

1

00:00:00,000 --> 00:00:07,933

SuperTracker's Food-A-Pedia feature lets you look up a food to get quick access to nutrition info for thousands of foods.

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00:00:07,933 --> 00:00:11,033

You can also choose and compare two foods side-by-side.

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00:00:11,033 --> 00:00:17,933

Access Food-A-Pedia in the global navigation bar on all SuperTracker pages or from the homepage.

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00:00:17,933 --> 00:00:22,099

To look up a food, type the food name into the search box provided.

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00:00:22,100 --> 00:00:26,366

As you are typing, a list of top search results will drop down.

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00:00:26,366 --> 00:00:30,199

If you see the food you are looking for, select it from the list.

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00:00:30,200 --> 00:00:34,066

Or select the "Go" button to get the complete search results list.

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00:00:34,066 --> 00:00:40,299

Select the food that best matches what you are looking for, and the food details will appear in the food card.

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00:00:40,300 --> 00:00:47,466

The food card tells you how many total and empty Calories are in the food, how much of each food group it provides,

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00:00:47,466 --> 00:00:53,699

How many of its Calories come from solid fats and added sugars, and how much sodium and saturated fat it has.

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00:00:53,733 --> 00:00:56,566

You can change the amount to see updated numbers.

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00:00:56,566 --> 00:01:04,466

Click the Nutrient Info tab to find out how much of each nutrient the food has and the percent of your daily target or limit.

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00:01:04,466 --> 00:01:10,732

To compare with another food, you can either pick another from your search results list, or search for another food.

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00:01:10,733 --> 00:01:16,033

The food details for the second food you pick will show in the food card on the right side of the page.

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00:01:16,033 --> 00:01:20,566

Click on either the Food Info or Nutrient Info tabs to compare your foods.

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00:01:20,566 --> 00:01:26,766

If you want to add one or both of the foods to Food Tracker, you can do so directly from the Food-A-Pedia page.

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00:01:26,766 --> 00:01:28,999

Click the blue "+ Add to Food Tracker" button.

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00:01:29,000 --> 00:01:31,100

Additional choices will expand down.

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00:01:31,100 --> 00:01:35,200

Check the box next to the meal, or meals, to which you'd like to add the food.

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00:01:35,200 --> 00:01:39,366

And if you have more than one profile, check the box next to the profile.

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00:01:39,366 --> 00:01:43,499

Click the blue "+ Add" button to add the food to Food Tracker for the current day.

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00:01:43,500 --> 00:01:48,566

After adding, you get a message confirming that the food was added to the meal(s) and profile(s) you picked.

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00:01:48,566 --> 00:01:53,266

If you want to see the food details again, click the “See This Food Again” button.

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00:01:53,266 --> 00:02:00,132

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.

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00:02:00,133 --> 00:02:04,399

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.