

Print-Ready Tools



On the following pages you will find additional resources that you can print and/or copy for students, including:

- SuperTracker Scavenger Hunt
- Use SuperTracker Your Way—10 tips to get started
- SuperTracker Flyer
- MyPlate My Wins: Hacking Your Snack

SuperTracker Scavenger Hunt

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

1. Pick your two favorite snacks. Using SuperTracker's *Food-A-Pedia*, run a side-by-side comparison. Write down which snacks you compared, and the amount of calories in each.

Snack 1: _____ has _____ calories

Snack 2: _____ has _____ calories

2. What did you have for breakfast? Use SuperTracker's *Food Tracker* to enter the foods and beverages you had this morning. Of the five food groups - Grains, Vegetables, Fruits, Dairy, Protein Foods - how many did you incorporate into your morning meal?

Circle one: 1 2 3 4 5

3. According to the *Physical Activity Tracker*, what is the minimum number of minutes a week adults should perform to maintain a healthy weight and receive health benefits?

_____ minutes

4. Visit the *My Reports* section. How many reports does SuperTracker offer?

_____ reports

5. Under the *My Features* navigation, what types of personalized support are available in SuperTracker?

Circle one: A. Goal setting
 B. Weight management
 C. Journaling
 D. All of the above

6. **OPTIONAL:** Go to the *Create Profile* page, and complete the personalization and/or registration section to get a personalized plan and/or sign up for a SuperTracker account.

Circle all that apply: A. I personalized a profile.
 B. I registered a profile.
 C. I already have a SuperTracker account!



10 tips

Nutrition Education Series

use SuperTracker your way



10 tips to get started

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

1 create a profile

Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.

2 compare foods

Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.



3 get your plan

View **My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.

4 track your foods and activities

Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.



5 build a combo

Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.

6 run a report

Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an in-depth analysis of food group and nutrient intakes over time.



7 set a goal

Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.



8 track your weight

Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.



9 record a journal entry

Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

10 refer a friend!

Tell your friends and family about **SuperTracker**; help them get started today.



SuperTracker

Take charge of YOUR health today
with USDA's free
SuperTracker application!



<p>Food-A-Pedia > Look up nutrition information for over 8,000 foods and compare foods side-by-side.</p> <p>Type in your food here <input type="button" value="Go"/></p> <p>All foods <input type="button" value="v"/></p> 	<p>Food Tracker > Track the foods you eat and compare to your nutrition targets.</p> <p>Type in your food here <input type="button" value="Go"/></p> <p>All foods <input type="button" value="v"/></p> 	<p>Physical Activity Tracker > Enter your activities and track progress as you move.</p> <p>Type in your activity here <input type="button" value="Go"/></p> <p>All activities <input type="button" value="v"/></p> 
<p>My Weight Manager > Get weight management guidance; enter your weight and track progress over time.</p> 	<p>My Top 5 Goals > Choose up to five personal goals; sign up for tips and support from your virtual coach.</p> 	<p>My Recipe > Build and save your favorite recipes for tracking, and analyse the nutrition information.</p> 



www.SuperTracker.usda.gov



Congratulations



You're a SuperTracker star!

Keep working toward your goals at
www.SuperTracker.usda.gov



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MyPlate MyWins: Hacking Your Snacks



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



Make it a combo

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



Snack on the go

Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.



List more tips



Organización de los refrigerios

Planear refrigerios sanos puede ayudar a saciar el hambre entre comidas y permitirle cumplir con los objetivos de los grupos alimenticios.



Prepárelo usted mismo

Prepare su propia mezcla energética con nueces sin sal y agregue semillas, frutos secos, palomitas de maíz o unas pocas pepitas de chocolate.



Prepare con antelación

Divida los refrigerios en porciones, en bolsas o recipientes, al volver a casa después de hacer la compra para que estén listos para llevar cuando los necesite.



Combínelos

Combine varios grupos alimenticios para crear refrigerios que satisfagan: yogur y bayas, manzana con mantequilla de cacahuete, galletitas de cereal integral con pavo y aguacate.



Coma vegetales interesantes

Dé vida a las vegetales crudas con salsas. Pruebe a untar pimientos, zanahorias o pepinos en hummus, tzatziki, guacamole o salsa de berenjena.



Refrigerios para llevar

Lleve refrigerios listos para comer al salir de casa. Un plátano, yogur (en una hielera) o zanahorias pequeñas son opciones sanas fáciles de llevar.



Listar más consejos
