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!
use SuperTracker your way

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 indepth 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.

Go to www.ChooseMyPlate.gov for more information.
Take charge of YOUR health today with USDA's free SuperTracker application!

Food-A-Pedia >
Look up nutrition information 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

My Weight Manager >
Get weight management guidance; enter your weight and track progress over time.

My Top 5 Goals >
Choose up to five personal goals; sign up for tips and support from your virtual coach.

My Recipe >
Build and save your favorite recipes for tracking, and analyse the nutrition information.

www.SuperTracker.usda.gov

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