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00:00:01,733 --> 00:00:06,566

This video will show you how to create recipes using SuperTracker.

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00:00:06,566 --> 00:00:13,299

The My Recipe feature lets you build, save and analyze your favorite recipes.

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00:00:13,300 --> 00:00:21,100

To access the My Recipe feature, click the "My Recipe" link under the "Track Food & Activity" navigation menu.

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00:00:21,100 --> 00:00:25,700

On the My Recipe page there are 3 steps to build a recipe.

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00:00:25,700 --> 00:00:30,800

For step 1, search for ingredients and add them to your recipe.

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00:00:30,800 --> 00:00:36,333

You'll see that the search category is automatically set to the "Recipe Ingredients" filter.

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00:00:36,333 --> 00:00:41,199

This will provide easy access to the foods typically found in recipes.

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00:00:41,200 --> 00:00:47,066

But if you can't find what you're looking for, you can broaden your search by using the All Foods category.

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00:00:47,066 --> 00:00:52,332

Let's create a basic meatloaf recipe.
First, we'll add the ground beef.

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00:00:52,333 --> 00:00:55,433

This recipe calls for 2 pounds of lean ground beef.

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00:00:55,433 --> 00:00:59,499

Then select the amount - 2 pounds.

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00:00:59,500 --> 00:01:05,100

When searching for recipe ingredients, you may find yourself questioning whether to use the raw or cooked ingredients

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00:01:05,100 --> 00:01:08,233

since the amount of some foods may change with cooking.

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00:01:08,233 --> 00:01:12,433

Feel free to enter your foods, raw or cooked, according to the recipe.

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00:01:12,433 --> 00:01:18,966

For all raw meats and dry grains, SuperTracker automatically converts the raw food to its cooked form.

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00:01:18,966 --> 00:01:23,366

So in this example, I can add the 2 pounds of raw meat my recipe calls for,

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00:01:23,366 --> 00:01:29,032

and SuperTracker will provide nutrition information that is adjusted for the yield after cooking.

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00:01:29,033 --> 00:01:35,499

Once you've entered all of the ingredients in step 1, enter the number of portions your recipe makes in step 2.

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00:01:35,500 --> 00:01:38,966

We'll enter 8 for the meatloaf.

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00:01:38,966 --> 00:01:46,966

You'll notice that on the right side of the page, you can find the nutrition info per portion of the recipe under My Recipe Details.

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00:01:46,966 --> 00:01:53,366

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

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00:01:53,366 --> 00:01:57,866

And finally in step 3, give your recipe a name and click save.

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00:01:57,866 --> 00:02:01,466

We'll call this one "Mom's meatloaf."

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00:02:01,466 --> 00:02:05,232

Your recipe is saved in your Favorite Foods List.

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00:02:05,233 --> 00:02:09,699

Also after saving, you can export the nutrition information for your recipe.

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00:02:09,700 --> 00:02:15,500

There are 3 export options to choose from including PDF, Excel and Word formats.

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00:02:15,500 --> 00:02:19,133

Click any of the buttons to
access a printer-friendly nutrition analysis

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00:02:19,133 --> 00:02:28,199

including all food groups, food subgroups, total calories, empty calories, and 33 different nutrients.

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00:02:28,200 --> 00:02:31,133

So your recipe is saved in your Favorite Foods List.

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00:02:31,133 --> 00:02:35,566

All of your saved recipes will be marked with the green whisk symbol.

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00:02:35,566 --> 00:02:42,699

You can edit or delete a recipe from your Favorite Foods list by clicking either the edit or remove button.

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00:02:42,700 --> 00:02:48,566

You can also sort your Favorite Foods using the "Sort By:" dropdown box at the top of the foods list.

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00:02:48,566 --> 00:02:52,432

Select "My Recipe" to see only your recipes.

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00:02:52,433 --> 00:02:57,633

Now, let's go back to the Food Tracker page to add our new meatloaf recipe to a meal.

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00:02:57,633 --> 00:03:01,833

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

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00:03:01,833 --> 00:03:08,933

Your recipes are marked with the same green whisk symbol and you can use the dropdown box to group your recipes here as well.

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00:03:08,933 --> 00:03:14,933

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

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00:03:14,933 --> 00:03:17,333

First choose the number of portions you ate.

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00:03:17,333 --> 00:03:20,333

Then select the meals and profiles to add to.

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00:03:20,333 --> 00:03:24,099

And finally click the blue "Add" button.

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00:03:24,100 --> 00:03:25,666

Your new recipe will be added to your meal just like that.