

“MyPlate” SuperTracker celebrates its first birthday



SuperTracker:



My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

Do you use a food diary? Did you know the U.S. Department of Agriculture has one that incorporates the “**MyPlate**” guidelines? It's called the **SuperTracker** and it recently celebrated its first birthday. You can access this one stop center online for free, and use it to log meals and exercise, as well as look up nutrition info for many foods.

The **SuperTracker** has many features. It's not an app; you need to log in using an Internet browser. It works from a smartphone, too.

Second, the tracker shows you how your daily diet stacks up against the **MyPlate** recommendations. You also get data on how many “empty” calories you are consuming.

Similarly, the physical activity log tracks not only your activity, but how it matches up with guidelines for weekly aerobic and muscle-strengthening goals.

You can use **SuperTracker** without creating a profile, but doing so allows you to personalize your goals (such as number of minutes exercised and number of calories consumed) and save your favorite foods for quicker re-entry in the future.

Sign up today and watch your health improve as you pay attention to health guidelines.

MyPlate	www.ChooseMyPlate.gov
Food Planner	www.supertracker.usda.gov/myplan.aspx
Food-A-Pedia	www.supertracker.usda.gov/foodapedia.aspx
SuperTracker	www.supertracker.usda.gov/default.aspx
Physical Activity Tracker	www.supertracker.usda.gov/physicalactivitytracker.aspx
Weight Manager	www.supertracker.usda.gov/MyWeightManager.aspx