

# SuperTracker Incorporates Food Composition Data into Innovative Online Consumer Tool

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USDA



## Outline

- Background
- Introducing the SuperTracker
  - Purpose
  - Functionality
- Developing a database for the SuperTracker
  - Data sources
  - Modifications made
- Lessons learned

## Background

Food composition data has been used in many consumer materials:

- Lists of food sources of nutrients
- Recipe and menu analysis
- Breaking down mixed dishes into food groups

## Background

Many interactive tools have relied on food composition data.

At CNPP these include:

- **MyPyramid Tracker** (original) used FNDDS data for nutrients and PED for food groups
- **MyPyramid Menu Planner** used MPED for food groups and SR for calories and saturated fat.

## SuperTracker

- New dietary and physical activity assessment and planning tool—combines many features of previous tools with new features.
- Part of CNPP's *Dietary Guidelines* communication and implementation plan.
- Almost 3 years of development, design and testing.
- Launched in December 2011—450,000 registered users as of March 2012.

## SuperTracker

What can users do?

- ✓ Look up a food or compare foods
- ✓ Identify appropriate food patterns and targets
- ✓ Analyze food intake and/or physical activity
- ✓ Set personal goals and obtain feedback on progress
- ✓ And more...

# SuperTracker

- Allows for tiered levels of involvement
  - **From** looking up a single food
  - **To** comprehensive dietary, physical activity, and weight assessment and planning.
- Provides real-time interactive feedback
- Offers multiple report options to meet varied needs
- Allows creation of "combos" and favorite foods, to simplify data entry

The screenshot shows the SuperTracker website interface. At the top, there is a green header with the SuperTracker logo and the USDA United States Department of Agriculture logo. Below the header is a navigation bar with links for Home, Food-A-Pedia, My Plan, Track Food & Activity, My Reports, and My Features. The main content area features a large graphic of a plate divided into sections for Fruits, Grains, Dairy, and Protein, with a fork and knife icon. To the right of this graphic is the text "SuperTracker: My foods. My fitness. My health." followed by three bullet points: "Get your personalized nutrition and physical activity plan.", "Track your foods and physical activities to see how they stack up.", and "Get tips and support to help you make healthier choices and plan ahead." Below this is a "Get Started" section with a "Create Your Profile" button. The bottom section contains six tiles: "Food-A-Pedia", "Food Tracker", "Physical Activity Tracker", "My Weight Manager", "My Top 5 Goals", and "My Reports". Each tile has a brief description and a search input field.

[Home](#) [Food-A-Pedia](#) [My Plan](#) [Track Food & Activity](#) [My Reports](#) [My Features](#) [Contact Us](#) [Log Out](#)

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**My foods. My fitness. My health.**

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

---

### Food-A-Pedia >

Look up nutrition info for over 8,000 foods and compare foods side-by-side.

Type in your food here

All Foods

### Food Tracker >

Track the foods you eat and compare to your nutrition targets.

Type in your food here

All Foods

### Physical Activity Tracker >

Enter your activities and track progress as you move.

Type in your activity here

All Activities

### Get Started >

Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.

Or Use the general plan.

### My Weight Manager >

Get weight management guidance, enter your weight and track progress over time.

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Choose up to 5 personal goals, sign up for tips and support from your virtual coach.

### My Reports >

Use reports to see how you are meeting goals and wear your trends over time.

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


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#1. Most, your targets are based on a 2200 Calorie allowance. See your plan for more details. [Switch User](#)

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features | [Manage Profile](#) | [Add People](#) | [Log Out](#)

Food Tracker | My Favorite Foods List | My Combo | Physical Activity Tracker | My Favorite Activities List

You are here: Home > Track Food & Activity > Food Tracker

**Today** 01/12/12

**Physical Activity Target**  
Week of 01/09/12 to 01/14/12  
Target: AT LEAST 150 minutes per week  
Actual: 0 minutes

**Daily Calorie Limit**  
Allowance: 2200  
Eaten: 0  
Remaining: 2200

**Daily Food Group Targets** [View Info](#)

	Grain	Vegetable	Fruit	Dairy	Protein Foods
Target:	3 oz	3 cups	2 cups	3 cups	5 oz
Eaten:	0 oz	0 cups	0 cups	0 cups	0 oz
Status:	-	-	-	-	-

**Food Tracker**

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search: All Foods |

Search Tip

Food Details | My Favorite Foods List

Search for food to see details here.

**Meals** [Days/Week](#) [Check](#) [Copy Meal](#)

**Total Eaten: 0 Calories**

- Breakfast: 0 Calories (EMPTY)
- Lunch: 0 Calories (EMPTY)
- Dinner: 0 Calories (EMPTY)

**Graph**

100% of target  
75%  
50%  
25%  
0% 0% 0% 0% 0% 0%

Total Percentage of Target

Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

**Daily Limits**

Total Calories Eaten: 0  
Empty Calories\* Eaten: 0

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100% of target  
75%  
50%  
25%  
0% 0% 0% 0% 0% 0%

Total Percentage of Target

Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

**Daily Limits**

Total Calories Eaten: 0  
Empty Calories\* Eaten: 0

## Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search: All Foods for  Go

### Search Results

Showing 1-20 of 58 Results 20 items per page

- 1 Oatmeal, instant, cooked without fat
- 2 Oatmeal, quick, cooked without fat
- 3 Oatmeal, regular, cooked without fat
- 4 Oatmeal, instant, cooked with margarine
- 5 Oatmeal, instant, cooked with milk and margarine
- 6 Oatmeal, instant, cooked with milk, without fat
- 7 Oatmeal, instant, cooked with soy milk, without fat
- 8 Oatmeal, multigrain, cooked with milk, without fat
- 9 Oatmeal, multigrain, cooked without fat

100% of target  
75%  
50%  
25%  
0%

Total Percentage of Target

[Graph](#) [Data](#)

Related Links: [Nutrient Intake Report](#) [View By Meal](#)

### Daily Limits

Total Calories Eaten: **0**

■ Empty Calories\* Eaten: 0

Empty Calories\* Limit: 266 Total Limit: 2200

■ Oils Eaten: 0 tsp Limit: 6 tsp  
■ Saturated Fat Eaten: 0g Limit: 24g  
■ Sodium\*\* Eaten: 0mg Limit: 2300mg

## Food Tracker

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- 6 Oatmeal, instant, cooked with milk, without fat
- 7 Oatmeal, instant, cooked with soy milk, without fat
- 8 Oatmeal, multigrain, cooked with milk, without fat
- 9 Oatmeal, multigrain, cooked without fat

100% of target  
75%  
50%  
25%  
0%

Total Percentage of Target

[Graph](#) [Data](#)

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Today

01/12/12

**Physical Activity Target**

Week of 01/09/12 to 01/14/12

Target: AT LEAST 150 minutes per week

Actual: 0 minutes

**Daily Calorie Limit**

Allowance: 2200

Calori: 0

Remaining: 2200

**Daily Food Group Targets**

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	3 oz	2 cups	2 cups	3 cups	5 oz
Eaten	0 oz	0 cups	0 cups	0 cups	0 oz
Remaining	-	-	-	-	-

## Food Tracker

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Search:  for

**Food Details** | My Favorite Foods List

**Oatmeal, quick, cooked without fat**

Choose an amount:

Choose Meal Time(s):  Breakfast  at Men.  at Dad.  Dinner  Snacks

**Meals** | Copy Meals | Clear |

**Total Eaten: 0 Calories**

- Breakfast: 0 Calories (EMPTY)
- Lunch: 0 Calories (EMPTY)
- Dinner: 0 Calories (EMPTY)
- Snacks: 0 Calories (EMPTY)

Graph | Data

Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

**Daily Limits**

Total Calories Eaten: 0

Empty Calories\* Eaten: 0

Empty Calories\* Limit: 205 | Total Limit: 2200

Dis. Fat |  Saturated Fat |  Sodium\*\*

Eaten: 0 g | Eaten: 0 g | Eaten: 0 mg

Food Details

My Favorite Foods List

**Oatmeal, quick, cooked without fat**

Choose an amount:

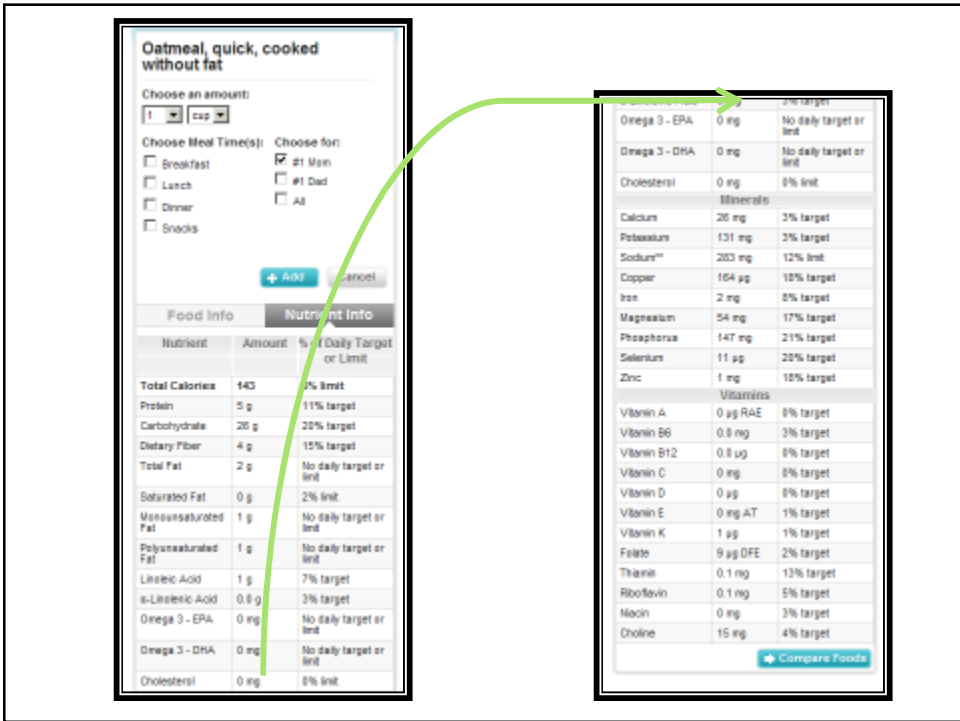
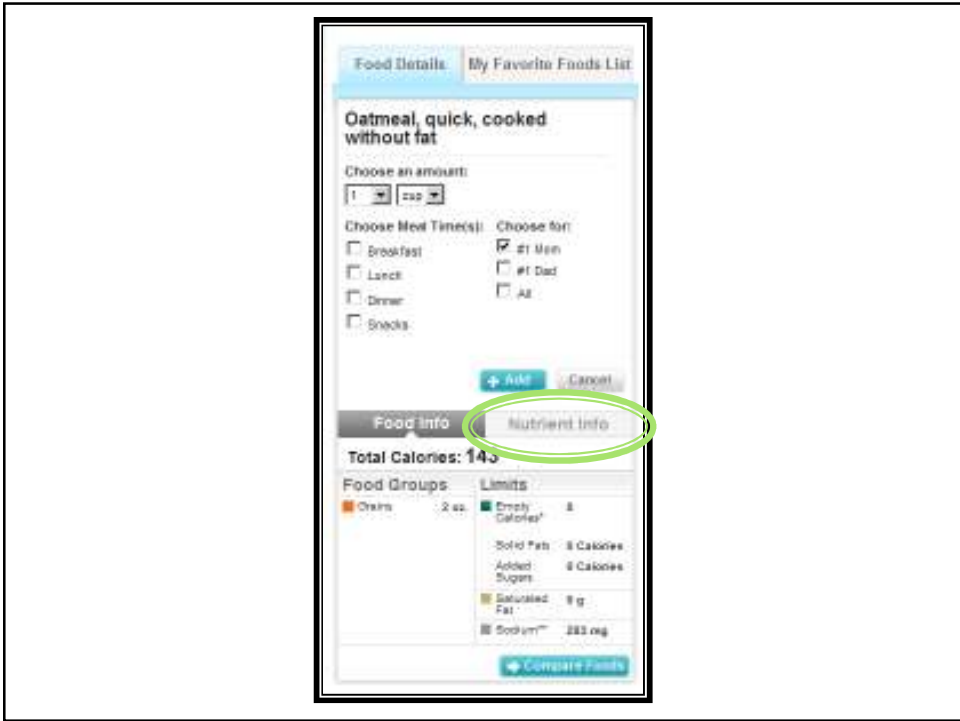
Choose Meal Time(s):  Breakfast  at Men.  at Dad.  Dinner  Snacks

Food Info

Nutrient Info

**Total Calories: 143**

Food Groups	Limits
Grains: 2 oz	Empty Calories*: 4
	Solid Fat: 8 Calories
	Added Sugars: 8 Calories
	Saturated Fat: 8 g
	Sodium**: 283 mg



Today

01/12/12

**Physical Activity Target**

Week of 01/09/12 to 01/14/12

Target: AT LEAST 150 minutes per week

Actual: 0 minutes

**Daily Calorie Limit**

Allowance: 2200

Eaten: 0

Remaining: 2200

**Daily Food Group Targets** More info

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	3 oz	2 cups	2 cups	3 cups	5 oz
Eaten	0 oz	0 cups	0 cups	0 cups	0 oz
Remaining	-	-	-	-	-

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Search: All Foods for  Go

Search Tip

**Food Details** | **My Favorite Foods List**

**Oatmeal, quick, cooked without fat**

Choose an amount: 1 cup

Choose Meal Times:  Breakfast  Lunch  Dinner  Snacks

Choose for:  at Men.  at Dad.  All

+ Add Cancel

**Meals** Copy Meals Clear Create Combo

**Total Eaten: 0 Calories**

**Breakfast** 0 Calories  
EMPTY

**Lunch** 0 Calories  
EMPTY

**Dinner** 0 Calories  
EMPTY

**Snacks** 0 Calories  
EMPTY

**Daily Limits**

Total Calories Eaten: 0

Empty Calories\* Eaten: 0

Empty Calories\* Limit: 265 | Total Limit: 2200

**Cholesterol** Eaten: 0 mg | **Saturated Fat** Eaten: 0g | **Sodium\*\*** Eaten: 0mg

Today

01/12/12

**Physical Activity Target**

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Target: AT LEAST 150 minutes per week

Actual: 0 minutes

**Daily Calorie Limit**

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Eaten: 0

Remaining: 2200

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+ Add Cancel

**Meals** Copy Meals Clear Create Combo

**Total Eaten: 0 Calories**

**Breakfast** 0 Calories  
EMPTY

**Lunch** 0 Calories  
EMPTY

**Dinner** 0 Calories  
EMPTY

**Snacks** 0 Calories  
EMPTY

**Daily Limits**

Total Calories Eaten: 0

Empty Calories\* Eaten: 0

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**Cholesterol** Eaten: 0 mg | **Saturated Fat** Eaten: 0g | **Sodium\*\*** Eaten: 0mg

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Actual: 0 minutes

**Daily Calorie Limit**

Allowance: 2200

Eaten: 0

Remaining: 2200

**Daily Food Group Targets** More info

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	7 oz	2 cups	2 cups	3 cups	5 oz
Eaten	0 oz	0 cups	0 cups	0 cups	0 oz
Remaining	-	-	-	-	-

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**Oatmeal, quick, cooked without fat**

Choose an amount:  cup

Choose Meal Times:  Breakfast  Lunch  Dinner  Snacks

Choose for:  at Men.  at Dad  All

+ Add Cancel

**Meals** Copy Meals Clear Create Combo

**Total Eaten: 0 Calories**

**Breakfast: 0 Calories**  
EMPTY

**Lunch: 0 Calories**  
EMPTY

**Dinner: 0 Calories**  
EMPTY

**Snacks: 0 Calories**  
EMPTY

**100% of target**

**Total Percentage of Target**

Graph | Data

Related Links: [Recent Intake Report](#) | [View By Meal](#)

**Daily Limits**

**Total Calories Eaten: 0**

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Cholesterol Saturated Fat Sodium\*\*

Eaten: 0 mg | Eaten: 0 g | Eaten: 0 mg

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**Total Eaten: 0 Calories**

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EMPTY

**Lunch: 0 Calories**  
EMPTY

**Dinner: 0 Calories**  
EMPTY

**Snacks: 0 Calories**  
EMPTY

**100% of target**

**Total Percentage of Target**

Graph | Data

Related Links: [Recent Intake Report](#) | [View By Meal](#)

**Daily Limits**

**Total Calories Eaten: 0**

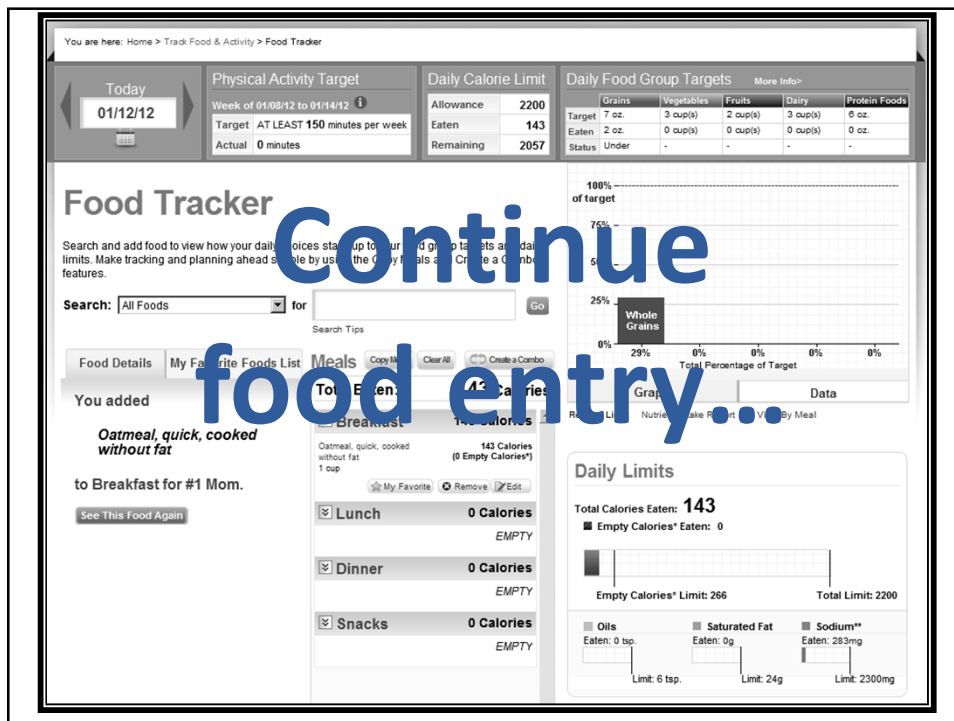
**Empty Calories\* Eaten: 0**

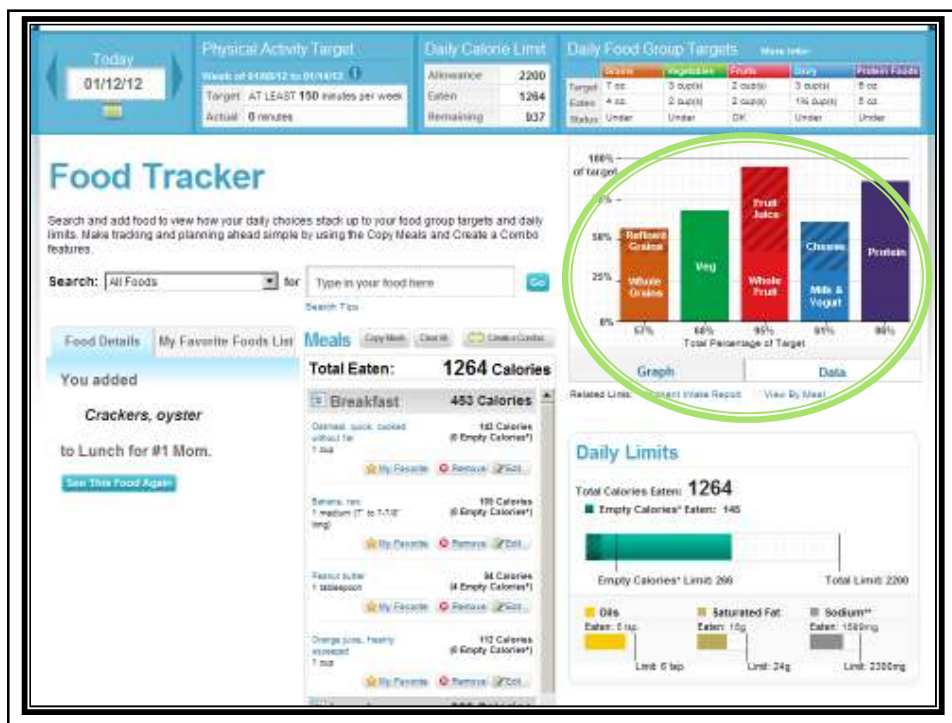
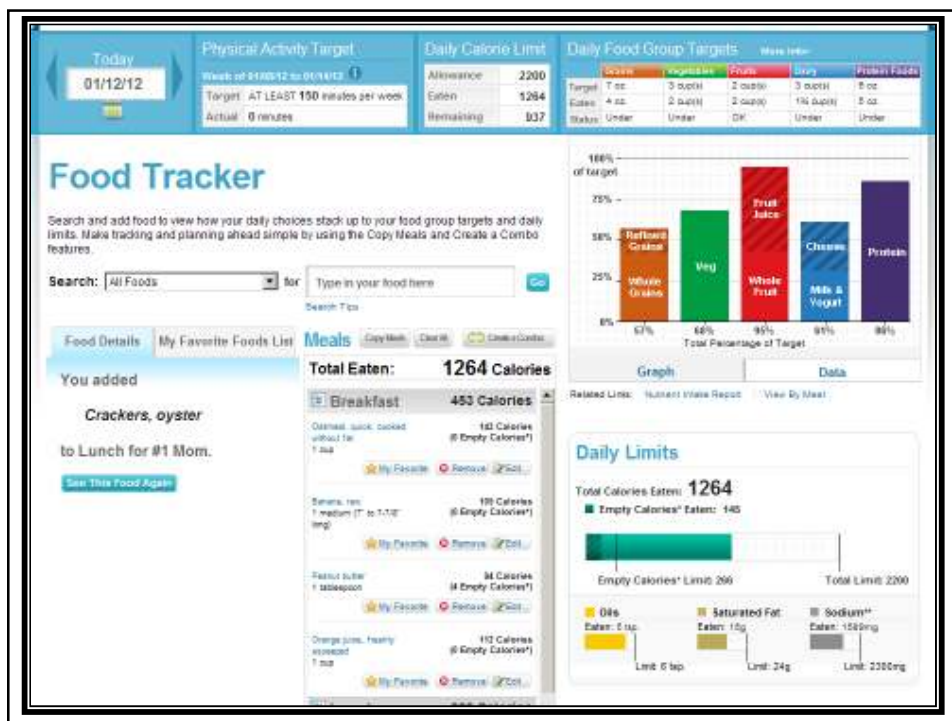
Empty Calories\* Limit: 265 | Total Limit: 2200

Cholesterol Saturated Fat Sodium\*\*

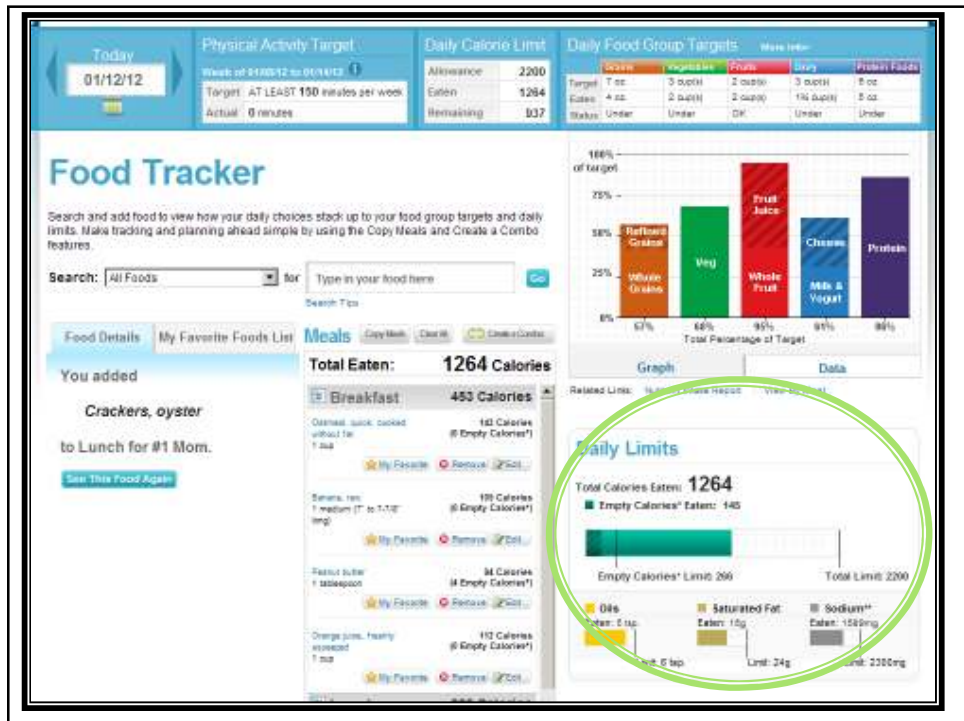
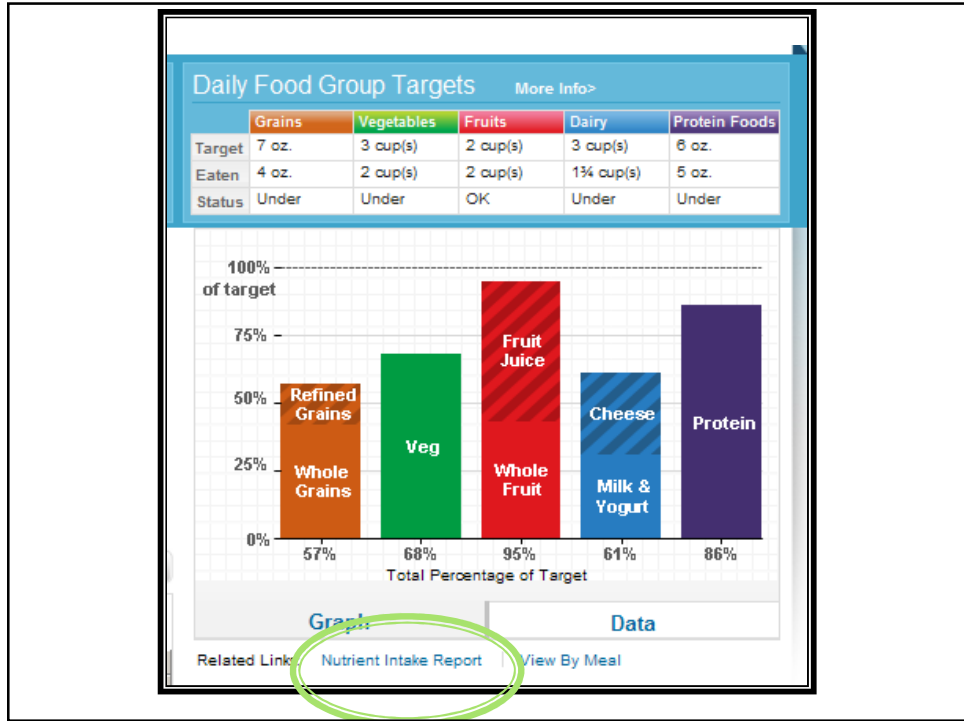
Eaten: 0 mg | Eaten: 0 g | Eaten: 0 mg

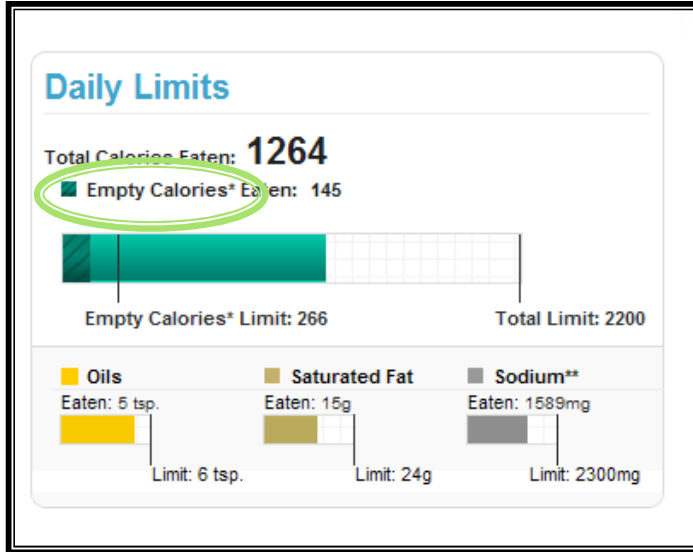
14











**Empty Calories** = Calories from solid fats + calories from added sugars + calories from alcohol

## Data Needed and Modifications to Data

## For Each Food Item

### Need:

- Calories and nutrients (per 100 grams)
- Food groups and subgroups (per 100 grams)
- Oils, solid fats, added sugars, and alcohol (per 100 grams)
- Portion options and weight of each portion
- Foods in ready-to-consume forms

## Data Sources

- **FNDDS 4.1:**
  - Calories and nutrients per 100 grams
  - Portion options and weight of each portion
- **MPED 2.0 and CNPP Addendum to MPED:**
  - Food groups and subgroups per 100 grams
  - Oils, solid fats, added sugars, and alcohol per 100 grams

## Data Sources

- **CNPP Addendum to MPED:**
  - Developed in collaboration with ARS.
  - Includes all MPED variables for 820 foods new to NHANES in 2005-06 and 2007-08.
  - Supplementary to MPED 2.0 and available until next equivalent database is released by ARS.
  - See poster for more information and how to access data and documentation.

## Modifications to Data

- Adding foods most requested by users, when feasible
- Creating consumer-friendly name(s) for each food item—allowing multiple names
- Setting priorities for order in which items are returned from a search
- Creating search categories to narrow focus of search
- Identifying consumer-friendly portion options

## Top Foods Requested from over 1200 specific requests

Already in ST	Added to ST	Not yet added to ST
Sweet Potato	Greek Yogurt (various types)	Almond Milk
Chicken breast, boneless, skinless	Various vegetables and grains, no salt added	Multi-vitamins
Tomatoes		Rice milk
Bell peppers, raw, sweet		Coconut Milk
Whole wheat pasta, plain		Agave, nectar, syrup
Steel Cut Oats/Oatmeal		

## Foods that users could not find:

User looked for:	Original name(s):	Edited name(s):
Sweet potato	Sweetpotato	Sweet potato
Boneless, skinless chicken breast	Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten	Chicken, breast, boneless, skinless, roasted, broiled, or baked
Tomato	Tomatoes, raw	Tomato, raw Tomatoes, raw
Donuts	Doughnuts	Doughnuts Donuts
Bell pepper	Green pepper(s) Pepper(s), green Red pepper(s) Pepper(s), red	TBD

## Food Names: Options

FNDDS name	SuperTracker name(s)
Strawberries, raw	Strawberries, raw Strawberry, raw
Milk, cow's, fluid, whole	Milk, whole Whole milk
Milk, cow's, fluid, 1% fat	1% milk Low fat milk Milk, low fat (1%)

## Food Names: Options

FNDDS name	SuperTracker name(s)
White potato, from fresh, mashed, made with milk and fat	Mashed potatoes, with milk and margarine or butter
	Potato, mashed, with milk and margarine or butter
	Potatoes, mashed, with milk and margarine or butter

## Food Names: Options

FNDDS name	SuperTracker name(s)
White potato, from dry, mashed, made with milk and fat	Potato, instant, mashed, with milk and margarine or butter
	Potatoes, instant, mashed, with milk and margarine or butter

## Food Names: Specifying Salt

FNDDS name	SuperTracker name(s)
Oatmeal, cooked, quick (1 or 3 minutes), fat not added in cooking	Oatmeal, quick, cooked (with salt, no fat added)
<b>NEW ITEM</b>	Oatmeal, quick, cooked (no salt or fat added)

## Food Names: Specifying salt

FNDDS name	SuperTracker name(s)
Broccoli, cooked, from fresh, fat not added in cooking	Broccoli, fresh, cooked (with salt, no fat added)
<b>NEW ITEM</b>	Broccoli, fresh, cooked (no salt or fat added)

## Food Names: Specifying Salt

FNDDS name	SuperTracker name(s)
Broccoli, cooked, from fresh, fat added in cooking	Broccoli, fresh, cooked (with salt and margarine)
Broccoli, cooked, from fresh, fat added in cooking W/ BUTTER, NFS	Broccoli, fresh, cooked (with salt and butter)
Broccoli, cooked, from fresh, fat added in cooking W/ VEGETABLE OIL, NFS (INCLUDE OIL, NFS)	Broccoli, fresh, cooked (with salt and vegetable oil)



## Setting Priorities for Search Results

### Step 1

- To assist with search, added a comma after first one or two words (“milk,” “ice cream,”) for many foods
- Search program returns these items first—treats comma as a letter prior to “a”.

### Step 2

- Establish priorities when a large number of items start with a specific word and comma.
- Without priorities, items are sorted in alpha order.

## Setting Priorities for Search Results

Example—For a search on “milk”:

- 585 total results
- For 42 of these, food name starts with “milk,”
- Added priorities to sort within these 42 items

**Initial sort—alpha order**

Milk, chocolate flavored, fat free (skim)  
Milk, chocolate flavored, low fat (1%)  
Milk, chocolate flavored, reduced fat (2%)  
Milk, chocolate flavored, whole  
Milk, dry, fat free, reconstituted  
Milk, dry, low fat, not reconstituted  
Milk, dry, low fat, reconstituted  
Milk, dry, nonfat, not reconstituted  
Milk, dry, whole, not reconstituted  
Milk, dry, whole, reconstituted  
Milk, fat free (skim)  
Milk, fat free (skim), calcium fortified  
Milk, fat free (skim), lactose-free  
Milk, fat free (skim), lactose-free, calcium fortified  
Milk, fat free (skim), with chocolate syrup  
Milk, fat free (skim), with strawberry or vanilla flavor  
Milk, goat's  
Milk, low fat (1%)  
Milk, low fat (1%) with strawberry or vanilla flavor  
Milk, low fat (1%), acidophilus

**Final order**

Milk, fat free (skim)  
Milk, low fat (1%)  
Milk, reduced fat (2%)  
Milk, whole  
Milk, chocolate flavored, fat free (skim)  
Milk, chocolate flavored, low fat (1%)  
Milk, chocolate flavored, reduced fat (2%)  
Milk, chocolate flavored, whole  
Milk, soy (soy beverage)  
Milk, soy (soy beverage), chocolate  
Milk, soy (soy beverage), fat free (nonfat)  
Milk, soy (soy beverage), fat free (nonfat), chocolate  
Milk, soy (soy beverage), light  
Milk, soy (soy beverage), light, chocolate  
Milk, goat's  
Milk, fat free (skim), calcium fortified  
Milk, fat free (skim), lactose-free  
Milk, fat free (skim), lactose-free, calcium fortified  
Milk, low fat (1%), acidophilus  
Milk, low fat (1%), calcium fortified

## Search Categories

- 12 categories plus “all foods”
- Narrows range of search results
- Food can appear in multiple search categories
  - Milk is in both “Beverages” and Dairy”
  - Graham crackers is in “Breads, cereals, and bakery items”, “Snacks”, and “Sweets and desserts”

## Search Categories

- |                                    |                                    |
|------------------------------------|------------------------------------|
| • All Foods                        | • Dairy                            |
| • My Favorite Foods                | • Meat, Poultry, Fish and Eggs     |
| • Beverages                        | • Meals and Entrees (Mixed Dishes) |
| • Breads, Cereals and Bakery Items | • Snacks                           |
| • Pasta and Rice                   | • Fast Foods                       |
| • Fruits                           | • Sweets and Desserts              |
| • Vegetables                       |                                    |

## Portion Options

- Based on FNDDS portions
- One default portion identified for each food
- Increments set for all portion options – in  $\frac{1}{4}$  to 1 unit change, based on the portion
- Average of 2 portion options per food
- In some cases, calculated a new portion (teaspoon or Tablespoon)

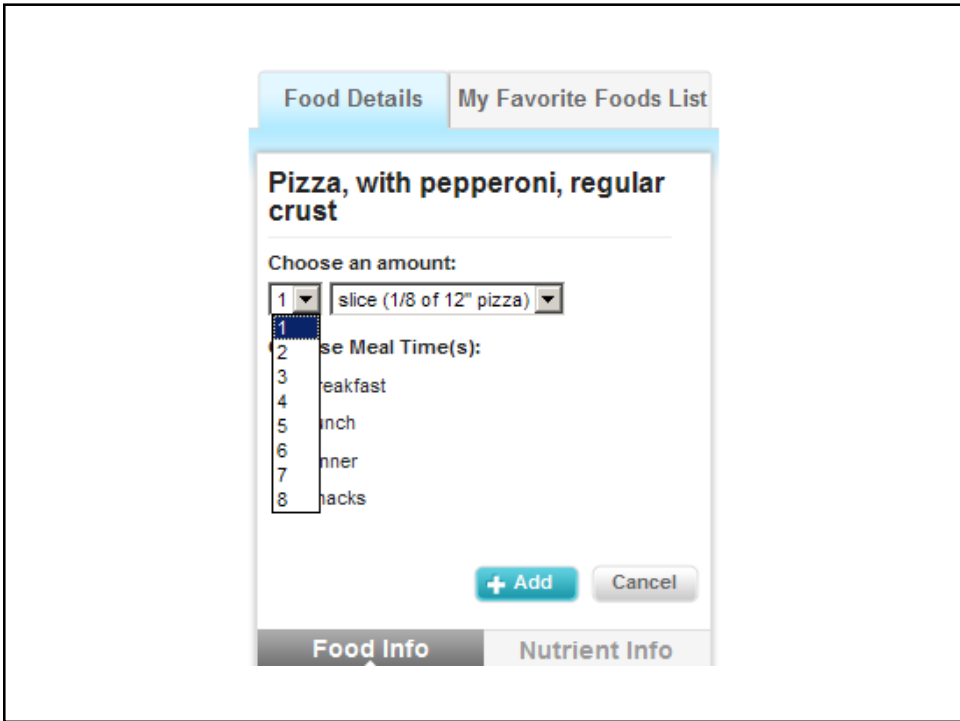
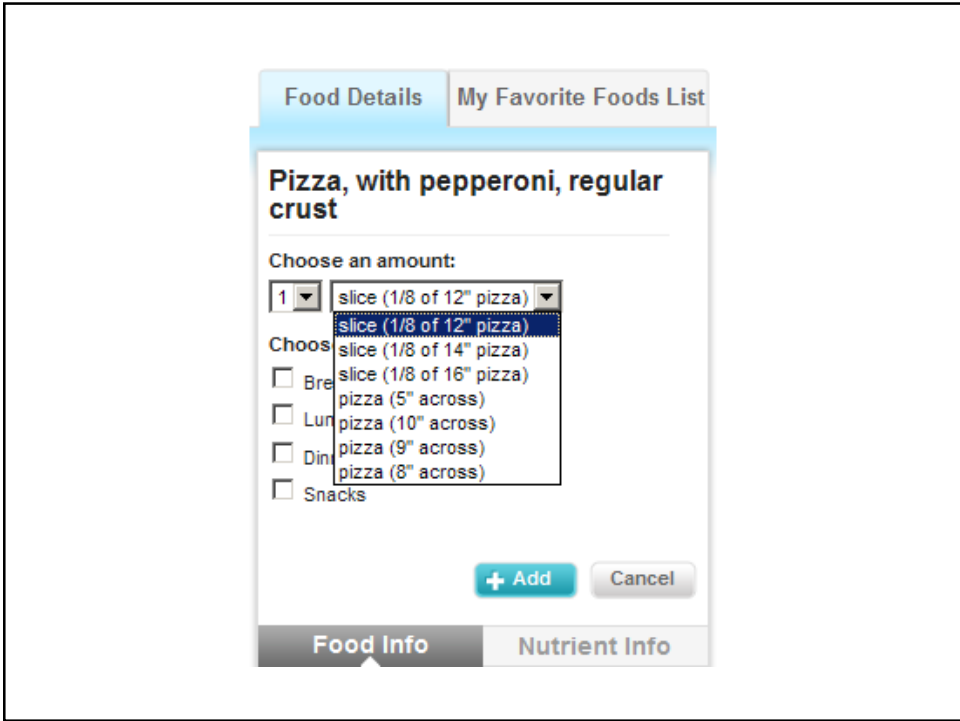
The image displays two side-by-side screenshots of a software interface for selecting food portions. Each screenshot has a header with 'Food Details' and 'My Favorite Foods List' tabs. The left screenshot is for 'Milk, reduced fat (2%)'. It features a 'Choose an amount:' section with a quantity dropdown set to '1' and a unit dropdown set to 'cup (school carton)'. Below this is a 'Choose fluid ounce(s)' dropdown menu. At the bottom, there are checkboxes for 'Breakfast', 'Lunch', 'Dinner', and 'Snacks', along with '+ Add' and 'Cancel' buttons. The right screenshot is for 'Apple, raw'. It has a 'Choose an amount:' section with a quantity dropdown set to '1' and a unit dropdown set to 'medium (2-3/4" across)'. Below this is a 'Choose' dropdown menu. At the bottom, there are checkboxes for 'Breakfast', 'Lunch', 'Dinner', and 'Snacks', along with '+ Add' and 'Cancel' buttons. Both screenshots have a footer with 'Food Info' and 'Nutrient Info' tabs.

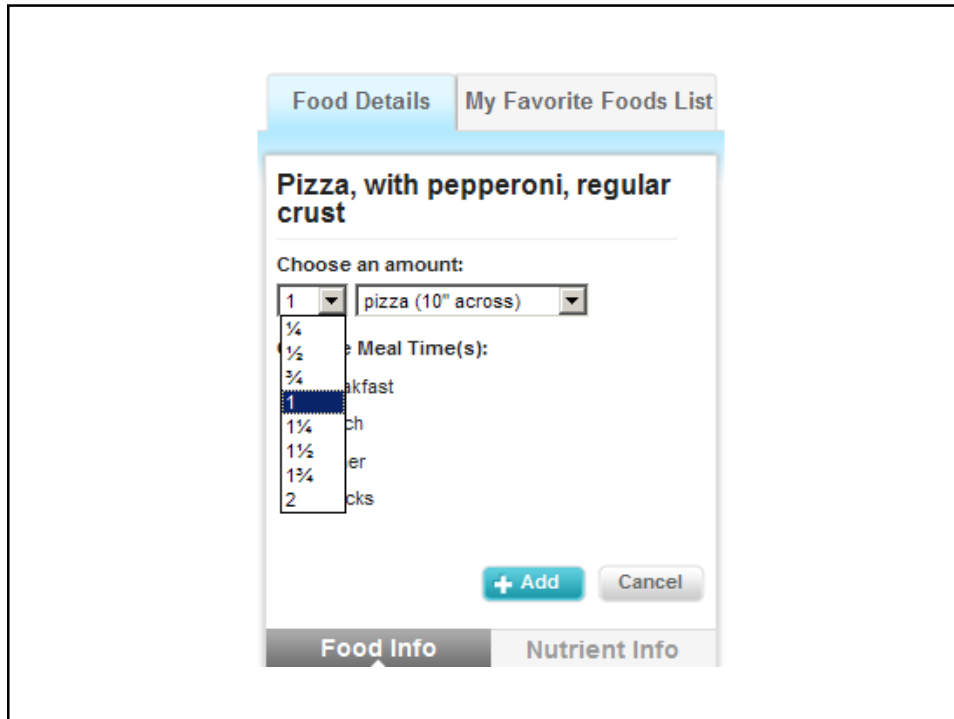
## Portion Options: Mozzarella

<u>FNDDS Measure</u>	<u>Weight</u>	<u>ST Measure (increment)</u>
100 Grams	100	
1 cup, NFS	113	
1 cup, diced	132	
→ 1 cup, shredded	113	cup, shredded (.25)
1 cubic inch	17.6	
→ 1 slice (1 oz)	28.35	slice (1 oz) (.5)
→ 1 stick	28.35	string cheese stick (.5)
1 string	4.7	
1 cracker-size slice	7	
Quantity not specified	28	

## Portion Options: Pizza

- Many pizza items in FNDDS have whole pizzas portions only
- Added “slice” as option for common size pizzas
  - slice (1/8 of 12" pizza)
  - slice (1/8 of 14" pizza)
  - slice (1/8 of 16" pizza)
- Increments of “1” for slice portions
- Increments of “¼” for whole pizza options





## Portion Options: Olive Oil

	<u>FNDDS Measure</u>	<u>Weight (g)</u>	<u>ST Measure</u>	<u>(increment)</u>
	100 Grams	100		
➔	1 cup	216	Cup	(.25)
➔	1 Tablespoon	13.5	Tablespoon	(.5)
	Quantity not specified	13.5		
➔	<b>NEW PORTION</b>	4.5	Teaspoon	(1)

# Viewing Results

The screenshot displays a 'Food Tracker' application interface. At the top, it shows the date 'Today 01/12/12' and a 'Physical Activity Target' for the week of 01/08/12 to 01/14/12, with a target of 'AT LEAST 150 minutes per week' and an actual count of '0 minutes'. The 'Daily Calorie Limit' section shows an allowance of 2200, 1264 eaten, and 937 remaining. The 'Daily Food Group Targets' table is as follows:

Group	Target	Actual	Status
Grains	3 cups	2 cups	Under
Vegetables	2 cups	2 cups	OK
Fruits	3 cups	1 1/2 cups	Under
Dairy	3 cups	5 oz	Under
Protein Foods	5 oz	5 oz	Under

The main section features a search bar and a list of 'Meals' including Breakfast (453 Calories), Dinner (181 Calories), and Protein (112 Calories). A bar chart titled 'Total Percentage of Target' shows progress for Grains (57%), Veg (66%), Fruit Juice (95%), Milk & Yogurt (95%), and Protein (95%). The 'Daily Limits' section shows 'Total Calories Eaten: 1264' and 'Empty Calories\* Eaten: 145' against a 'Total Limit: 2200'. A green circle highlights the bar chart and the 'Daily Limits' section.



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- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

### Food-A-Pedia >

Look up nutrition info for over 8,000 foods and compare foods side-by-side.

Type in your food here

All Foods

### Food Tracker >

Track the foods you eat and compare to your nutrition targets.

Type in your food here

All Foods

### Physical Activity Tracker >

Enter your activities and track progress as you move.

Type in your activity here

All Activities

### Get Started >

Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.

[Create Your Profile](#)

Or Use the generic plan.

### My Weight Manager >

Get weight management guidance, enter your weight and track progress over time.

### My Top 5 Goals >

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### My Reports >

Use reports to see how you are meeting goals and wear your trends over time.

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## My Reports

Viewing your trends over time can help you achieve food and activity goals. Use reports to see where you're meeting your goals and identify areas you'd like to work on.



### Food Groups & Calories >

Get your average intake of Calories and food groups for any time period you choose.

### Nutrients >

Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose.

### Food Details >

See the food group and nutrient content of your foods each day.

### Meal Summary >

View a menu of foods you've eaten or planned for any time period you choose.

### Physical Activity >

View your weekly physical activities to compare against Physical Activity Guidelines for Americans.

### History Charts >

See a graph of your trend history for weight, Calories, physical activity, food groups, or nutrients.

### Food Groups and Calories Report

Your plan is based on a default 2800 Calorie allowance.

Food Groups	Target	Average Eaten	Status
<b>Grains</b>	6 ounce(s)	41 ounce(s)	Under
▣ Whole Grains	≥ 3 ounce(s)	2 ounce(s)	Under
▣ Refined Grains	≥ 3 ounce(s)	21 ounce(s)	OK
<b>Vegetables</b>	2 1/2 cup(s)	1 1/2 cup(s)	Under
▣ Dark Green	1 1/2 cup(s)/week	1/2 cup(s)	Under
▣ Red & Orange	5 1/2 cup(s)/week	1/2 cup(s)	Under
▣ Beans & Peas	1 1/2 cup(s)/week	0 cup(s)	Under
▣ Starchy	5 cup(s)/week	0 cup(s)	Under
▣ Other	4 cup(s)/week	1/2 cup(s)	Under
<b>Fruit</b>	2 cup(s)	1 cup(s)	Under
▣ Fruit Juice	No Specific Target	1/2 cup(s)	No Specific Target
▣ Whole Fruit	No Specific Target	1/2 cup(s)	No Specific Target
<b>Dairy</b>	3 cup(s)	1 1/2 cup(s)	Under
▣ Milk & Yogurt	No Specific Target	1/2 cup(s)	No Specific Target
▣ Cheese	No Specific Target	1 cup(s)	No Specific Target
<b>Protein Foods</b>	5 1/2 ounce(s)	3 ounce(s)	Under
▣ Meat, Poultry & Eggs	No Specific Target	1/2 ounce(s)	No Specific Target
▣ Nuts, Seeds & Soy	No Specific Target	0 ounce(s)	No Specific Target
▣ Seafood	0 ounce(s)/week	1 1/2 ounce(s)	Under
<b>Alc</b>	0 beverage	1 beverage	Under
<b>Limits</b>	<b>Allowance</b>	<b>Average Eaten</b>	<b>Status</b>
▣ Total Calories	2800 Calories	1975 Calories	OK
▣ Empty Calories*	≤ 258 Calories	271 Calories	Over
▣ Solid Fats	-	244 Calories	-
▣ Added Sugars	-	27 Calories	-

Limits	Allowance	Average Eaten	Status
▣ Total Calories	2800 Calories	1975 Calories	OK
▣ Empty Calories*	≤ 258 Calories	271 Calories	Over
<b>Food Sources <sup>2</sup></b>		<b>Tips</b>	
1. Macaroni, creamed, with cheese, made with butter (Fettucine Alfredo)	24% of intake	1. Empty Calories are the Calories from food components, such as added sugars and solid fats, that provide little nutritional value.	
2. Butter, stick, salted	17% of intake	2. Choose fewer and smaller portions of grain-based desserts, sodas, and other sugar-sweetened beverages.	
3. Cookie, chocolate chip, homemade or bakery	16% of intake	3. Limit Empty Calories by trimming fat from meat, using less butter and stick margarine, using less sugar or syrup, and eating less fried foods.	
4. Pizzas, with vegetables, regular crust	12% of intake		
5. Cheese, Feta	12% of intake		
6. Spinach salad, no dressing	11% of intake		
7. Cheese spread, cream cheese, light	4% of intake		
8. 1% milk	3% of intake		
▣ Solid Fats	-	244 Calories	-
▣ Added Sugars	-	27 Calories	-
*Limit your intake of Empty Calories. Empty Calories are from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.			

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See a graph of your trend history for weight, calories, physical activity, food groups, or nutrients.

You are here: Home > My Reports > History Charts

## History Charts

See a graph of your trend history for weight, calories, physical activity, food groups, or nutrients. Click on any data point to view more detail.

[New report](#) Choose Profiles  Time Period:  01/03/12 thru 01/16/12  Select Chart Type:  [Create Report](#)

**Weight**

**Physical Activity**

**Calories**

- Total Calories
- Empty Calories

**Food Groups**

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

**Nutrients**

- Protein
- Carbohydrate
- Dietary Fiber**
- Total Fat
- Saturated Fat
- Monounsaturated Fat
- Polyunsaturated Fat
- Cholesterol
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K
- Vitamin B6
- Vitamin B12
- Folate
- Iron
- Zinc
- Sodium
- Potassium
- Calcium
- Magnesium
- Copper
- Selenium
- Phosphorus
- Manganese
- Niacin
- Thiamin
- Riboflavin
- Panthenic Acid
- Biotin
- Inositol
- Choline
- Cholesterol

Chart Data

### Sarah's Dietary Fiber Intake History for 01/03/12 - 01/16/12

Your plan is based on a 1600 Calorie allowance.

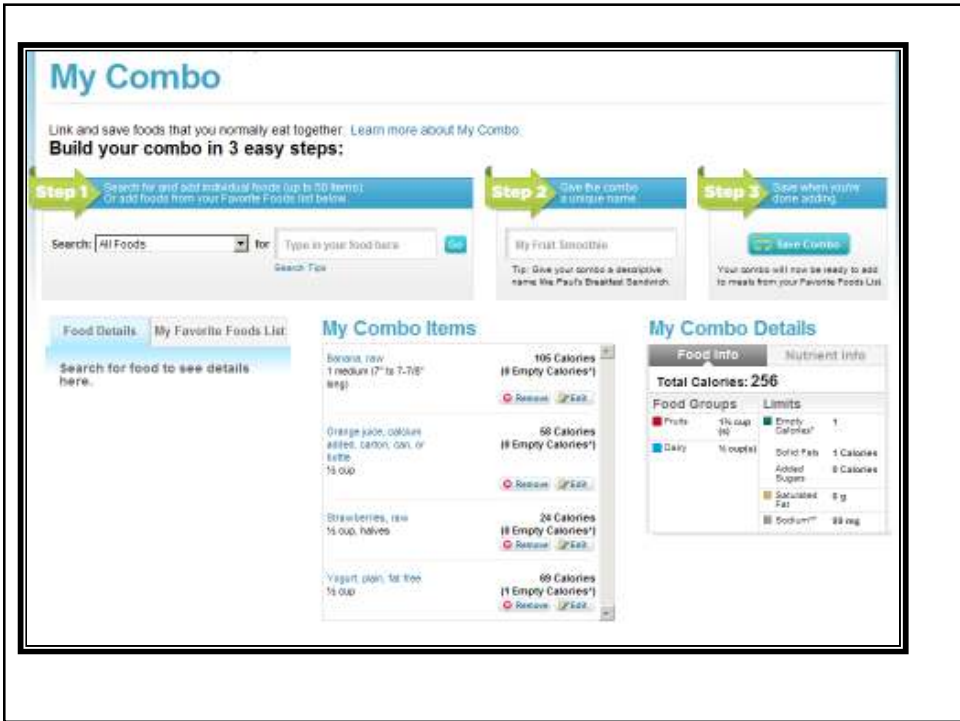


Date	Dietary Fiber Intake (g)	Target (g)
01/03/12	15	25
01/04/12	12	25
01/05/12	10	25
01/06/12	8	25
01/07/12	10	25
01/08/12	12	25
01/09/12	15	25
01/10/12	18	25
01/11/12	20	25
01/12/12	18	25

## User Created Food Combos

- At present, there are no options for users to
  - enter a new food
  - enter a recipe (including raw ingredients)
- These are common use requests, may be able to include some functionality in future
- But for now—My Combo provides limited recipe functionality





## My Combo

Link and save foods that you normally eat together. Learn more about My Combo:

**Build your combo in 3 easy steps:**

**Step 1** Search for and add individual foods (up to 50 items) or add foods from your Favorite Foods list below.

Search:  for

Search Tip

**Step 2** Give the combo a unique name.

Tip: Give your combo a descriptive name like Paul's Grilled Sandwich.

**Step 3** Save what you're done adding.

Your combo will now be ready to add to meals from your Favorite Foods List.

**Your combo is created and saved in your Favorite Foods List.**

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# SuperTracker

United States Department of Agriculture

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**My Reports >**  
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You are here: Home > Create Profile

## Create Your Profile

Step 1
Personalize Your Profile (Optional but recommended)

If you'd like a personal Calorie limit and food plan, provide the information below. For best results and access to more features, include your height and weight.

\* Required information to personalize



**Profile Name:**

**Age:**

**Gender:**

**Physical Activity:**

**Height:**  ft.  in.

**Weight:**  lbs.

Enter a display name (not your legal name) for your profile, such as JM12, Julie, or Mom.

**Which option is best for me?**  
Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

**What if I do vigorous instead of moderate activity?**  
When doing moderate activity you can talk, but not sing (like brisk walking); when doing vigorous activity you cannot say more than a few words without pausing for breath (like running).

Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

Step 2
Register to Save Your Profile

Register to save your data and access it any time.

\* Required information to register

**Username:**   
(5-30 Characters)

**Password:**   
(8-15 Characters)

**Re-Enter Password:**

**Password Hint:**

**Password Security Question:**

**Your Answer:**

**Email Address:**

**Re-Enter Email:**

Enter a word or a phrase that will help you remember your password.

Choose a security question with an answer unique to you to help you reset your password if needed.

While not required, an email address will help you retrieve your username if needed.

Step 3
Submit to View Your Plan

## Lessons Learned

- “Recommend a food item” function has been very useful.
- More is better for food name options—will continue to add synonyms based on user feedback.
- Complex search logic needed to drive most likely results to top of list.
- Need a strategy for incorporating brand name foods and dealing with changes in formulations over time.
- Users are quite savvy—they note discrepancies with company websites.

## Summary

- SuperTracker provides a very useful tool for many consumers.
- Database continues to evolve and improve as we learn from users.
- Would like to eventually add more requested functions, such as recipe analysis
- We could not do this without relying on colleagues at ARS to provide the basic data.



Try the SuperTracker at:

<https://www.choosemyplate.gov/SuperTracker/>

Or Google “SuperTracker”

