

APPENDIX C OMB Burden Statement

The screenshot shows a Microsoft Internet Explorer browser window displaying the USDA - CNPP - MyPyramid Tracker website. The browser's address bar shows the URL <http://www.mypyramidtracker.gov/>. The website header includes the USDA logo, the text "United States Department of Agriculture", "Center for Nutrition Policy and Promotion", and the OMB Number 0584-0523. Below the header is a colorful banner with icons representing various food items and physical activities.

MyPyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. **From now on, you can also keep track of your energy balance history ^{NEW}, and view it up to one year.** MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time required to complete this information collection is estimated to average 1.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Assessment

 **Assess Your Food Intake**
The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.

 **Assess Your Physical Activity**
The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for