............................................................................................ 164
CHAPTER 8 - DATABASES > ......................................................................................................... 166
  ABOUT THE FOOD DATABASE .................................................................................................. 166
  ABOUT THE PHYSICAL ACTIVITY DATABASE ........................................................................ 166
CHAPTER 9 - GLOSSARY > ........................................................................................................... 167
Chapter 1 - Getting Started

SuperTracker Overview

About SuperTracker
The U.S. Department of Agriculture’s (USDA) SuperTracker is a free, award-winning, state-of-the-art, online diet and activity tracking tool available at www.SuperTracker.usda.gov. The application is based on the Dietary Guidelines for Americans and designed to help Americans identify how their personal dietary and physical activity choices compare to recommended amounts customized for each user.

Built and maintained by USDA’s Center for Nutrition Policy and Promotion (CNPP), this free application empowers Americans to build a healthier diet, manage weight, and reduce risk of chronic diet-related disease. Users can determine what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling.

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 staff 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 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. 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.

**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 compliant with [Section 508 of the American Disabilities Act (ADA)](https://www.gpo.gov/fdsys/pkg/CFR-2016-title29-vol15/pdf/CFR-2016-title29-vol15-part1194.pdf). 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 www.SuperTracker.usda.gov as shown below.

![Web Browser – Opening SuperTracker](image1)

The SuperTracker Home page appears as shown below.

![SuperTracker Home Page](image2)
Logging In

From any SuperTracker page, click 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.
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 five (5) 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.

**Session Timeout**

- **If you are logged in**: Your SuperTracker session times out if there is no activity for thirty (30) minutes. The following warning message appears approximately five (5) minutes prior to the session ending:

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 thirty (30) minutes. The following warning message appears approximately five (5) minutes prior to the session ending:

![Figure 1-9: Logged Out – Session Timeout Warning](image)

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](image)
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
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.

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.

- 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.

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](image)

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](image)

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 >.

![SuperTracker User Account Information](image)

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.

![Create Profile Page – Personalize Your Profile](image)

*Figure 1-18: Create Profile Page – Personalize Your Profile*
SuperTracker User Guide

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.

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 Understanding 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](image)

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.

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.

![Step 3: Submit to View Your Plan](image)

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.

![Registration Confirmation Message](image)

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.

The Add Profile page appears.
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 >**.

![Selecting Manage Profile](image)

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.

![Manage Profile Page – Edit Profile](image)

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

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.

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.
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](image)

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](image)
SuperTracker User Guide

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.

![Account Deletion Confirmation Message](image)

**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*.

![Edit Profile Page – View Your Profile History](image)

**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.

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.
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.

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

![Figure 1-41: Reset Your Password Page – Step 1](image)

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

![Figure 1-42: Reset Your Password Page – Step 2](image)
• **Reset Your Password – Step 3:** Enter a new password (between 4 and 15 characters) and password hint, and click the Continue button.

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 Calories 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:**
  \[ EER (\text{cal}) = 88.5 - (61.9 \times \text{age\{yrs\}}) + PA \times (26.7 \times \text{weight\{kg\}} + 903 \times \text{height\{m\}}) + 20 \]

- **Male, Ages 9 – 18:**
  \[ EER (\text{cal}) = 88.5 - (61.9 \times \text{age\{yrs\}}) + PA \times (26.7 \times \text{weight\{kg\}} + 903 \times \text{height\{m\}}) + 25 \]

- **Male, Ages 19 – 120:**
  \[ TEE (\text{cal}) = 864 - (9.72 \times \text{age\{yrs\}}) + PA \times (14.2 \times \text{weight\{kg\}} + 503 \times \text{height\{m\}}) \]

**Male Physical Activity Co-efficients:**

<table>
<thead>
<tr>
<th>Age</th>
<th>Sedentary</th>
<th>Low Active</th>
<th>Active</th>
<th>Very Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-18</td>
<td>1.00</td>
<td>1.13</td>
<td>1.26</td>
<td>1.42</td>
</tr>
<tr>
<td>19-120</td>
<td>1.00</td>
<td>1.12</td>
<td>1.27</td>
<td>1.54</td>
</tr>
</tbody>
</table>

**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.

**Female Physical Activity Co-efficients:**

<table>
<thead>
<tr>
<th>Age</th>
<th>Sedentary</th>
<th>Low Active</th>
<th>Active</th>
<th>Very Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-18</td>
<td>1.00</td>
<td>1.16</td>
<td>1.31</td>
<td>1.56</td>
</tr>
<tr>
<td>19-120</td>
<td>1.00</td>
<td>1.14</td>
<td>1.27</td>
<td>1.45</td>
</tr>
</tbody>
</table>

The following are the equations for females:

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

- **Female, Ages 3 – 8**:
  \[ EER (\text{cal}) = 135.3 - (30.8 \times \text{age\{yrs\}}) + PA \times (10.0 \times \text{weight\{kg\}} + 934 \times \text{height\{m\}}) + 20 \]

- **Female, Ages 9 – 18**:
  \[ EER (\text{cal}) = 135.3 - (30.8 \times \text{age\{yrs\}}) + PA \times (10.0 \times \text{weight\{kg\}} + 934 \times \text{height\{m\}}) + 25 \]

- **Female, Ages 19 – 120**:
  \[ TEE (\text{cal}) = 387 - (7.31 \times \text{age\{yrs\}}) + PA \times (10.9 \times \text{weight\{kg\}} + 660.7 \times \text{height\{m\}}) \]
**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.

<table>
<thead>
<tr>
<th>1st Trimester</th>
<th>2nd Trimester</th>
<th>3rd Trimester</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>340</td>
<td>452</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Age of Infant</th>
<th>Breast milk only, no formula</th>
<th>At least half breast milk, plus some formula</th>
<th>Some breast milk, mostly formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to less than 6 months</td>
<td>330</td>
<td>70</td>
<td>0</td>
</tr>
<tr>
<td>6 to 12 months</td>
<td>400</td>
<td>200</td>
<td>0</td>
</tr>
</tbody>
</table>

**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/](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.
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.

![SuperTracker User Guide](image)

**Figure 2-3: Selecting General Plan**

---

38
The General Plan page opens in another window as shown below.

![General Plan Page](image)

**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.

![Selecting My Family Plan](image)

**Figure 2-5: Selecting My Family Plan**
The My Family Plan page appears as shown below.

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.

![SuperTracker User Guide](image)

Figure 2-7: Selecting Sample Meal Plans

The Sample Meal Plans page appears as shown below.

![Sample Meal Plans](image)

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](image-url)
The Food Tracker page includes the sections described below.

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.

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.
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.

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

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 Card – Food Info Tab](image)
### Figure 3-9: Food Card – Nutrient Info Tab

#### Bread, 100% whole wheat

**Choose an amount:**
- 1 regular slice

**Choose Meal Time(s):**
- [ ] Breakfast
- [ ] Lunch
- [ ] Dinner
- [ ] Snacks

**Choose for:**
- #1 Dad
- #1 Mom
- #1 Kid
- All

#### Food Info

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% of Daily Target or Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>69</td>
<td>3% limit</td>
</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
<td>6% target</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>12 g</td>
<td>9% target</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td>5% target</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td>No daily target or limit</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td>1% limit</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0 g</td>
<td>No daily target or limit</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0 g</td>
<td>No daily target or limit</td>
</tr>
<tr>
<td>Linoleic Acid</td>
<td>0 g</td>
<td>1% target</td>
</tr>
<tr>
<td>α-Linolenic Acid</td>
<td>0.0 g</td>
<td>1% target</td>
</tr>
<tr>
<td>Omega 3 - EPA</td>
<td>0 mg</td>
<td>No daily target or limit</td>
</tr>
<tr>
<td>Omega 3 - DHA</td>
<td>0 mg</td>
<td>No daily target or limit</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0% limit</td>
</tr>
</tbody>
</table>

#### Minerals

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amount</th>
<th>% of Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>3% target</td>
</tr>
<tr>
<td>Potassium</td>
<td>69 mg</td>
<td>1% target</td>
</tr>
<tr>
<td>Sodium**</td>
<td>132 mg</td>
<td>6% limit</td>
</tr>
<tr>
<td>Copper</td>
<td>106 µg</td>
<td>12% target</td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
<td>9% target</td>
</tr>
<tr>
<td>Magnesium</td>
<td>23 mg</td>
<td>5% target</td>
</tr>
</tbody>
</table>
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 (□) and any My Food items you have created will appear with a green triangle icon next to them (▲).

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

![Food Tracker – Adding a Food](image.png)
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](image)

**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](image)
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](image-url)
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](image-url)
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](image)

**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.
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.

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.

## View by Meal

Meals at a glance! See the food group amounts eaten at each meal.

### #1 Dad’s Day

<table>
<thead>
<tr>
<th>Breakfast Totals</th>
<th>Lunch Totals</th>
<th>Dinner Totals</th>
<th>Snack Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cup 100% Bran Cereal</td>
<td>1 medium (7” to 7-7/8” long) banana, raw</td>
<td>1 large breast chicken, breast, skin/breasting not eaten</td>
<td>2 cup beans, green (string), canned, cooked with butter</td>
</tr>
<tr>
<td></td>
<td>½ cup(s) Fruits</td>
<td></td>
<td>3 teaspoons Oils</td>
</tr>
<tr>
<td></td>
<td>1 container (8 oz) Yogurt, plain, low fat</td>
<td></td>
<td>2 tablespoons Creamy dressing (ranch), with sour cream or buttermilk and oil</td>
</tr>
<tr>
<td></td>
<td>1 cup(s) Dairy</td>
<td></td>
<td>1 cup(s) Vegetables</td>
</tr>
<tr>
<td></td>
<td>1 bar (1.5 oz) Granola bar, oats, raisins, coconut (Nature Valley Chewy, Quaker Oats Chewy)</td>
<td></td>
<td>½ cup(s) Dairy</td>
</tr>
<tr>
<td></td>
<td>1 ounce(s) Grains</td>
<td></td>
<td>2 tablespoons dressing (ranch), with sour cream or buttermilk and oil</td>
</tr>
<tr>
<td></td>
<td>1 cup, sauce Apple sauce, with sugar</td>
<td></td>
<td>3 teaspoons Oils</td>
</tr>
<tr>
<td></td>
<td>1 cup(s) Fruits</td>
<td></td>
<td>2 cup beans, green (string), canned, cooked with butter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>My Plan Target</th>
<th>Eaten</th>
<th>How Did I Do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>10 oz per day</td>
<td>9 oz</td>
<td>Under</td>
</tr>
<tr>
<td>Vegetables</td>
<td>4 cup(s) per day</td>
<td>3 cup(s)</td>
<td>Under</td>
</tr>
<tr>
<td>Fruits</td>
<td>2½ cup(s) per day</td>
<td>2 cup(s)</td>
<td>Under</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 cup(s) per day</td>
<td>3½ cup(s)</td>
<td>OK</td>
</tr>
</tbody>
</table>

Figure 3-19: View by Meal
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](image1)

The My Combo page will appear as shown below.

![Figure 3-22: My Combo Page](image2)
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.

![Figure 3-23: My Combo – Step 1](image-url)
SuperTracker User Guide

- **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](image)

- **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](image)
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.

![My Combo Details Card](image)

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.

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.

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.

My Foods

About My Foods

My Foods are customized versions of SuperTracker foods with nutrition info that you enter. If you are adding foods in Food Tracker, My Favorite Foods List, or My Combo and you find that the nutrition information for a food doesn’t match the specific version you ate, you can create a “My Food.”

To edit the nutrition information, select the Customize link on the food card as shown below.
The “Create My Food” window will open in a new window.

- First, enter a name for your food, something specific that you will recognize.
- Then choose the amount.
- You can update the number of Calories, grams of saturated fat, and milligrams of sodium on the Food Info tab.
- Click over to the Nutrient Info tab to adjust the amounts for all nutrients.
- Click the “Save to Favorites” button to save your food in your Favorites list.
Create My Food

Edit the values below to match the food you ate. Your version will be saved in your Favorite Foods List. Spot "My Foods" easily with the green triangle icon ▲.

* Food Name: 

* Choose an Amount: 1 container (6 oz)

[Food Info Tab]

- Calories: 
- Saturated Fat: 0 g
- Sodium: 99 mg

[Save to Favorites] [Cancel]

Figure 3-31: Creating My Food – Food Info Tab

[Nutrient Info Tab]

- Protein: 7 g
- Carbohydrate: 32 g
- Dietary Fiber: 0 g
- Total Fat: 0 g
- Saturated Fat: 0 g
- Monounsaturated Fat: 0 g

Figure 3-32: Creating My Food – Nutrient Info Tab
Adding My Foods

After creating a My Food item, your customized version will automatically appear in the food card where you can add it by selecting the meals and profiles and clicking the blue “+Add” button.

Your food will also be automatically saved in your Favorite Foods List. My Foods are designated in the Favorites List with a green triangle (▲). To see all My Foods at the top of your favorites list, sort by “My Foods.”

![Figure 3-33: My Foods in the Favorite Foods List](image)

Editing My Foods

My Foods can be edited from the My Favorite Foods List page. Click on the My Food item to be edited or select the “Edit” button. The Edit My Food window will open where you can update the food name and/or nutrition information.
Deleting My Foods

You can delete My Foods on the Favorite Foods List page. Click the Remove button next to the My Food item you want to delete, and it will no longer appear in your Favorite Foods List.

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 3-35: 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 “Recurs 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.

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 3-37: 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.

![Figure 3-38: Food Tracker – Copy Meals Recurrence](image)

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 3-39: 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.

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

Figure 3-42: 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 3-43: My Favorite Foods List Tab – Edit My List](image)
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.

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.
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.

Figure 3-46: 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.

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
- My Combos (select this option to see all of your Combos grouped together at the top of your list)
- My Foods (select this option to see all of your My Foods grouped together at the top of your list)
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.
The Physical Activity Tracker page includes the sections described below.

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.

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.

Figure 4-3: Physical Activity Tracker – Initial 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

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

<table>
<thead>
<tr>
<th>Problem</th>
<th>Hint</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>No activities found</td>
<td>Search &quot;All Activities&quot;&lt;br&gt;Try a more general term&lt;br&gt;Try a similar activity&lt;br&gt;Check your spelling</td>
<td>Instead of &quot;Sports&quot; search within &quot;All Activities&quot;&lt;br&gt;Instead of &quot;Zumba&quot; try &quot;aerobics&quot;&lt;br&gt;Instead of &quot;treadmill&quot; try &quot;running&quot; or &quot;walking&quot;</td>
</tr>
<tr>
<td>Several activities found but not the one I'm looking for</td>
<td>Search within a specific category&lt;br&gt;Try a more specific term</td>
<td>Instead of &quot;All Activities&quot; search within &quot;Walking &amp; Running&quot;&lt;br&gt;Instead of &quot;dancing&quot; try &quot;ballet dancing&quot; or &quot;ballroom dancing&quot;</td>
</tr>
<tr>
<td>Unexpected results</td>
<td>Try a variation of the word&lt;br&gt;Try the active form of the word</td>
<td>Instead of &quot;biking&quot; try &quot;bicycling&quot;&lt;br&gt;Instead of &quot;jump rope&quot; try &quot;jumping rope&quot;</td>
</tr>
</tbody>
</table>

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.

![Figure 4-8: Physical Activity Card](image)
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.

![Activity Details](image)

**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

![Figure 4-10: Physical Activity Tracker – Adding an Activity](image-url)
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.

![Physical Activity Tracker – Activity Added](image)

**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.

![Image of Physical Activity Tracker – Edit Activity](image)

*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.

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.
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.
• **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.
• **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.

![Weekly Total](image)

**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.

![Copy Activities Button](image)

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 “Recurs 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.

![Figure 4-22: Physical Activity Tracker – Copying Activities](image-url)
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.
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)](image)

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.

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

**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
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.

![Food Groups & Calories Report](image-url)

*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.

![Food Group and Calories Report](image)

**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.

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

**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](image)
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.

![Figure 5-6: Running a Nutrients Report](image)
Understanding the Nutrients Report

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

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.

<table>
<thead>
<tr>
<th>Minerals</th>
<th>Target</th>
<th>Average Eaten</th>
<th>Status</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>1000 mg</td>
<td>921 mg</td>
<td>Under</td>
<td>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).</td>
</tr>
<tr>
<td>Food Sources</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Milk, fat free (skim)</td>
<td>43% of intake</td>
<td>1. People who avoid all dairy products and fortified soymilk (soy beverage) should also consider other food sources of calcium, such as fortified cereal, fortified orange juice, or tofu prepared with calcium.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Salad, with lettuce, cheese, tomatoes and/or carrots, no dressing</td>
<td>28% of intake</td>
<td>2. People who avoid all dairy products and fortified soymilk (soy beverage) should also consider other food sources of calcium, such as fortified cereal, fortified orange juice, or tofu prepared with calcium.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Peanut butter and jelly sandwich</td>
<td>5% of intake</td>
<td>3. Calcium is needed in the body for healthy bones, nerves, blood vessels, and muscle function.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Great Grains, Rainin, Date, and Pecan Whole Grain Cereal</td>
<td>4% of intake</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

![Figure 5-10: Running a Food Details Report](image)
Understanding the Food Details Report
Your Food Details Report for the date you picked will display including the following information.

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.

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.

![Meal Summary Report](image)

**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.

1. **Date**
   The dates in the time period selected.

2. **Breakfast**
   These are the foods you added to breakfast on the date(s) shown.

3. **Lunch**
   These are the foods you added to lunch on the date(s) shown.

4. **Dinner**
   These are the foods you added to dinner on the date(s) shown.

---

**Figure 5-15: Meal Summary Report**
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.
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.

![Physical Activity Report](image)

**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.

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.

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.

---

**Figure 5-19: Physical Activity Report**

- **1. Date**
- **2. Duration**
- **3. Total Daily MIE Minutes**
- **4. Activity**
- **5. Intensity**
- **6. Estimated Calories Burned**
- **7. Muscle Strengthening**
- **8. Bone Strengthening**
- **9. Vigorous Intensity**
- **10. Weekly Muscle Strengthening**
- **11. Weekly Bone Strengthening**
- **12. Weekly Vigorous 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.

![History Charts](image-url)

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.

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).
SuperTracker User Guide

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.

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 Manager
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](image)

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**

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.

**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
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.

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.

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](image_url)
SuperTracker User Guide

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.

![My Journal Entries Page](image)

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.

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 Goals](image)

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 User Guide

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.

![Message from webpage]

*Based on your goal weight of 128 lb, your recommended Calorie limit is 1800 Calories per day. Your plan will be updated based on this information and will remain in effect until you change or remove your goal weight. Press OK to continue.*

**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:](image)

**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 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:](image)

**Select a goal:**

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

**Choose Goal(s):**

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

**Enter a personal Calorie goal:**

* 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](image)

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.
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.
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.
• **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.
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.
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.
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](image-url)
Your Coach Center Message Archives page will display as shown below.

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.

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

![Food-A-Pedia](image)

**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.
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.

![Figure 7-5: Food-A-Pedia – Adding Item to Food Tracker, Step 1](image)
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 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.

USDA Privacy Statement – Information presented on the USDA website is considered public information and may be distributed or copied. Use of appropriate byline/photo/image credits is requested.

1. For site security purposes and to ensure that this service remains available to all users, this government computer system employs software programs to monitor network traffic to identify unauthorized attempts to upload or change information, or otherwise cause damage.
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.