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00:00:00,000 --> 00:00:06,366

This video will show you how to use the My Foods feature in SuperTracker.

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00:00:06,366 --> 00:00:12,866

My Foods are customized versions of SuperTracker foods with nutrition information that you enter.

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00:00:12,866 --> 00:00:18,532

To use the My Foods feature, you first need to log in to your SuperTracker account.

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00:00:18,533 --> 00:00:20,299

As you're adding foods in Food Tracker,

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00:00:20,300 --> 00:00:26,866

you may find that the nutrition information for a food does not match the specific version you ate.

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00:00:26,866 --> 00:00:32,999

To edit the nutrition information, click the Customize link on the food card.

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00:00:33,000 --> 00:00:36,133

This will open the Create My Food window.

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00:00:36,133 --> 00:00:46,066

First, enter a name for your food, something specific that you will recognize, and choose the amount.

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00:00:46,066 --> 00:00:53,266

You can update the number of Calories, grams of saturated fat, and milligrams of sodium on the Food Info tab.

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

Click over to the Nutrient Info tab to adjust the amounts for all nutrients.

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00:01:01,133 --> 00:01:04,999

When you're done, click the Save to Favorites button.

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00:01:05,000 --> 00:01:07,633

Your new food will appear in the food card.

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00:01:07,633 --> 00:01:14,299

To add it to a meal, select the meals and profiles and click "Add," just as you would for any other food.

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00:01:14,300 --> 00:01:17,833

Your food will also be saved in your Favorite Foods List.

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00:01:17,833 --> 00:01:22,699

Foods you have created will be designated in your Favorites List with a green triangle.

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00:01:22,700 --> 00:01:28,300

To see all of your foods at the top of your favorites list, sort by "My Foods."

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00:01:28,300 --> 00:01:33,166

You can also edit your foods at any time on the My Favorite Foods List page.

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00:01:33,166 --> 00:01:38,366

Click the "Edit" button next to the food, and the Edit My Food window will open.

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00:01:38,366 --> 00:01:43,799

You can edit the name and nutrition information and click the "Save to Favorites" button.

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00:01:43,800 --> 00:01:46,700

This will update the food in your Favorites List.

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00:01:46,700 --> 00:01:49,900

You can also remove a food by clicking the "Remove" button.

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00:01:49,900 --> 00:01:53,933

And the food will no longer appear in your Favorites List.