1

00:00:00,000 --> 00:00:03,833

Many people need to track specific nutrients for health reasons.

2

00:00:03,833 --> 00:00:09,733

Whether it’s calcium, phosphorus, vitamin K, cholesterol, sodium, or something else.

3

00:00:09,733 --> 00:00:15,333

This video will show you the tools SuperTracker offers to help you keep track of a specific nutrient.

4

00:00:15,333 --> 00:00:19,233

In this example, we’ll take a look at vitamin K.

5

00:00:19,233 --> 00:00:27,933

SuperTracker can help you determine the amount of Vitamin K in an individual food, your daily diet, or your diet over time.

6

00:00:27,933 --> 00:00:34,299

To find out the amount of vitamin K in a specific food, use the Food Tracker feature.

7

00:00:34,300 --> 00:00:40,300

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

8

00:00:40,300 --> 00:00:44,700

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

9

00:00:44,700 --> 00:00:47,833

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

10

00:00:47,833 --> 00:00:54,766

If you don’t see it, or want more options, select the “Go” button to get the complete search results.

11

00:00:54,766 --> 00:01:02,599

Select the food that best matches what you’re looking for, and the food details will appear in the food card on the left side of the page.

12

00:01:02,600 --> 00:01:10,100

To see the amount of vitamin K, click on the Nutrient Info tab and scroll down to the vitamins section.

13

00:01:10,100 --> 00:01:17,933

If you choose to adjust the portion size, the vitamin K amount will update accordingly.

14

00:01:17,933 --> 00:01:21,899

You can also compare the amount of vitamin K in two different foods.

15

00:01:21,900 --> 00:01:31,200

Just click the compare button, which will take you to the Food-A-Pedia page to compare the nutrient info for two foods side-by-side.

16

00:01:31,200 --> 00:01:37,800

Now, I'll show you how to examine the vitamin K content of your total daily diet.

17

00:01:37,800 --> 00:01:46,600

You need to first add all of the foods you ate for the day using Food Tracker.

18

00:01:46,600 --> 00:01:53,400

Then go to the Food Details report. It's available under the My Reports navigation.

19

00:01:53,400 --> 00:01:57,000

You can run the report in a few easy steps.

20

00:01:57,000 --> 00:02:02,200

First, enter the date or use the calendar icon to select it.

21

00:02:02,200 --> 00:02:06,266

Next, select the food groups, limits, or nutrients you would like to view.

22

00:02:06,266 --> 00:02:12,832

You can select as few, or as many, as you want. I am going to select vitamin K.

23

00:02:12,833 --> 00:02:16,833

Click the "Create Report" button, and the report will load.

24

00:02:16,833 --> 00:02:22,033

Your foods will be shown in the first column and the portion amounts in the second column.

25

00:02:22,033 --> 00:02:27,233

Then, in the third column, you can see the amount of vitamin K in each food item.

26

00:02:27,233 --> 00:02:31,633

And the total amount you ate that day will appear at the very bottom.

27

00:02:31,633 --> 00:02:37,633

Please note that the target shown is based on how much most people of your age and gender should get each day.

28

00:02:37,633 --> 00:02:42,733

If your health professional gave you a different target or limit, you should focus on that recommendation

29

00:02:42,733 --> 00:02:47,233

rather than the general SuperTracker recommendation.

30

00:02:47,233 --> 00:02:51,633

You can sort your foods using the arrow icons at the top of each column.

31

00:02:51,633 --> 00:02:57,866

Click the arrows once to see the foods ordered from lowest to highest based on amount of vitamin K.

32

00:02:57,866 --> 00:03:02,266

Click it again to see the foods ordered from highest to lowest.

33

00:03:02,266 --> 00:03:08,066

After running the Food Details Report, you can print it using the print page button in the upper left.

34

00:03:08,066 --> 00:03:15,866

You also have the option to export the report to PDF, Excel, or Word files using the buttons in the top right of the page.

35

00:03:15,866 --> 00:03:22,432

If you have been tracking your foods over multiple days, you may also be interested in checking out the Nutrients Report.

36

00:03:22,433 --> 00:03:29,666

SuperTracker's Nutrients Report provides your average intake of nutrients for any time period you choose.

37

00:03:29,666 --> 00:03:36,099

First, enter or use the calendar icon to select a date range.

38

00:03:36,100 --> 00:03:41,666

Then, click the “Create Report” button, and the report will load.

39

00:03:41,666 --> 00:03:44,866

The names of each nutrient appear in the first column.

40

00:03:44,866 --> 00:03:48,466

Your target or limit for each displays in the second column.

41

00:03:48,466 --> 00:03:55,066

And the next column tells you the average amount of each nutrient you consumed over the time period you selected.

42

00:03:55,066 --> 00:03:59,066

And the last column tells you your status: Under, Over, or OK

43

00:03:59,066 --> 00:04:04,266

Again, targets and limits are based on how much most people of your age and gender should get each day.

44

00:04:04,266 --> 00:04:09,266

So if your health professional gave you a different target or limit, you should focus on that recommendation.

45

00:04:09,266 --> 00:04:12,499

Now, let’s take a closer look at vitamin K.

46

00:04:12,500 --> 00:04:19,300

You can see which of your food selections were highest or lowest in vitamin K and get tips by clicking the plus sign.

47

00:04:19,300 --> 00:04:24,900

Your food selections will appear in order, with the top sources showing at the top of the list.

48

00:04:24,900 --> 00:04:31,100

The order is based on amount of the nutrient in the food, and the number of times you ate it.

49

00:04:31,100 --> 00:04:36,900

You can reverse the order to see the foods that contributed the lowest percentage of your total intake first.

50

00:04:36,900 --> 00:04:41,533

Just click the arrow icon next to “Food Sources” to sort from lowest to highest.

51

00:04:41,533 --> 00:04:49,966

And click the plus sign icon next to the nutrient name again to re-expand the drill down list and view your foods in this new order.

52

00:04:49,966 --> 00:04:57,366

When you drill-down to view food sources of a nutrient, you will also get three tips on how to optimize your intake of that particular nutrient.

53

00:04:57,366 --> 00:05:01,799

Look here for more information about the nutrient and its food sources.

54

00:05:01,800 --> 00:05:06,233

Just like the Food Details report, you can print the Nutrients Report,

55

00:05:06,233 --> 00:05:14,633

and you can also export it to either PDF, Excel, or Word using the buttons in the top right of the page.

56

00:05:14,633 --> 00:05:19,266

Another tool to track your intake of any nutrient over time is History Charts.

57

00:05:19,266 --> 00:05:25,099

On the History Charts page, you can run the report in a few easy steps.

58

00:05:25,100 --> 00:05:31,666

First enter dates or use the calendar icon to select the date range you would like to run the report for.

59

00:05:31,666 --> 00:05:40,266

You can create a history chart for any length of time you wish, and you can view the results in daily, weekly, monthly, or yearly time periods.

60

00:05:40,266 --> 00:05:47,066

If you choose weekly, monthly, or yearly, the chart will automatically average your intake for the interval selected.

61

00:05:47,066 --> 00:05:52,266

You can also choose whether to view your chart as a line or bar chart.

62

00:05:52,266 --> 00:05:57,666

Then select a report from the list on the left.
We'll choose Vitamin K.

63

00:05:57,666 --> 00:06:01,866

And click the "Create Report" button, and the chart will load.

64

00:06:01,866 --> 00:06:06,666

The purple data points represent your vitamin K intake over the time period selected.

65

00:06:06,666 --> 00:06:11,499

Plus, the blue trend line provides a big picture look at the trend in your data points.

66

00:06:11,500 --> 00:06:15,133

For example if you are increasing or decreasing over time.

67

00:06:15,133 --> 00:06:19,166

Your chart will also include a line representing your target or limit.

68

00:06:19,166 --> 00:06:22,566

This is a general recommendation for someone of your age and gender.

69

00:06:22,566 --> 00:06:27,366

You should follow any specific recommendations provided by your healthcare provider.

70

00:06:27,366 --> 00:06:33,766

Click to view the data tab if you would like to see your data in table form instead of in a chart.

71

00:06:33,766 --> 00:06:37,399

On all history charts, you can drill-down for more information.

72

00:06:37,400 --> 00:06:41,200

If you selected a weekly time period, your chart will display in a weekly format,

73

00:06:41,200 --> 00:06:46,800

where all data points from the same week are averaged together and shown in one data point.

74

00:06:46,800 --> 00:06:51,833

Click on any data point to see the days of data that make up that week.

75

00:06:51,833 --> 00:06:54,833

This works the same way for monthly and yearly charts.

76

00:06:54,833 --> 00:07:01,266

For example, if you click on a monthly data point, the chart will update to display the weeks that make up the month.

77

00:07:01,266 --> 00:07:10,099

And once you're viewing daily data points, you can click an individual point to see the foods you ate that day that contributed to your intake.

78

00:07:10,100 --> 00:07:14,100

A Food Details Report will open in a new window.

79

00:07:14,100 --> 00:07:20,233

So as you can see, SuperTracker has many tools available to help you track a specific nutrient. Give it a try today!