

# 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><b>Food-A-Pedia &gt;</b> 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><b>Food Tracker &gt;</b> 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><b>Physical Activity Tracker &gt;</b> 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><b>My Weight Manager &gt;</b> Get weight management guidance; enter your weight and track progress over time.</p> 	<p><b>My Top 5 Goals &gt;</b> Choose up to five personal goals; sign up for tips and support from your virtual coach.</p> 	<p><b>My Recipe &gt;</b> Build and save your favorite recipes for tracking, and analyse the nutrition information.</p> 



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