1

00:00:00,000 --> 00:00:05,100

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

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00:00:05,100 --> 00:00:08,766

My Favorite Foods allows you to build a list of foods you eat often.

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00:00:08,766 --> 00:00:13,366

You can add foods on your Favorites list directly to meals without having to search for them.

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00:00:13,366 --> 00:00:19,099

You can add favorites in Food Tracker or build your list all at once on the My Favorite Foods List page.

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00:00:19,100 --> 00:00:24,233

Access the Favorite Foods List page under the "Track Food & Activity" navigation heading.

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00:00:24,233 --> 00:00:28,766

To start building your list, type the food name into the search box provided.

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00:00:28,766 --> 00:00:32,699

You can search all foods or select a specific search category.

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00:00:32,700 --> 00:00:36,433

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

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00:00:36,433 --> 00:00:39,366

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

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00:00:39,366 --> 00:00:42,899

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

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00:00:42,900 --> 00:00:46,033

Select the food that best matches what you are looking for.

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00:00:46,033 --> 00:00:51,499

Choose the amount that you typically eat. This will be the amount that is saved in the My Favorite Foods List.

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00:00:51,500 --> 00:00:53,766

Click the "Add to My Favorite Foods" button.

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00:00:53,766 --> 00:00:56,632

This item will now appear in your Favorites List.

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00:00:56,633 --> 00:01:03,833

Continue searching and adding foods to build your list. You can add as many foods as you want.

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00:01:03,833 --> 00:01:06,433

And you can edit a food at any time.

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00:01:06,433 --> 00:01:12,533

Click the "Edit" button next to any food item. The food will display on the right side of the page.

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00:01:12,533 --> 00:01:16,733

Edit the amount and click "Save." This will update the food in your Favorites List.

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00:01:16,733 --> 00:01:19,533

You can also remove a food.

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00:01:19,533 --> 00:01:23,833

Click the "Remove" button and this food will no longer appear in your Favorites List.

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00:01:23,833 --> 00:01:29,033

You can also add to your Favorites directly from the Food Tracker page.

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00:01:29,033 --> 00:01:35,433

Once you have added foods in Food Tracker, click the "My Favorite" button under the food name in the Meals Area.

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00:01:35,433 --> 00:01:38,299

This food will be saved directly to your Favorites.

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00:01:38,300 --> 00:01:43,233

To access your list, click the My Favorite Foods List tab behind the food card.

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00:01:43,233 --> 00:01:48,366

To add foods to your meals, click the blue "Add" button and the food card will display.

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00:01:48,366 --> 00:01:53,832

Select the meals and profiles you would like.
Click the blue "Add" button to add the food to a meal.

27

00:01:53,833 --> 00:01:59,833

If you have many items in your Favorite Foods List, you may want to sort the list to help you find what
you are looking for.

28

00:01:59,833 --> 00:02:04,866

The last item that you used will appear first. Or you can choose to view your list alphabetically.

29

00:02:04,866 --> 00:02:10,032

The last item that you used will appear first. Or you can choose to view your list alphabetically.