



10 tips
Nutrition Education Series



MyPlate
MyWins

Based on the
Dietary Guidelines
for Americans

SuperTracker

My Foods, My Fitness, My Health

Need help reaching your nutrition and fitness goals? SuperTracker is an online food, physical activity, and weight tracking tool that's here to help. Use SuperTracker on your desktop, phone, or tablet to create your personalized plan and see how your choices stack up. Plus, get tips and support as you work toward your goals.

1 Get your personal plan

Enter information about yourself on the Create Profile page to get a personalized Plan—what and how much to eat within your calorie allowance; 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 thousands of foods and compare foods side by side.



3 Track your foods and activities

Use Food Tracker and Physical Activity Tracker to see how your daily choices stack up against your plan; save favorites and copy meals and activities, and build combos for faster entry.

4 Analyze a recipe

Build, track, and analyze personal recipes with My Recipe. In-depth nutrition analysis includes calories, food groups, and 35 nutrients per portion.

5 Manage 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.



6 Measure progress

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



7 Reach your goals

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



8 Keep a journal

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

9 Join or create a group

Use SuperTracker together with others by creating or joining a group, and participate in group challenges. Visit About Groups to learn more.

10 Participate in a group challenge

Earn points for healthy eating and physical activity and compete against others in a SuperTracker Group Challenge. Group leaders can choose from ready-made MyPlate Challenges or create their own custom challenge.