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00:00:00,000 --> 00:00:05,300

This video will show you how to create a combo using SuperTracker.

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00:00:05,300 --> 00:00:09,700

Create a combo to link and save foods you typically eat together.

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00:00:09,700 --> 00:00:12,866

Then you can easily add them to meals with one click.

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00:00:12,866 --> 00:00:18,732

From any page you can click the "My Combo" link under the "Track Food & Activity" navigation menu.

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00:00:18,733 --> 00:00:25,633

Or, on the Food Tracker page, you can select the "Create a Combo" button.

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00:00:25,633 --> 00:00:28,366

I am clicking the button, which takes me to the My Combo page.

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00:00:28,366 --> 00:00:31,232

There are three steps to build a combo.

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00:00:31,233 --> 00:00:35,066

For step 1, search for foods and add them to your combo.

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00:00:35,066 --> 00:00:38,732

For example, let's create a fruit and yogurt smoothie.

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00:00:38,733 --> 00:00:41,399

First, let's look up bananas.

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00:00:41,400 --> 00:00:45,000

In the food card, pick the amount, and click "Add."

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00:00:45,000 --> 00:00:48,400

And we'll add orange juice and yogurt.

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00:00:48,400 --> 00:00:54,466

As you add each food, the nutrition info for the total combo will add up on the right side of the page.

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00:00:54,466 --> 00:00:59,632

Use the "Food Info" and "Nutrient Info" tabs to view food group and nutrient amounts.

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00:00:59,633 --> 00:01:05,733

In step 2, name your combo. We'll call this "My Breakfast Smoothie."

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00:01:05,733 --> 00:01:09,733

And for step 3, click to save your combo.

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00:01:09,733 --> 00:01:13,966

Your combo will be saved in your favorite foods list.

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00:01:13,966 --> 00:01:18,699

This feature can be used to help you build foods that you don't find in SuperTracker.

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00:01:18,700 --> 00:01:22,300

Say you make your grilled cheese sandwich on whole wheat bread with apple slices.

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00:01:22,300 --> 00:01:27,733

From My Combo you can build your sandwich with the specific amounts and ingredients you use.

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00:01:27,733 --> 00:01:31,133

The possibilities and combinations are endless!

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00:01:31,133 --> 00:01:35,833

After you've created a combo, you can access it on your Favorite Foods page.

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00:01:35,833 --> 00:01:42,033

You can edit or delete a combo from your Favorite Foods list by clicking either the "Edit" or "Remove" button.

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00:01:42,033 --> 00:01:47,366

Now let's go back to the Food Tracker page to add the combo to a meal.

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00:01:47,366 --> 00:01:51,666

Click on the My Favorite Foods List tab to access your combo.

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00:01:51,666 --> 00:01:55,332

All combos are designated with the green combo symbol.

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00:01:55,333 --> 00:02:01,499

To add your combo to a meal, click the blue "Add" button, and the combo food card will display.

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00:02:01,500 --> 00:02:06,333

Select the meals and profiles you would like.

And click the blue "Add" button.

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00:02:06,333 --> 00:02:12,233

All of the individual components of your combo will be added with one click.