



United States Department of Agriculture



POWER UP!

A stylized graphic of a red apple and a green broccoli head, positioned to the right of the word "UP!".

SUPERCHARGE YOUR
FOOD & FITNESS

Acknowledgments

PowerUp! Was developed by the Food and Nutrition Service of the U.S. Department of Agriculture. FNS wishes to extend a sincere thank you to those individuals who provided their extensive knowledge and expertise to this program from concept to finish.

USDA Project Managers/Members

Project Officer

- Usha Kalro, MS, RDN
Supplemental Nutrition Assistance Program, Food and Nutrition Service, USDA

Project Team

- Jane Duffield, MPA
Supplemental Nutrition Assistance Program, Food and Nutrition Service, USDA
- Jackie Haven, MS, RDN
Center for Nutrition Policy and Promotion, USDA
- Sarah A. Chang, MPH, RDN
Center for Nutrition Policy and Promotion, USDA
- Maya Maroto, MPH, RDN
Child Nutrition, USDA

Pilot Schools

- Thurgood Marshall Academy Public Charter School, Washington, DC
- Rainbow Center, Starke, FL
- Ocoee High School, Ocoee, FL

University of Florida Extension Service

- Kim Griffin, MPH, RD, LDN

Contractor Teams

This curriculum was created through a contract with the Panum Group, Weber Shandwick and KRC Research.

Panum Group Project Team

- Carol Olander, PhD
- Chrys Kramer
- Patsy Palmer

Weber Shandwick Project Team

- Sally Squires, MS, MS
- Carly Whiteside
- Sarah Braswell

KRC Research Project Team

- Mark Richards, PhD
- Lindsay Gutekunst
- Dylan Luper

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Supporting Materials Overview

This packet contains supporting materials for the Power Up! curriculum. Here is a brief overview of the materials included within this packet:

- Marketing Materials – materials to help promote the program and your school’s participation in it
- Marketing Presentation – a presentation deck that provides an overview of the presentation for use with parents, community members or administrators
- Teacher Training Presentation – a presentation deck to train teachers who are participating in the program
- Teen Nutrition Council Guidance – guidance on starting a teen nutrition council
- Handouts – all of the handouts from the curriculum that can be copied and distributed to students

Marketing Materials

Marketing Materials Overview

Congratulations on participating in USDA's Power Up! Now it's time to share the news about this exciting program with those outside the classroom—from family members and friends, to school district administrators, to local community organizations and businesses.

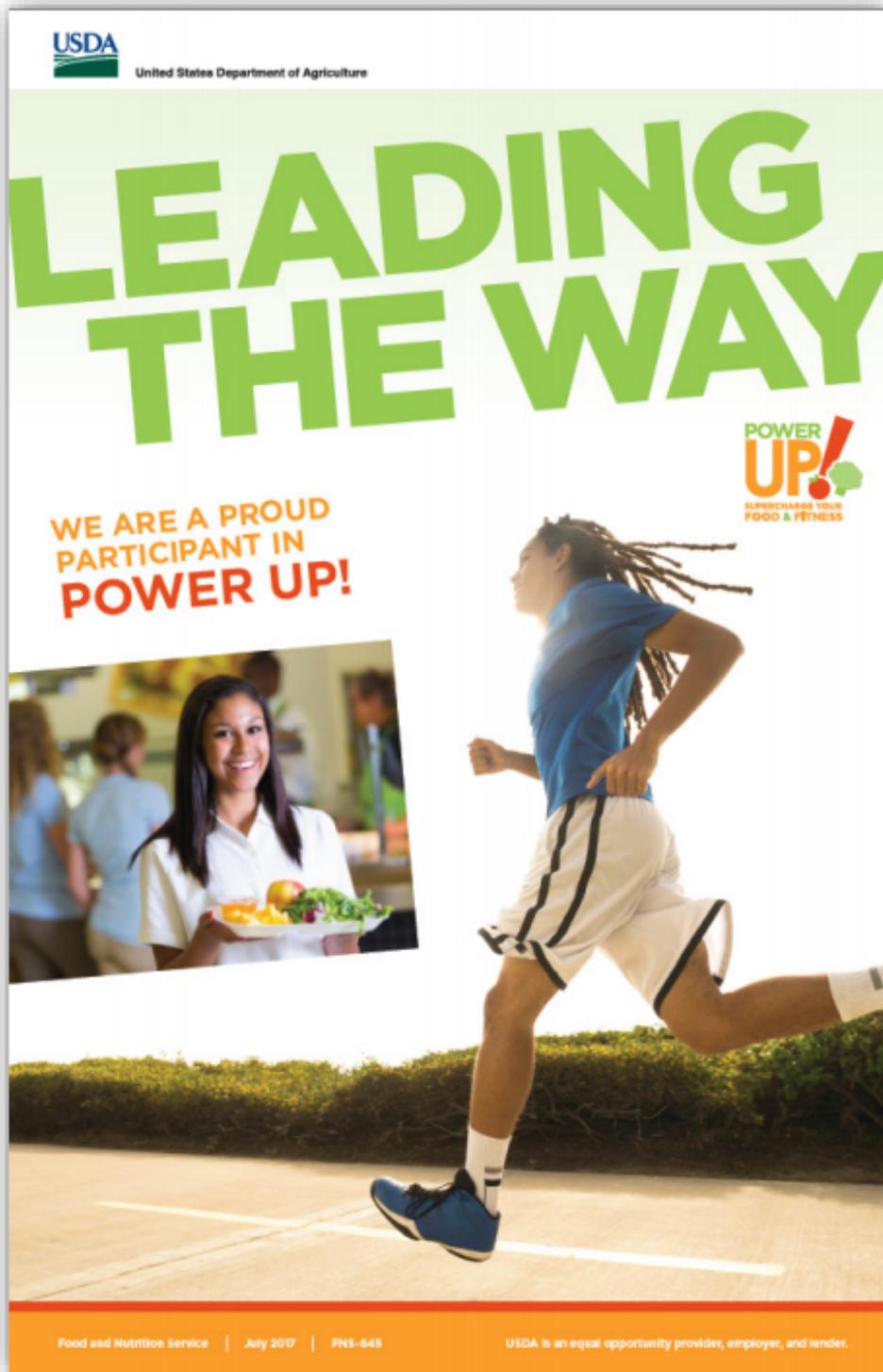
This packet includes materials to help promote the program and your school's participation with these audiences. We hope these materials will help generate excitement and engagement among students, schools, families, and the community.

Content includes:

- **Posters** – designed for teachers to post within the school or community to highlight school participation.
- **Video** – a short video targeted for teens to get them excited about participating in Power Up!
- **Program Overview FAQ** – An FAQ document for use with school district administrators, teachers or parents to provide a more detailed background on Power Up! Could also be posted to the school website.
- **Starting a Social Media Conversation** – social media content for use on school social media channels, including Facebook and Twitter to highlight participation in Power Up!
- **Template Email to Parents of Students** – template email for schools to share with parents of the students participating in Power Up! to provide details on the program and encourage their support and engagement.
- **Template Letter to Parents of Students** – template letter for schools to share with parents of the students participating in Power Up! to provide details on the program and encourage their support and engagement.
- **Template Letter to School District Administration** – template letter for schools to share information about Power Up! The program's primary purpose is to communicate the school's participation and commitment to healthy lifestyles for the next generation of adults, but it could also be used with minor updates as a promotional tool to solicit approval and support for introducing the package in a given school or throughout the district.
- **Template Email to Potential Community Partners** – brief announcement to local businesses and other organizations about Power Up! and an invitation to participate in a variety of ways. Could be combined with poster or video.

School Poster

*high-res downloadable version of this poster shared as separate PDF



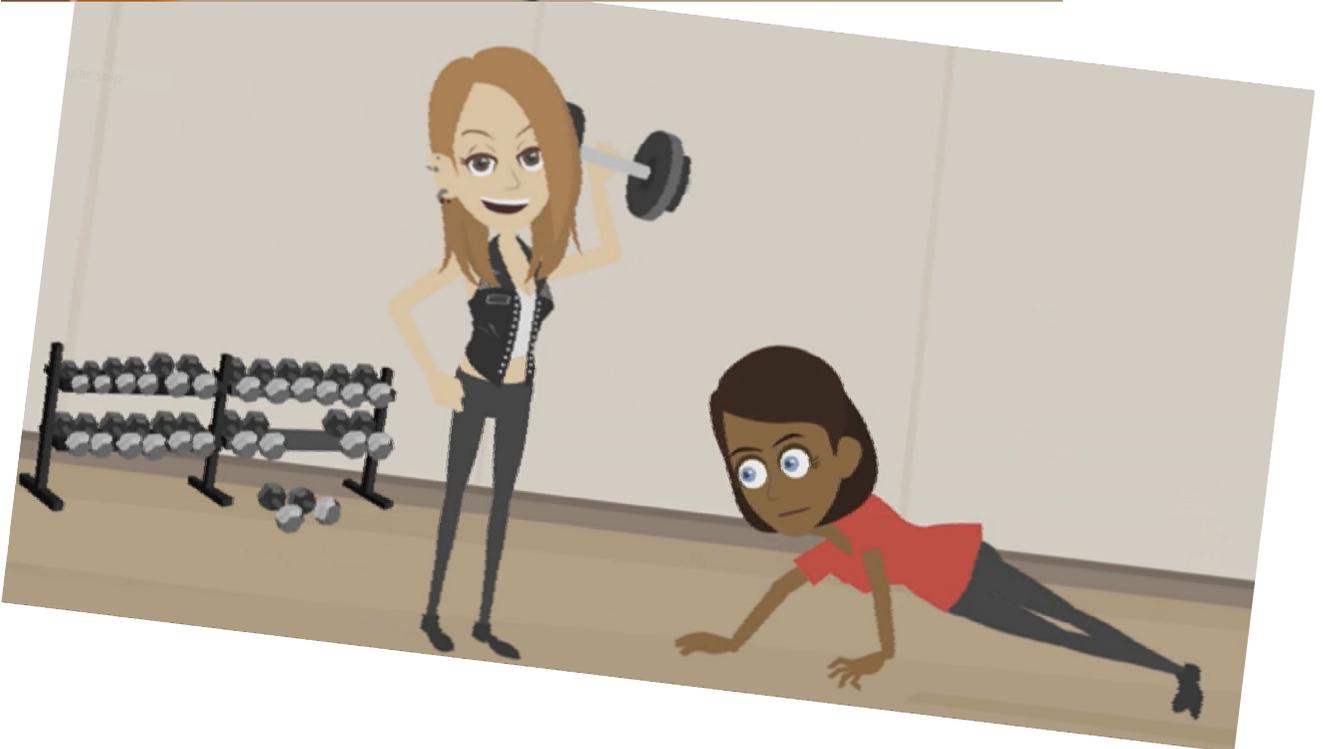
School Poster

*high-res downloadable version of this poster shared as separate PDF



Video

*video available in downloadable form as part of the package in high-resolution.



Program Overview FAQ

WHAT is Power Up?

Power Up! is designed to give high school students, the information, tools, and motivation needed to make healthier choices. The curriculum builds in social interaction, hands-on activities, friendly competition, and opportunities for them to use their computer savvy.

Teens thrive on competition and fun. So activities are designed around teams—either within a class or between classes – to engage teens through competition, incremental successes, and rewards.

Online activities are second nature to teens. This curriculum leverages USDA’s interactive SuperTracker—an online, digital tool that helps students think critically about their food and physical activity choices. SuperTracker also encourages students to set personal goals and helps them measure accomplishments along the way.

WHY is this program needed?

Diet quality often declines during adolescence, when teens assume more responsibility and greater autonomy in choosing what they consume.

To help reach this group of soon-to-be adults, USDA has created a resource targeted to their needs and interest. Why? Because adolescence is the last chance to give them the knowledge, the tools—and yes, hopefully the motivation—to eat healthfully and be physically active before they become full-fledged busy adults.

You probably know that poor eating habits and sedentary life styles have resulted in an obesity epidemic. What you may not know is its cost: an estimated \$150 billion annually in the United States alone (Centers for Disease Control and Prevention, 2015). Obesity has its roots in childhood and adolescence, when habits are established that will last a lifetime. As with many other public health problems, obesity and weight-related illnesses strike low-income and minority groups more often. For example, obesity rates are 145 percent greater in the poorest U.S. counties compared with the wealthiest (Poverty and Obesity in the US, Diabetes Journal, 2011).

WHO is the program for?

This program is designed for high school students in grades 9-12.

WHAT are the program goals?

Follow: An eating plan for healthy growth and development.

Consume daily:

- Fruit and vegetables
- Whole grain products
- Healthy snacks
- Wide variety of foods within each food group to meet the recommended daily intake
- Protein foods from a variety of sources over time
- Fat-free or low-fat milk or milk products
- Water

Prepare: Food in healthful ways.

Balance: Calorie intake with calorie expenditure.

Choose: To be physically active.

Help: Others to eat healthfully.

Limit: Foods and beverages high in added sugars and salt, as well as unhealthy saturated fats, trans fats, and sodium.

HOW will the program be taught?

The Power Up! program has been developed to equip high school students with the information and tools needed to make healthy lifestyle choices. Using the engaging, interactive SuperTracker tool students are taught to think critically about their food and physical activity choices and are given tools, encouragement, and opportunities to help them succeed.

A range of actionable activities are included to reinforce classroom learning and apply concepts in a practical and useful manner to their daily lives, both now and in the future.

WHAT is the expected outcome?

With support from teachers, family and friends, this innovative, engaging program can help motivate students to develop healthy food and exercise habits that will not only benefit students in their teen years but can also lead to long-term habits that benefit them for the rest of their lives.

Starting a Social Media Conversation

Be sure to harness the power of social media channels, like Facebook and Twitter, to help you ignite excitement and create a conversation about your school’s participation in Power Up! In addition to promoting the program, these channels can be used to amplify your efforts through “likes” or “retweets,” “comments,” “forwards,” and “shares.”

An easy way to engage your audience – whether they are students, parents or faculty and staff -- is to make your messages fun, relevant, shareable, and dynamic. Incorporate images, links, and hashtags where appropriate. Here are some ideas to get you started and keep the conversation going throughout the year.

Social Media Menu

Copy and paste the Facebook and Twitter posts provided below to your school’s social media channels. But don’t stop here, have a contest for student-authored copy and graphics! Use the results to empower students and reinforce Power Up! messages at the same time.

For posts without links, we recommend including images. Posts with photos tend to receive much higher levels of engagement than those without. For posts that include links, a photo from the linked site will be automatically included with the post. We have included suggestions for images that could be included, but also encourage you to customize posts with your own images, including those submitted by students!

Time of Year	Suggested FB Copy	Suggested Tweet
Evergreen	<p>We are excited to be participating in the Power Up!, a new and engaging program to encourage high school students to lead a healthier life! Check back here to see updates!</p> <p>Image Option: https://pixabay.com/en/apple-diet-healthy-eating-food-18721/</p>	<p>We are excited to be participating in an exciting new program from #USDA. Find out more [Link to school website]</p> <p>Image Option: https://pixabay.com/en/apple-diet-healthy-eating-food-18721/</p>
Evergreen	<p>Want personalized tips to make healthy choices easier? Whether it’s what you eat or how to be more active, check out SuperTracker and see how it can help you achieve your goals! http://1.usa.gov/18zPmoZ</p>	<p>Get personalized tips to help you eat healthy and stay fit with #SuperTracker. Find out more http://1.usa.gov/18zPmoZ</p>

Time of Year	Suggested FB Copy	Suggested Tweet
Evergreen	<p>Spread the word! [School Name] students are taking charge of their health as part of Power Up! Check back here often for updates!</p> <p>Image Options: https://www.pexels.com/search/eating%20healthy/</p>	<p>Spread the word! Our students are #health pros bc of Power Up!</p> <p>Image Options: https://www.pexels.com/search/eating%20healthy/</p>
Evergreen	<p>Get excited! [School Name] is rolling out a new program to help our students make healthy choices when it comes to eating and exercise! Check back here often for updates!</p> <p>Image Option: https://pixabay.com/p-579122/?no_redirect</p>	<p>We're making it fun and easy to be healthy! Learn about our experience as part of Power Up! here [link to school website].</p> <p>Image Option: https://pixabay.com/p-579122/?no_redirect</p>
Evergreen	<p>Did you know that one super-sized fast food meal can have more than a day's worth of calories? Learn more about how our students are making healthier choices here [link to school website].</p> <p>Image Option: https://upload.wikimedia.org/wikipedia/commons/9/9a/Big_Mac_hamburger.jpg</p>	<p>Small choices add up to big #health consequences.</p> <p>Learn more: http://1.usa.gov/18zPmoZ</p>
Evergreen	<p>Teens typically get more than 200 calories per day from sugary drinks! Calorie balance is an important way to reign in unwanted calories.</p> <p>Find out more http://1.usa.gov/18zPmoZ</p>	<p>How does #calorie balance work? Learn more: http://1.usa.gov/18zPmoZ</p>
Evergreen	<p>Teens! Want to impress your friends? Learn to cook #easymeals! What's Cooking? USDA Mixing Bowl is full of easy recipes that you can make. The recipes don't cost much. Plus, they taste good and are fresh and healthy. https://go.usa.gov/xRGsm</p>	<p>Teens! Want to impress your friends? Learn to cook #easymeals! What's Cooking? USDA Mixing Bowl is full of easy recipes. https://go.usa.gov/xRGsm</p>

Time of Year	Suggested FB Copy	Suggested Tweet
Evergreen	<p>When it comes to snacking, portion sizes makes a big difference. It's important to pay attention to not just what you are eating but how much you are eating.</p> <p>Check out Portion Distortion: [https://www.choosemyplate.gov/tools-portion-distortion]</p>	<p>Pay attention to the #portion size of your #snack to stay healthy. #HealthTip. [https://www.choosemyplate.gov/tools-portion-distortion]</p>
Evergreen	<p>Try new foods from around the world! The What's Cooking? USDA Mixing Bowl has easy recipes. You'll find Asian, Latin, Mediterranean recipes and more.</p> <p>https://go.usa.gov/xRGsm</p>	<p>Try new foods from around with the world! The What's Cooking? USDA Mixing Bowl has easy recipes!</p> <p>https://go.usa.gov/xRGsm</p>
Evergreen	<p>[School Name] is very excited to be participating in the Power Up! - a new program designed to encourage high school students to build a healthier diet and increase physical activity using the SuperTracker interactive tool. [https://www.supertracker.usda.gov/].</p>	<p>We are excited to take part in the #USDA program to help keep students healthy. Look out for updates on how we're doing!</p> <p>Image Option: https://pixabay.com/p-573958/?no_redirect</p> <p>We're testing out a program from #USDA to help students make healthy choices. We'll work hard to make it great for everyone!</p> <p>Image Option: http://www.public-domain-image.com/free-images/sport/fitness-and-jogging/yoga-like-poses-with-the-aid-of-a-large-inflatable-balance-ball.jpg</p> <p>#HighSchoolName is part of a new healthy living program from #USDA. We'll make it work for #State students!</p> <p>Image Option: https://pixabay.com/p-332278/?no_redirect</p>
September, National Childhood Obesity Awareness Month	<p>Did you know that teens who are overweight or obese are more likely to be overweight and obese as adults, putting them at risk for chronic diseases such as hypertension, heart disease, and diabetes? Find out how to stay healthy with SuperTracker. [http://1.usa.gov/18zPmoZ]</p>	<p>#DYK overweight or obese teens are more likely to be overweight and obese as adults? Stay healthy w/ SuperTracker. [http://1.usa.gov/18zPmoZ]</p>

Time of Year	Suggested FB Copy	Suggested Tweet
October, Halloween	<p>Your sweet tooth will thank you. Make smart decisions about the calories you consume. Find out more with SuperTracker. [http://1.usa.gov/18zPmoZ]</p>	<p>In a #Halloween #candy coma? Make smart decisions about your calorie intake and food choices. [http://1.usa.gov/18zPmoZ]</p>
November, Thanksgiving	<p>Tis the season to make smart health choices! Build a healthier diet and increase physical activity using the SuperTracker interactive tool. [https://www.supertracker.usda.gov/]</p>	<p>Make a #healthy #holiday meal! Try something new, visit “What’s Cooking?” USDA Mixing Bowl for ideas! [https://www.whatscooking.fns.usda.gov/]</p>
March, National Nutrition Month	<p>Happy National Nutrition Month! We are excited to celebrate with a new and engaging USDA Program to help students make healthy lifestyle choices. Find out more at [http://1.usa.gov/18zPmoZ].</p>	<p>There’s no better time than National #Nutrition Month to try a new healthy meal. Build your meal at “What’s Cooking?” USDA Mixing Bowl. [https://www.whatscooking.fns.usda.gov/].</p>

Template Email for Parents

Dear [Insert Name],

Lifelong healthy eating and exercise habits form when we are young. Today's high school students are increasingly in control of decisions that influence their health and wellness, and the behaviors they will carry on into their adult lives. Now is the time to equip students with the knowledge and tools they need to make informed and healthy choices that will have a lasting impact on their lives.

That's why we are excited to be participating in a program by the US Department of Agriculture. Power Up! will be used as part of the curriculum in your student's [INSERT CLASS NAME]. Developed with teens in mind, the program uses social interaction, hands-on activities, friendly competition, and computer savvy to teach the information, tools, and motivation needed to make healthier choices.

This curriculum leverages USDA's interactive SuperTracker—an online, digital tool that helps students think critically about their food and physical activity choices. SuperTracker also encourages students to set personal goals and helps them measure accomplishments along the way.

The lessons provide information on key topic areas such as healthy snacking, developing a food plan that includes all five food groups, tracking food intake, and creating a healthy meal.

Power Up! is an engaging and helpful new resource that we are excited to use. We hope you will support your student in his or her efforts to make healthy choices, and that your whole family will be inspired to get involved by shopping, cooking, and being active together. [We/I, are/am] happy to provide more information if you have questions.

Best,

[Your Name]

Phone: [Your Phone Number]

Email: [Your Email]

Template Letter to Parents

Dear Parents:

Lifelong healthy eating and exercise habits form when we are young. Today high school students are increasingly in control of decisions that influence their health and wellness, and the behaviors they will carry on into their adult lives. With this change, there is an opportunity to equip students with the knowledge and tools they need to make informed and healthy choices that will have a lasting impact on their lives.

That's why we are excited to be participating in a program developed by the US Department of Agriculture. Power Up! will be used as part of the curriculum in your student's [INSERT CLASS NAME]. Developed with teens in mind, the program uses social interaction, hands-on activities, friendly competition, and computer savvy to teach the information, tools, and motivation needed to make healthier choices.

Our students will take part in this Program in [INSERT CLASS] this semester. Topics covered will include:

- Choosing healthy snacks
- Understanding food groups and their role in building a healthy meal
- Tracking and analyzing dietary intake with a daily food record
- Balancing calories
- Maintaining a physically active lifestyle
- Building healthy meals

As part of this program, our students will use the interactive SuperTracker tool, a comprehensive and engaging tool based on the Dietary Guidelines for Americans. Students can use Super Tracker to track the foods they eat and their physical activity; get personalized recommendations about diet and exercise; set personal goals; and build customized recipes; measure progress; and share successes with friends and family through social media.

Thank you in advance for your support of this effort. This innovative, engaging program will serve a vital role, helping our students develop healthy food and exercise habits that will not only benefit them now but throughout their lives.

We hope you will support your student in his or her efforts to make healthy choices, and that your whole family will be inspired to get involved by shopping, cooking, and being active together. [We/I, are/am] happy to provide more information if you have questions.

Sincerely,

Template Letter to School District Administration

Dear [Insert Name]:

Lifelong healthy eating and exercise habits form when we are young. Today high school students are increasingly in control of decisions that influence their health and wellness, and the behaviors they will carry on into their adult lives. With this change, there is an opportunity to equip students with the knowledge and tools they need to make informed and healthy choices that will have a lasting impact on their lives.

That's why we are excited to be participating in Power Up!, a program by the US Department of Agriculture. Students in [INSERT CLASS DETAILS] will be using this new curriculum as part of a pilot program this semester.

Developed with teens in mind, Power Up! uses social interaction, hands-on activities, friendly competition, and opportunities for them to use their computer savvy to teach the information, tools, and motivation needed to make healthier choices. The curriculum also aligns with the USDA's Dietary Guidelines and the CDC's National Health Education Standards.

Topics covered will include:

- Choosing healthy snacks
- Understanding food groups and their role in building a healthy meal
- Tracking and analyzing dietary intake with a daily food record
- Balancing calories
- Maintaining a physically active lifestyle
- Building healthy meals

As part of this program, our students will use the interactive SuperTracker tool, a comprehensive and engaging tool based on the Dietary Guidelines for Americans. Students can use SuperTracker to track the foods they eat, their physical activity and their weight; get personalized recommendations about diet and exercise; set personal goals; measure progress and share successes with friends and family through social media; and build customized recipes.

We thank you in advance for your support of this effort. This innovative, engaging program will serve a vital role, helping our students develop healthy food and exercise habits that will not only benefit them now but throughout their lives. If administrators, teachers or other schools in the district are interested in learning more about Power Up!, please let me know. I'd be happy to share more about our experience.

Sincerely,

Template Email for Community Partners

Dear [Insert Name],

Lifelong healthy eating and exercise habits form when we are young. Today's high school students are increasingly in control of decisions that influence their health and wellness, and the behaviors they will carry on into their adult lives.

That's why [INSERT SCHOOL NAME] is excited to be participating in Power Up! This program will be used as part of the curriculum in [INSERT CLASS NAME]. Developed with teens in mind, Power Up! uses social interaction, hands-on activities, friendly competition, and computer savvy to teach the information, tools, and motivation needed to make healthier choices.

We could use [INSERT PARTNER'S NAME] help with this program. It would be extremely beneficial to the students if you are able to [INSERT REQUEST – Potential options include in-kind donations, providing meeting space or serving as a guest speaker].

This would help us with [INSERT LESSON IT RELATES TO].

The lessons provide information on key topic areas such as health snacking, developing a food plan that includes all five food groups, tracking food intake, and creating a healthy meal.

I will contact you in the near future to follow-up on our request. In the meantime, we are happy to provide more information on Power Up! and discuss how you can get involved! You can reach me through phone number or e-mail address provided below.

We look forward to your partnership.

Sincerely,

[Your Name]

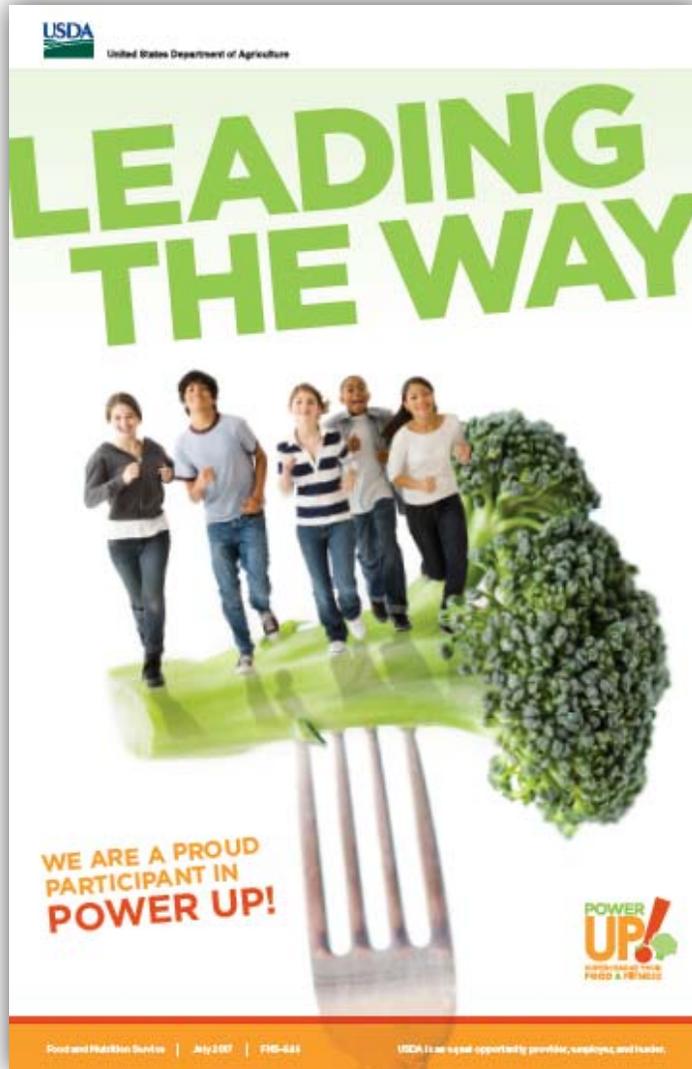
Phone: [Your Phone Number]

Email: [Your Email]

Marketing Presentation

Proud USDA Partner

[INSERT SCHOOL NAME] is excited to partner with the USDA to participate in The USDA Teen Nutrition and Physical Activity Program to teach high school students about the benefits of healthy eating and physical activity in a fun, engaging and hands-on way.



Program Overview

- Curriculum most likely taught in health, PE, family & consumer science. But individual lessons and activities also be applicable to other subjects, like art, social studies, science.
- Specifically, the program:
 - + **Gives** high school students the information, tools and motivation needed to make healthier lifestyle choices
 - + **Builds** in social interaction, hands-on activities, friendly competition
 - + **Includes** opportunities for teens to use their computer savvy
 - + **Linked** to the SuperTracker—USDA’s on-line interactive tool
 - + **Provides** scalability to meet any school schedule

Why It's Important

- Nearly **one in five U.S. teens** are at increased risk of weight-related diseases.
- Research finds that **teens feel challenged** when it comes to eating healthy food, which they view as expensive, time consuming to make, and not tasty.
- **Health class seems boring and irrelevant** to many teens, but they said that adding nutrition and physical activity could capture their interest, especially if they learned practical ways to personalize this knowledge.
- Teens say that they are motivated by activities that boost their confidence, and make them feel like they are in charge.

What It Includes

- **Lessons*** – A set of six lessons, designed to give students the knowledge and tools to instill healthy habits for life
- **Activities** – An additional six group activities that focus on bringing to life lesson topics through a hands-on approach
- **Homework** – Assignments that can also be used as prompts for classroom discussion, group activities or for extra credit.



**Lessons alternate in approach – between providing information and skill development and practicing/applying what was learned in the previous lesson through team activities*

SUPERTRACKER

A core component of the Teen Nutrition and Physical Activity Program is SuperTracker. This is a visually appealing, comprehensive, state-of-the-art diet and physical activity tracking tool available at SuperTracker.usda.gov.

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My Plan | [Sample Meal Plans](#)

You are here: [Home](#) > [My Plan](#) > [My Plan](#)

Today

04/04/16

Physical Activity Target

Week of 04/03/16 to 04/09/16 i

Target	AT LEAST 150 minutes per week
Actual	0 minutes

Daily Calorie Limit

Allowance	2000
Eaten	0
Remaining	2000

Daily Food Group Targets More Info>

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

My Plan

This plan shows your daily food group targets — what and how much to eat within your Calorie allowance. Enter your meals in Food Tracker to see how you stack up. Talk with your health care provider about an eating pattern and physical activity program that is right for you.

Your plan is based on a default 2000 Calorie allowance.

Calories	Allowance		
Total Calories	2000 per day		
Food Group	Food Group Amount	“What counts as...”	Tips
Grains	6 ounce(s) per day	1 ounce of Grains	Tips
<ul style="list-style-type: none"> ▪ Whole Grains 	<ul style="list-style-type: none"> ▪ ≥ 3 ounce(s) per day 	<ul style="list-style-type: none"> ▪ 1 slice of bread (1 ounce) ▪ ½ cup cooked pasta, rice, or cereal ▪ 1 ounce uncooked pasta or rice ▪ 1 tortilla (6 inch diameter) ▪ 1 pancake (5 inch diameter) ▪ 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) <p style="font-size: small; color: #0072bc;">See more Grain examples</p>	<ul style="list-style-type: none"> ▪ Eat at least half of all grains as whole grains. ▪ Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. ▪ Check product labels – is a grain with “whole” before its name listed first on the ingredients list?

How We'll Engage Students

- **Entertaining.** Students have numerous distractions that compete for their time and attention, therefore, topics must be presented in a fun and engaging way.
- **Ownable.** Teens are seeking autonomy in their lives. The key to successful adoption of program learnings is to illustrate the ownership each student can have on their health.
- **Authentic.** Teens quickly tune out of activities that seem fake. To keep them motivated and engaged, it will be important for them to be involved in helping to design the program and to claim some ownership of it
- **Actionable.** To be effective, it is important to go beyond the theoretical to provide practical real-world advice.

How You Can Help

- **Promoting.** Share news of the program throughout the community. Opportunity to utilize SuperTracker to promote healthy choices and shared experience.
- **Donating.** Provide in-kind donations to support program (e.g., pedometers, gift cards, food products, cooking tools)
- **Volunteering.** Offer to help program implementation. Serve as a guest speaker to reinforce classroom learning and topics.

Thank You!

Teacher Training Presentation

What We'll Cover

- Current Landscape
- Student Engagement
- Overview of Program
- SuperTracker

Current Landscape

- Nearly **one in five U.S. teens** is at increased risk of weight-related diseases.
- Research finds that **teens feel challenged** when it comes to eating healthy food, which they view as expensive, time consuming to make, and not tasty.
- **Health class seems boring and irrelevant** to many teens, but they said that adding nutrition and physical activity could capture their interest, especially if they learned practical ways to personalize this knowledge.
- **Teens say that they are motivated by activities that boost their confidence**, and make them feel like they are in charge.

“Well, in the nutrition part (of health class), we just learned the nutrition plate and what kinds of food are proteins and what’s dairy and how much dairy you should have. Other than that, it’s just not helpful.”

– Washington, DC student

“It’s pretty cool to learn something, like to learn how to do it on your own [rather] than having someone tell you. Like, you’ll know what you do, so it’s on you. If you want to do it or not... Like sometimes you can only eat like, what your parents have for you. But this will help you if you want to cook for yourself.”

– Riverside, CA student

“Most people don’t know how to eat well so if they did, they might like feeling good.”

– Washington, DC student

Engaging Students in Health and Wellness



Authentic



Fun



Personal Ownership



Actionable



Engaging

A New Approach for Lifelong Healthy Habits

USDA's PowerUp! is designed to put teens in the drivers' seat of their own lives by learning how to eat healthfully and engage in more physical activity in a fun, engaging and hands-on way.



Goals and Intended Outcomes

This full program is designed to encourage students to:

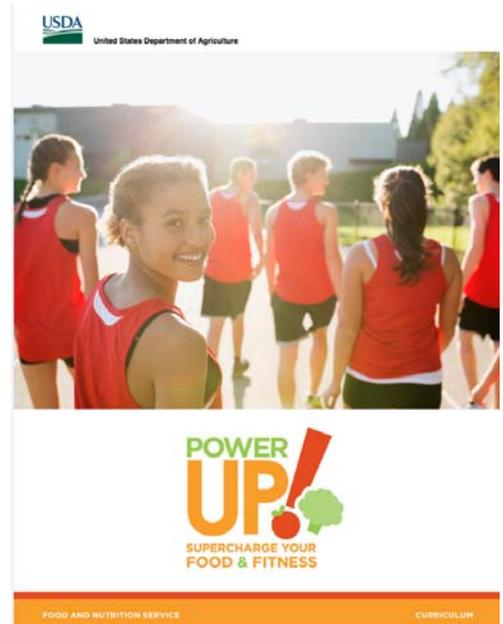
- Eat the appropriate amounts and variety of foods from each food group every day
- Eat fruits and vegetables every day
- Choose to eat whole-grain products and fat-free or low-fat milk or milk products
- Eat a variety of foods from the protein foods group each week
- Limit foods and beverages high in added sugars, solid fat and sodium
- Eat healthy snacks
- Prepare food in healthful ways
- Balance caloric intake with caloric expenditure
- Follow an eating plan for healthy growth and development
- Support others to eat healthfully
- Add physical activity to your day

Program Considerations

- **Class Length** – Estimated lesson timing is 40-60 minutes; however, individual lessons can be expanded or shortened, as needed. We encourage you to tailor lessons to fit within the available class time. If time is limited, we recommend focusing on the Getting Started, Teaching Instructions and Reflections sections.
 - + Each lesson contains a number of discussion ideas and in-class activities to reinforce messages and engage students.
- **Computer Access** – Most lessons rely on computer and internet access.

What It Includes: Lessons

There are six lessons which alternate with engaging group activities, resulting in a total 12 classroom sessions. This combination delivers basic information, tools to use that information and interesting applications in which students interact and compete. The result is a package of many opportunities for students to learn, practice and receive reinforcement for making healthy choices.



Lessons Summary

Individual lesson structure includes:

- Lesson Overview: brief description of lesson
- Getting Started: discussion prompts to initiate class discussion
- Lesson Preparation: details to guide teacher set up for lesson
- Lesson Objectives: intended learning goals for students
- Teaching Instructions: guidance on how to execute lesson
- Reflection, Evaluation and Discussion: closing thoughts, discussion and synthesis of lesson
- Handout (for Lessons 1, 3, 5, 7, 9, 11): worksheet that can also be used as prompts for classroom discussion, group activities or for extra credit

What It Include: Homework

Handouts at the end of some lessons can also be used as prompts for classroom discussion, group activities or for extra credit.

Name: _____

Date: _____

Track Your Snack

Instructions

Use SuperTracker's Food-A-Pedia feature to answer the questions below. You can access Food-A-Pedia here:

<https://www.supertracker.usda.gov/foodapedia.aspx>

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

A. What is your favorite snack? _____

B. How many food groups are in it? _____ food groups

C. What are the food groups? _____

D. How many total calories does it have? _____ total calories

E. How much saturated fat does it have? _____ calories from saturated fat

F. How much added sugars does it have? _____ calories from added sugars

G. How much sodium does it have? _____ mg

H. Based on this information, will you be choosing this snack: (check one)

More often

Less often

The same

Why? _____

What It Includes: Supplemental Activities

Additional activities outside of the primary curriculum that reinforce lesson topics and provide opportunities for fun, engaging and creative learning. Activities include:

- Vending Machine Revamp
- Make Your Own Music Video
- Food Spies
- Culinary Culture: Exploring the World
- Your Body, Your Image
- Teen Cooking Show
- The Role of Sleep as Part of Your Overall Health

Extra



Tips – helpful ideas to add to class discussion, provide additional tools and bring to life lessons



Resources – additional information that can be used to provide further detail on lesson topics



Beyond the Classroom – ways to apply lessons to broader environment through policy, systems and environments (PSEs) approach.

SUPERTRACKER

A core component of PowerUp! is SuperTracker. This is a visually appealing, comprehensive, state-of-the-art diet and physical activity tracking tool available at SuperTracker.usda.gov.

Help | Contact Us | Print Page | Share | Follow MyPlate On Twitter
OMB Approved No. 0584-0535 - Expiration Date: 9/30/2018

United States Department of Agriculture

Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features
Log In / Create Profile | Groups

My Plan | Sample Meal Plans

You are here: Home > My Plan > My Plan

Today

04/04/16

Physical Activity Target

Week of 04/03/16 to 04/09/16

Target **AT LEAST 150 minutes per week**

Actual **0 minutes**

Daily Calorie Limit

Allowance	2000
Eaten	0
Remaining	2000

Daily Food Group Targets More Info>

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

My Plan

This plan shows your daily food group targets — what and how much to eat within your Calorie allowance. Enter your meals in Food Tracker to see how you stack up. Talk with your health care provider about an eating pattern and physical activity program that is right for you.

Your plan is based on a default **2000 Calorie** allowance.

Calories	Allowance
Total Calories	2000 per day

Food Group	Food Group Amount	“What counts as...”	Tips
Grains	6 ounce(s) per day	1 ounce of Grains	Tips
<ul style="list-style-type: none"> ▪ Whole Grains 	<ul style="list-style-type: none"> ▪ ≥ 3 ounce(s) per day 	<ul style="list-style-type: none"> ▪ 1 slice of bread (1 ounce) ▪ ½ cup cooked pasta, rice, or cereal ▪ 1 ounce uncooked pasta or rice ▪ 1 tortilla (6 inch diameter) ▪ 1 pancake (5 inch diameter) ▪ 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) <p style="font-size: 0.8em; margin-top: 5px;">See more Grain examples</p>	<ul style="list-style-type: none"> ▪ Eat at least half of all grains as whole grains. ▪ Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. ▪ Check product labels – is a grain with “whole” before its name listed first on the ingredients list?

SuperTracker Profiles

If you would like students to save data and access their account on an ongoing basis, they will need to complete the registration section in addition to the personalization section on the Create Profile page.

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

* Age:

* Gender:

* Physical Activity:

* Height: ft. in.

* Weight: lbs.

Height and weight are optional but are needed to calculate the estimated calories burned by physical activities.

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).

Thank You!

Teen Nutrition Council Guidance



Teen Nutrition Council Guidance

We hope Power Up! inspires you and your students to apply lessons beyond the classroom to effect positive change in the environment. One example of how to extend Power Up! concepts is through participation in or development of a Teen Nutrition Council.

Teen Nutrition Council

A Teen Nutrition Council can take many forms, but its core is made up of a group of student ambassadors led by teachers, administrators, and/or community members working together to promote healthy activities and behaviors to their peers, in school, and in their community.

Teen Nutrition Councils provide input and strategic support to shape programs and initiatives to increase the healthfulness of their immediate and extended communities. If you or your students are interested in building a Teen Nutrition Council, consider the following options:

Join an existing nutrition or wellness council

There may be existing programs in your community to connect with and join. To find out if a Teen Nutrition Council or similar initiative exists in your community, contact the following types of organizations for potential participation:

- Local governments (city or county)
- Community organizations (YMCA, Boys and Girls Club)
- Other schools or school districts

Create your own Teen Nutrition Council

If there aren't any existing programs in your school or community, consider starting your own council! Here are some considerations to keep in mind when developing a program of this nature:

- **Who will participate?**
 - The council can be comprised of students only, or may have representatives from school faculty, staff, parents, and/or other community members. Determine whether this will be a student organization or a broader effort involving adults committed to supporting students' efforts.
- **How will student members be selected?**
 - Determine how members of the council will be selected. Potential options could include:
 - Nomination by teachers
 - Student vote
 - Student volunteers
 - Consider whether you are able to offer incentives to students for participation. Potential incentives could include:
 - Extra credit in class
 - Community service credit
 - Gift card from a local business (this would require coordination with local businesses for donations)
 - Determine the membership expectations for Council members
 - Number of meetings attended
 - Length of council terms
 - Expected time commitment to council activities

- **What is the structure of the group?**
 - *Number of members:* Depending on the size of the school and level of activity desired, you may want to include anywhere from 5 – 15 students.
 - *Student eligibility:* Determine whether you want broad representation of the student body (e.g., students from all grades), or if participation in the council is limited to students who are/have participated in a class using Power Up!

- **What are the goals for the organization and how will success be measured?**
 - Set goals for the council at the beginning. Have the students help decide what you're trying to accomplish and how it will be measured. For example, is the primary goal to increase student awareness of the benefits of healthy behaviors or add opportunities to make healthy choices?
 - Potential metrics could include:
 - Number of school events
 - Specific changes to school environment or cafeteria
 - Student participation in sponsored initiatives

- **What types of activities do you want to plan?**
 - School Environment Improvements
 - Build a school or community garden
 - Help create a healthy menu for extracurricular school activity (dinner dance, athletic banquet, etc.).
 - Post calorie and key nutrient information about cafeteria menu items
 - Post infographics and tip sheets around the school that focus on healthy eating and active lifestyles for teens.
 - Create a series of "Move More" tips and share as part of morning announcements

 - Events
 - School or community events that promote healthy choices, including but not restricted to:
 - Host a farmers market at the school
 - Organize a walk or bike to school day
 - Organize a school fundraiser based on sponsored participation in obstacle course, 5K walk, mini Olympics, etc.
 - Engage cafeteria staff to participate in a recipe makeover contest

 - Presentations
 - Presentations to local schools and community organizations on the Council's mission and work in the community as well as the importance of healthy decision making
 - Presentation from local businesses on healthy behaviors (e.g., a gym trainer, supermarket nutritionist, or doctor)

 - Community Service
 - Participation in local community service initiatives, such as volunteering at a food bank or after school program aimed at healthy and safe outdoor activity

A Teen Nutrition Council is what you and your students make of it. Power Up! is meant to instill life-long behaviors to make smart and healthful decisions for oneself and the larger community. A Teen Nutrition Council is a great way to continue the lessons learned within the classroom and begin to apply them to the larger environment.

Handouts

Handouts Table of Contents

The following packet includes the homework handouts that are included as part of the lessons in the curriculum, as well as handouts for the supplemental activities.

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Name:

Date:

Track Your Snack

Instructions

Use SuperTracker's Food-A-Pedia feature to answer the questions below. You can access Food-A-Pedia here: <https://www.supertracker.usda.gov/foodapedia.aspx>

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

- What is your favorite snack? _____
- How many food groups are in it? _____ food groups
- What are the food groups? _____
- How many total calories does it have? _____ total calories
- How much saturated fat does it have? _____ calories from saturated fat
- How much added sugars does it have? _____ calories from added sugars
- How much sodium does it have? _____ mg
- Based on this information, will you be choosing this snack: (check one)
 - More often
 - Less often
 - The same

Why? _____

2. What is another snack you like to eat? _____

3. Compare this snack to your favorite snack in Food-A-Pedia. Is one of the snacks a better choice?

If yes, why? _____

4. Compare 1 cup of "Apple juice" and 1 cup of "Fruit drink".

- Which option contributes to the Fruit food group?

- Which option has more added sugars?

- Which option is the better choice? Why?

5. Use Food-A-Pedia to find a snack that (1) has less than 200 calories per portion, (2) contributes to at least one food group, and (3) has less than 200 mg sodium per portion.

- What snack did you find? _____

- Choose an amount you typically eat. What amount did you choose? _____

- What food group(s) does it contribute to? _____

- How many total calories does it have? _____ total calories

- How much saturated fat does it have? _____ calories from saturated fat

- How much added sugars does it have? _____ calories from added sugars

- How much sodium does it have per portion? _____ mg

6. Think of two snacks that you typically eat. Look up the nutrition content of both snacks using Food-A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the amount of added sugars, (4) the amount of saturated fat, and (5) the amount of sodium.

7. Why is healthy snacking important?

8. Identify one barrier that prevents you from making healthy snack choices. How can you overcome this barrier?

Name:

Date:

What's Your Plan?

Instructions

Personalize a SuperTracker profile and review your personalized plan (My Plan).

You can create a profile here: <https://www.supertracker.usda.gov/CreateProfile.aspx>

You can access your plan here: <https://www.supertracker.usda.gov/myplan.aspx>

1. According to your plan, how many calories should you eat in a day? _____ calories

2. Are you surprised by your daily calorie allowance? Check one:

- I thought it would be higher
- I thought it would be lower
- I got the calorie allowance I expected

3. What are the five food groups?

4. List three foods that are in the Grains group and the amount of each that counts as 1 ounce of Grains.

5. Take a look at your daily food group targets.

- How many ounces of Grains do you need in a day? _____ ounces
- How many cups of Vegetables do you need in a day? _____ cups
- How many cups of Fruits do you need in a day? _____ cups
- How many cups of Dairy do you need in a day? _____ cups

- How many ounces of Protein Foods do you need in a day? _____ ounces

6. Do you think you meet your daily food group targets on a typical day? Check one:

Yes

No

If you answered no, which food group(s) could you improve on?

7. According to your plan, how much seafood should you eat per week? _____

8. Why is it important to eat from each food group every day?

9. Are there any changes you would like to make to your diet based on your plan? If yes, what are they?

Name:

Date:

Three-Day Food Record

Instructions

Track your foods and beverages for three days in a row using SuperTracker's Food Tracker feature. Run a Food Groups & Calories Report for those three days, and use your report to answer the questions below.

- You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>
- You can access the Food Groups & Calories Report here:
<https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx>

1. Which food groups did you eat the right amount of (Status = OK)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

2. Which food groups did you not eat enough of (Status = Under)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

3. Choose one of the food groups that you did not eat enough of (Status = Under), and list three foods in that group that you like to eat and one food that have you never tried.

- I did not eat enough of the _____ food group

- Three foods I enjoy from this food group are:
-

- A food I have never tried before from this food group is:
-

4. Which food groups did you eat too much of (Status = Over)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

5. What was your average calorie intake for the three days? _____ calories

6. What was your average daily intake of added sugars intake for the three days? _____ calories

7. Of the foods and beverages you consumed over the three days, which three were the top contributors to your intake of added sugars? Click the plus sign icon next to “Added Sugars” to find the food sources you ate.

8. What was your average daily saturated fat intake for the three days? _____ calories

9. Of the foods and beverages you consumed over the three days, which three were the top contributors to your intake of saturated fat? Click the plus sign icon next to "Saturated Fat" to find the food sources you ate.

10. Are there any changes you would like to make to your diet based on the results of your Food Groups and Calories Report? If yes, what are they?

Name:

Date:

Balance Your Calories

Instructions

Discuss each question with your group and fill in your answers together.

1. What does it mean to balance your calories?

2. In general, if the calories that you eat and drink are equal to the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

3. In general, if the calories that you eat and drink are less than the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

4. If the calories that you eat and drink are more than the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

5. How do you know if your calories in and calories out are out of balance?

6. Why do different people need to eat a different number of calories?

7. List three ways your body uses energy.

8. Which physical activity do you think requires more energy?

Walking for 10 minutes

Running for 10 minutes

Why do you think this activity requires more energy?

9. As a group, pick a physical activity our class could do together. You'll be assigned an upcoming class day to lead our class in the activity you've chosen for a few minutes at the start of class.

Our group's activity will be: _____

Name:

Date:

Get Active

Instructions

Use SuperTracker's Physical Activity Tracker to add all of your physical activity for today. Answer the questions below based on your experience using Physical Activity Tracker. You can access it here:

<https://www.supertracker.usda.gov/physicalactivitytracker.aspx>

1. Why is being physically active important?

2. How many minutes of aerobic physical activity should you do in a day? At least _____ minutes

3. How many days a week should you do muscle-strengthening activities? At least _____ days a week

4. How many days a week should you do bone-strengthening activities? At least _____ days a week

5. List 3 muscle-strengthening activities.

6. List 3 bone-strengthening activities.

7. Did you meet your physical activity target today?

Yes

No

8. Did you do any vigorous intensity activities today?

Yes

No

9. Did you do any muscle- or bone-strengthening activities today? What were they?

Muscle-strengthening: _____

Bone-strengthening: _____

10. What's the biggest barrier you face to being more physically active? What are some ways to overcome that challenge?

Biggest Barrier:

Ways to Overcome Barrier:

11. Are there any changes you would like to make to your physical activity habits based on what you learned in this lesson? If yes, what are they?

Name:

Date:

Build Healthy Meals

Instructions

Use SuperTracker's Food Tracker feature to build a 1-day menu that meets your daily food group targets and stays within your daily calorie allowance.

You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>

1. What did you plan for breakfast in your menu?

-
2. How many total calories are in the daily menu you created? _____ Calories

3. How much of each food group does your menu include?

Grains _____ ounces

Vegetables _____ cups

Fruits _____ cups

Dairy _____ cups

Protein Foods _____ ounces

4. How many grams of saturated fat are in the daily menu you created? _____ grams

5. Did you go over your saturated fat limit? If yes, what changes could you make to lower the saturated fat in your menu?

Yes _____

No

6. How many grams of added sugars are in the daily menu you created? _____ grams

7. Did you go over your added sugars limit? If yes, what changes could you make to lower the added sugars in your menu?

Yes _____

No

8. How much sodium is in the daily menu you create? _____ milligrams

9. Did you go over your sodium limit? If yes, what changes could you make to lower the sodium in your menu?

Yes

No

10. How difficult was it to plan a daily menu that meets all five food group targets within your calorie allowance? Check one:

It was easy

It was difficult

It was neither easy nor difficult

11. Would you eat the foods you selected for your menu? Why or why not?

Yes _____

No _____

12. Did you include any foods that you do not typically eat that you would like to try? If yes, please list them.

13. Describe similarities and differences between the daily menu you created and what you typically eat.

Similarities (for example, I drink low-fat milk, which was included in my menu):

Differences (for example, I typically eat less fruits and vegetables than the menu I created):

Food Spies – Food List

Instructions

Select one of the following foods from the list below to conduct your “Food Spies” investigation.

- Amaranth
- Pummelos
- Farro
- Quinoa
- Jackfruit
- Dragon fruit
- Rambutan
- Piloncilla
- Sapote
- Quince

Name:

Date:

Your Body, Your Image

Instructions

Use this activity guide to analyze the people images in print media. Use this material to answer the questions.

1. Review the magazine or other available media, marking both illustrations and pictures of people; in advertisements, feature articles and other parts of the magazine.
2. Do the people look more similar or different from one another? Choose a rating from 1 (very similar) to 7 (very different)

1 2 3 4 5 6 7
3. Do the images include a variety of body types and sizes? Choose a rating from 1 (little variety) to 7 (lots of variety)

1 2 3 4 5 6 7
4. Looking at all of the images, do you notice any physical features that are similar in the people photos or illustrations? If yes, describe.

5. Is there more people variety in advertisements, features articles or other components of the magazines?

Advertising Other Pretty much the same

This page was intentionally left blank

This page was intentionally left blank

Name:

Date:

Sleep Journal

Instructions

The National Heart Blood and Lung Institute's sleep journal format (Link: https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf) is provided below, along with a one-day example. Record your sleep habits for one full week and be prepared to discuss any relationship you observe between sleep patterns and your physical and mental state.

Sample Sleep Diary									
Name:									
Complete in the Morning	Today's Date	Monday*							
	Time I went to bed last night:	11 p.m.							
	Time I woke up this morning:	7 a.m.							
	Number of hours slept last								

	night:	8							
	Number of times I woke up last night and total time awake:	5 times 2 hours							
	How long I took to fall asleep last night:	30 minutes							
	How awake did I feel when I got up this morning? 1 – wide awake 2 – awake but a little tired 3 – sleepy	2							
Complete in the Evening	Number of caffeinated drinks I had today (soda, tea, coffee) and time when I had them today:	1 soda at 11 a.m. 1 soda at 3 p.m.							
	Naptimes and lengths today:	N/A							
	Type and length of exercise today:	30-minute walk home							

		from school							
	How sleepy did I feel during the day today?	2							
	1 – So sleepy had to struggle to stay awake during much of the day								
	2 – Somewhat tired								
	3 – Fairly alert								
	4 – Wide awake								
*Sample diary entries – use as a model for your own diary notes.									

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="text"/> <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="text"/> <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="text"/> <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



Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



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
