SuperTracker
Diet & Activity Analysis
60 Points

Section 1: Food & Activity Record
SuperTracker (www.supertracker.usda.gov) is a free, personalized tool that allows you to record your food intake (calories in) and activities (calories expended). You will record your food intake for 3-5 days and activities for 1-week into SuperTracker.

Section 2: SuperTracker: My Reports
Create reports that analyze your meals by food group and nutrients and compare your diet & exercise to recommended guidelines.

Section 3: Understanding your Diet & Activity
Use information from your SuperTracker Reports to answer questions about your diet & exercise.

1: Food & Activity Record
Create Profile:
Go to SuperTracker (www.supertracker.usda.gov) & set up a profile, username & password so you can save the data you enter.

- For physical activity, estimate your activity by choosing from the first 3 options. FYI: You need to enter at least one week of activities to choose option 4. Option 4 will base your calorie level on your physical activity tracker data.
- Providing height and weight is optional.

If you need help with SuperTracker, go to the Help tab (upper left), click on Site Tour Videos

Record everything you eat & drink (include water) for 3-5 days (include at least 1 day on weekend)
Click on Track Food & Activity menu (top bar). Click Food Tracker and begin entering and adding the foods you eat each day. Remember:

- The food must be recorded in the same week but it does not need to be consecutive days. It is most important you choose “typical” days.
- Be as accurate as possible. Look through drop down list to find the food that closely matches what you ate.
- The food has a default measurement. Adjust the quantity to match the portion you ate.
- The following visuals may help you estimate portion sizes:
  1 cup dry cereal - 4 golf balls
  1 teaspoon oil – 1 die
  3 ounces cooked meat – size of deck of cards
- For more tips, go to your Nutrition Concepts & Controversies textbook, page 45
- If at any time you don’t finish, just log off and at a later time, log back in.

Enter physical activity.

- Click on the Track Food & Activity tab (top bar). Click Physical Activity Tracker. On this page, you will enter your activity for at least 1-week.
2: SuperTracker: My Reports

Click on My Reports (top bar) to generate 4 reports. For each report you need to choose the date range that includes your diet or exercise information, then click Create Report. Export each report as a PDF. Print the following reports:

- Meal Summary (✔ the “all” box)
- Nutrients Report
- Food Groups and Calories
- Physical Activity

3: Understanding your Diet & Activity

Answer the following questions according to your SuperTracker Reports. Write answers in outline form using complete sentences. Your answers need to be typed, double spaced with 12-point font.

A. Meal Summary Report:
   1. Breakfast
      a. How many days did you eat breakfast (something within 2 hours of awakening)?
      b. What is the reason you do or do not eat breakfast?
   2. Fluids
      a. On average, how many ounces of beverages (fluids) did you drink each day?
      b. Are there things you do that increase your need for fluids (caffeine, exercise, high protein or sodium diet, etc)?
      c. How many ounces do you need each day? (weight (lbs) ÷ 2 = ounces of fluids each day)
      d. Do you consume enough fluids to stay hydrated?
      e. Where do you get the majority of your fluids? (water, soda, coffee, tea, juice, etc)

B. Nutrients Report:
   1. Protein
      a. What % of calories comes from protein?
      b. On average, how many grams of protein did you eat?
      c. How many grams of protein are right for you? (Refer to the formula in Protein lecture)
         Are you high, low or just right?
   2. Carbohydrates
      a. What % of your calories comes from carbohydrates? How does this compare to your target?
      b. On average, how many grams of fiber did you eat? How does this compare to the target for fiber?
      c. Name 5 foods you like that are good sources of fiber.
   3. Fat
      a. Is your saturated fat intake below 10%? Why is this important for your health?
      b. What % of your calories comes from monounsaturated fat?
      c. Name 1 benefit of consuming healthy monounsaturated fat.
   4. Essential Fat
      a. Is your linoleic acid (omega 6) above or below the “target” grams? (Best to be BELOW)
      b. Is your linolenic (omega 3) above or below the “target” grams? (Best to be ABOVE)
      c. Did you eat any foods with omega 3 EPA or DHA (the omega 3 from fish)?
      d. Name 2 foods you like that are a good source of omega 3 fat.
5. Minerals & Vitamins
   a. Are there any minerals or vitamins BELOW the recommended intake? If so, list the top 3 nutrients and name 2 good food sources for each nutrient.
   b. Are there any minerals or vitamins ABOVE the recommended intake? If so, list the top 2 nutrients.
   c. Do you think the mineral and vitamin analysis is accurate?
   d. Do you take a vitamin and mineral supplement?

C. Food Groups and Calories Report
It is most beneficial to get your nutrients from wholesome foods. Compare your diet to the food groups that are recommended for health.
1. Look at each food group “Target” and compare it to your “Average Eaten”. Give your interpretation of this information. What food groups or specific subunits need your attention (whole grains, green, red, orange veggies, whole fruit, milk & yogurt)?
2. Provide at least 3 foods you could eat to help you consume the variety recommended. It is important your ideas are doable for you.
3. Compare your total calorie “allowance” to your “average eaten”. Give your interpretation of this information. Are there any changes you would like to make?

D. Physical Activity Report:
1. Did you meet the Weekly Aerobic Activity target?
2. Did you meet the Muscle Strengthening Activity target?

E. Your Perspective:
1. What did you find most surprising about your diet & physical activity analysis?
2. Describe 2 ways that your eating promotes health. Explain the benefits.
3. Describe 2 ways that your eating isn’t health promoting.
4. Combining what you have learned in class with how you like to eat and your lifestyle, what 2 areas would you like to focus on this year? Provide 2 realistic changes. Consider:
   - Serving size. For example: “enjoy ½ the bag of chips instead of the whole bag”, “have 4 ounces instead of 8 ounces of steak”
   - Substitution. For example: “1% low fat milk instead of whole milk”; “choose grilled salmon instead of a hamburger”
   - Addition of a food. For example: “add avocado to my salad with dinner” “Bring a banana for breakfast”

On due date turn in:
My Reports - Include PDF printout of the following reports:
   • Meal Summary (✔ the “all” box)
   • Food Groups and Calories
   • Nutrients Report
   • Physical Activity

Understanding your Diet & Activity Answers
   • Answers must be typewritten, 12-point font, double-spaced and written in outline form using complete sentences.
   • Put grading rubric on back page and staple all pages together (no paper clips)
Vitamins and Minerals in Foods

Vitamin A  Carrots, apricots, cantaloupe, spinach and other green leafy vegetables, broccoli, red peppers, butternut squash, sweet potatoes, pumpkin, mangoes

Thiamin  Whole/ enriched grains, fortified cereals, pork products, liver, beans, nuts

Riboflavin  Dairy products, whole grains, enriched grains, fortified cereals

Niacin  Milk, eggs, poultry, tuna, liver, enriched grains, fortified cereals

Vitamin B6  Green leafy vegetables, meat, poultry, fish, meats, bananas, watermelon, rice, potatoes

Vitamin B12  Found naturally only in animal products: meat, fish, poultry, dairy products, eggs. Also in some fortified foods (read the label)

Folate  Green leafy vegetables, beans, seeds, orange juice, enriched grains, fortified cereals

Vitamin C  Citrus fruits, broccoli, red peppers, snow peas, Brussel sprouts, cantaloupe, tomatoes, strawberries, watermelon, papayas, mangoes, kiwi

Vitamin D  Fortified milk, fortified cereals, egg yolks, liver, fatty fish, some fortified juices and cereals (read the label)

Vitamin K  Cabbage, broccoli, leafy green vegetables, milk

Vitamin E  Plant oils, mayonnaise, nuts, seeds, green leafy vegetables, liver, eggs, avocados, sweet potatoes, tofu

Calcium  Milk, yogurt, cheese, calcium fortified orange juice, calcium fortified soy, milk, sardines/salmon with the bones

Iron  Beef, fish, beans, dried fruits, enriched grains, fortified cereals, tofu, clams, liver, parsley, artichokes

Magnesium  Nuts, legumes, whole grains, dark green leafy vegetables, chocolate, cocoa, halibut, tofu

Phosphorus  Meat, poultry, fish, eggs, milk

Potassium  Most fruits and vegetables, beans, milk, yogurt

Zinc  Meat, fish, poultry, whole grains, oysters, crab, turkey dark meat, yogurt, cheese, beans