

Using USDA SuperTracker

The U.S. Department of Agriculture (USDA) SuperTracker is a free online diet and activity tracking tool available at www.SuperTracker.usda.gov. This tool utilizes the *2015-2020 Dietary Guidelines for Americans* in conjunction with a robust database of foods in order to help users evaluate how well their diet meets recommendations. It is built and maintained by the Center for Nutrition Policy and Promotion.

Creating a Profile

To begin your assessment, visit the SuperTracker homepage at www.SuperTracker.usda.gov. From the menu at the top, hover over "Log In/Create Profile" and select "Create Profile" from the dropdown menu that appears.

You will then be able to input your age, gender, height, weight, and physical activity level in order to generate a personal calorie limit and food plan, which will be viewable after you click "Submit."

Tracking Your Intake

To begin tracking your food intake, return to the homepage. From the menu at the top, hover over "Track Food & Activity" and select "Food Tracker" from the dropdown menu that appears.

On the "Food Tracker" page, you will be able to search for each food you have consumed. Once you have found a food you would like to add to your tracker, you can indicate the amount eaten and the meal at which it was consumed. Once you have added this information, you will be able to add the food to your tracker.

As you update each day's food log, you will be able to monitor your progress at the top of the page. The "Daily Calorie Limit" will automatically update as you enter foods, comparing the amount eaten to your plan. The "Daily Food Group Targets" area will also update to reflect how close you are to your target intake of grains, vegetables, fruits, dairy, and protein foods.

Generating Reports

To generate a report showing your average intake of nutrients, return to the homepage. From the menu at the top, hover over "My Reports" and select "Nutrient Reports" from the dropdown menu that appears.

On this screen, you can enter the start and end dates for the report. Once generated, the report will give you a comprehensive review of your calorie intake, and it will also compare your average nutrient intake to the plan that was previously established.

If desired, you can export your report as a PDF, Excel spreadsheet, or Word document.