

SuperTracker

Frequently Asked Questions

My Plan

1. I changed my weight (or goal weight). Why did my plan change?

Your plan is calculated using your weight. If you enter a goal weight, then your plan will be based on this goal weight. If you update your weight (or your goal weight) your plan may update as well. Once you set a goal weight, this plan will remain in effect until you remove your goal weight, or change it.

2. Can I change my plan Calorie allowance?

You can set a personal Calorie goal on the My Top 5 Goals page (under My Features). Click to the Calories tab to set a personal Calorie goal. The system will then use your personal Calorie goal in place of the system calculated Calorie allowance. Your food group targets will remain based on meeting your nutrient needs. This option is available to adult profiles that are not pregnant or breastfeeding.

Food

1. Where are the foods I entered yesterday?

To see the data you previously entered, first log into your account with your username and password and navigate to the Food Tracker page (under Track Food & Activity). In Food Tracker, the date in the dashboard (the blue bar at the top of the page) will be automatically set to the current date. Use the arrow buttons or calendar to change the date to the day you entered foods. Once the page updates, the foods you added should appear on this page.

2. Why can't I enter my own recipe like my mom's delicious chili?

You can combine foods together using "My Combo" (under Track Food & Activity). My Combo allows you to make 1 portion at a time. Look up foods that are cooked already, like "ground beef, 90-94% lean, cooked" and add it to your combo.

3. What is the source of your foods data?

The SuperTracker 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).

4. What should I do if I can't find a food or a portion amount that I am looking for?

You may recommend a food item for consideration in the Super Tracker database. To submit a suggestion, visit the Contact Us page: <https://www.SuperTracker.usda.gov/contactus.aspx> and complete the "Recommend a New Food Item" request form. As food data become available, we will add it to the database.

5. Can I add the nutrition information for foods into SuperTracker?

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 does not match the specific version you ate, you can create My Foods. My Foods are customized versions of SuperTracker foods with nutrition info that you enter. To edit the nutrition information for a food, select the Customize link on the food card. The Create My Food window will open where you can enter a name for your food and update the nutrition information to match the specific version you ate. My Foods will be automatically saved in your Favorite Foods List where they are designated with a green triangle.

6. Can I enter nutritional supplements on the Food Tracker?

SuperTracker currently does not have the option to add dietary supplements to your intake. To learn more about dietary supplements, please visit <http://ods.od.nih.gov/>.

Physical Activity

1. What should I do if I can't find a physical activity that I am looking for?

If you can't find your activity, use an activity that is similar and enter the duration in number of minutes. The activities in SuperTracker are based on the Compendium of Physical Activities by Ainsworth et al.

2. How can I get my Calorie allowance to update based on the physical activities I enter?

You can edit your profile to base your Calorie plan on the amount of activity you perform. On the Edit Profile page, you will see the following four options for physical activity:

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 uses to help calculate your Calorie needs.

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.

3. How do you determine estimated Calories burned for a physical activity?

If you entered a weight during personalization, SuperTracker estimates the Calories burned for an average person performing your selected physical activity based on a formula from the Institutes of Medicine.

4. Can I set my own physical activity goal?

The physical activity target of at least 150 minutes a week of aerobic activity for adults is based on amounts recommended in the *2008 Physical Activity Guidelines for Americans*. Adults can set a personal goal by visiting My Top 5 Goals (under My Features), and selecting the tab that reads Physical Activity.

My Top 5 Goals

1. I set a goal weight and would like to change it. Where do I do this?

Visit My Top 5 Goals and scroll down the page to the “Goals” area. Your weight goal should be the first goal listed. Click on the “edit” button. You may now change the number and click “save” to update your goal.

To change your Weight Management goal from “Move toward a Goal Weight” to “Maintain Current Weight” (or reverse) you will first need to delete your original weight goal. Then, you may add the new goal.

2. How do I change how often I’m getting tips from My Coach Center or unsubscribe?

To change these options visit My Top 5 Goals (under My Features). Go to the My Coach Center on the right side of the page where your tips and congratulations messages are delivered. From here, click on “Edit Preferences.” In this box you can change the frequency to daily, weekly, or monthly. In addition, you may start or stop receiving tips through email by checking (or unchecking) the box and clicking “save.” You can also unsubscribe from Coach Center emails by visiting the unsubscribe page and entering your email address here:

<https://www.supertracker.usda.gov/unsubscribe.aspx>

My Weight Manager

1. How do I edit a previous weight I entered?

On the My Weight Manager page, you will see a list of all weights you have entered using SuperTracker. To change one, click the “Edit” button next to that weight. The dashboard date

(the date you see in the blue bar at the top of the screen) will revert back to the day you entered that weight. This will cause the weight you previously entered to appear in the Weight box. You can then edit the weight and click the blue “Save” button. At that point, the date in the dashboard will automatically change back to the current date.

My Reports

1. How do I print a report?

Click on the “Print Page” button in the upper left corner of the screen.

You can also export a report to the following three formats: PDF, Excel, and Word. You may find that by exporting you have the ability to change the page layout, the tables that display, and the margins. This will give you the greatest flexibility in printing what you want.

User Profiles/Accounts

1. I have my password but I can't remember it. Can you please send it to me?

We do not have access to user account information such as passwords or usernames. When you registered for SuperTracker you were asked to provide a password hint, please visit the Log In page and click the “See your password hint” link. If you still cannot remember your password, click the “Reset your password” link to create a new password.

2. I forgot my username. How do I retrieve it?

We don't have access to personal information such as passwords and usernames. If you provided an email address when you first registered, you can use the “Forgot your username” link on the Log In page to have your username emailed to you.

3. How do I delete my account?

You can delete your SuperTracker account from the Manage Profile page. On this page, use the “Delete Entire Account” button in the upper right hand side of the page. Also, if your account remains unused for an extended period of time, it will be automatically deleted.

4. I see an expiration date on your homepage. What does this date mean?

The expiration date is related to the application's OMB control number required on some government web sites. 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. The renewal procedure related to the OMB control number will be completed prior to expiration, and there should not be an interruption in service.