

APPENDIX C SuperTracker Screenshot – OMB Burden Statement



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.

Get Started >

Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.

[Create Your Profile](#)

Or, use the general plan.

Food-A-Pedia >
Look up nutrition info for over 8,000 foods and compare foods side-by-side.
Type in your food here [Go]
All Foods

Food Tracker >
Track the foods you eat and compare to your nutrition targets.
Type in your food here [Go]
All Foods

Physical Activity Tracker >
Enter your activities and track progress as you move.
Type in your activity here [Go]
All Activities

My Weight Manager >
Get weight management guidance, enter your weight and track progress over time.

My Top 5 Goals >
Choose up to 5 personal goals, sign up for tips and support from your virtual coach.

My Reports >
Use reports to see how you are meeting goals and view your trends over time.

You are here: Home > Food-A-Pedia
Food-A-Pedia

Look up a food to get quick access to nutrition info for over 5,000 foods. Choose and compare 2 foods.

Search: for [Go to Food Tracker](#)
Search Tips



Empty
Search for a food to compare

Empty
Search for a food to compare

* Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.
** If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

My Plan Sample Meal Plans

You are here: Home > My Plan > Sample Meal Plans

Today 07/24/12	Physical Activity Target Week of 07/23/12 to 07/29/12 Target: AT LEAST 150 minutes per week Actual: 0 minutes	Daily Calorie Limit Allowance: 2000 Calorie: 0 Remaining: 2000	Daily Food Group Targets More info... <table border="1"> <thead> <tr> <th>Grains</th> <th>Vegetables</th> <th>Fruit</th> <th>Dairy</th> <th>Protein Foods</th> </tr> </thead> <tbody> <tr> <td>Target: 6 oz.</td> <td>2 1/2 cups</td> <td>2 cups</td> <td>3 cups</td> <td>5 1/2 oz.</td> </tr> <tr> <td>Actual: 0 oz.</td> <td>0 oz.</td> <td>0 cups</td> <td>0 cups</td> <td>0 oz.</td> </tr> <tr> <td>Remaining: -</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>	Grains	Vegetables	Fruit	Dairy	Protein Foods	Target: 6 oz.	2 1/2 cups	2 cups	3 cups	5 1/2 oz.	Actual: 0 oz.	0 oz.	0 cups	0 cups	0 oz.	Remaining: -	-	-	-	-
Grains	Vegetables	Fruit	Dairy	Protein Foods																			
Target: 6 oz.	2 1/2 cups	2 cups	3 cups	5 1/2 oz.																			
Actual: 0 oz.	0 oz.	0 cups	0 cups	0 oz.																			
Remaining: -	-	-	-	-																			

Sample Meal Plans

These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

Meal Plan A <small>Based on a 2000 Calorie Plan</small>	Meal Plan B <small>Based on a 2000 Calorie Plan</small>	Meal Plan C <small>Based on a 2000 Calorie Plan</small>
Breakfast <ul style="list-style-type: none"> 1 ounce(s) Grains 1/2 cup(s) Fruit 1/2 cup(s) Dairy 	Breakfast <ul style="list-style-type: none"> 1 ounce(s) Grains 1 cup(s) Dairy 1 1/2 ounce(s) Protein Foods 	Breakfast <ul style="list-style-type: none"> 1 cup(s) Fruit 1 cup(s) Dairy
Morning Snack <ul style="list-style-type: none"> 1 ounce(s) Grains 1 cup(s) Fruit 	Morning Snack <ul style="list-style-type: none"> 1 cup(s) Fruit 1/2 cup(s) Dairy 	Morning Snack <ul style="list-style-type: none"> 1 ounce(s) Grains 1/2 cup(s) Dairy 1 1/2 ounce(s) Protein Foods
Lunch <ul style="list-style-type: none"> 2 ounce(s) Grains 1 cup(s) Vegetables 1/2 cup(s) Fruit 1 cup(s) Dairy 2 1/2 ounce(s) Protein Foods 	Lunch <ul style="list-style-type: none"> 2 ounce(s) Grains 1 cup(s) Vegetables 1/2 cup(s) Dairy 2 ounce(s) Protein Foods 	Lunch <ul style="list-style-type: none"> 2 ounce(s) Grains 1 cup(s) Vegetables 1 cup(s) Dairy
Afternoon Snack <ul style="list-style-type: none"> 1/2 cup(s) Vegetables 1/2 cup(s) Dairy 	Afternoon Snack <ul style="list-style-type: none"> 1 ounce(s) Grains 1/2 cup(s) Vegetables 	Afternoon Snack <ul style="list-style-type: none"> 1 ounce(s) Grains 1/2 cup(s) Vegetables 1/2 cup(s) Dairy 2 ounce(s) Protein Foods
Dinner <ul style="list-style-type: none"> 2 ounce(s) Grains 1 cup(s) Vegetables 1 cup(s) Dairy 3 ounce(s) Protein Foods 	Dinner <ul style="list-style-type: none"> 2 ounce(s) Grains 1 cup(s) Vegetables 1 cup(s) Fruit 1 cup(s) Dairy 2 ounce(s) Protein Foods 	Dinner <ul style="list-style-type: none"> 2 ounce(s) Grains 1 cup(s) Vegetables 1 cup(s) Fruit 2 ounce(s) Protein Foods



Food Tracker My Favorite Foods List My Favorite Activities List

You are here: Home > Track Food & Activity > Food Tracker

Today
07/24/12

Physical Activity
Week of 07/23/12
Target: 47 (LAST) 150 minutes per week
Actual: 0 minutes
Calories: 0
Burning: 2000

Daily Food Group Targets

Target	Actual	% of Target	Target	Actual	% of Target
2 cups	0 cups	0%	3 cups	0 cups	0%
2 cups	0 cups	0%	2 cups	0 cups	0%
2 cups	0 cups	0%	2 cups	0 cups	0%

Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo feature.

Search: All Foods for

Search Type

Food Details My Favorite Foods List **Meals**

Search for food to see details here.

Total Eaten: 0 Calories

- Breakfast 0 Calories
- Lunch 0 Calories
- Dinner 0 Calories
- Snacks 0 Calories

Daily Limits

Total Calories Eaten: 0

Empty Calorie* Eaten: 0

Empty Calorie* Limit: 250 Total Limit: 2000

Oil Eaten: 0g Limit: 65g
 Saturated Fat Eaten: 0g Limit: 65g
 Sodium** Eaten: 0mg Limit: 2300mg

You are here: [Home](#) > [Track Food & Activity](#) > [My Favorite Foods List](#)

My Favorite Foods List

Build a list of foods you eat often. Search for, add, and edit your favorites. Use My Combo to link foods together for easy entry.

Search: for [Back to Food Tracker](#)

Search for food to see details here.

Showing 1 of 0 Results

Sort by:

Name	Amount	Calories	Date Last Used
EMPTY			

** Calories from food components such as added sugars and solid fats that provide the additional value. Empty Calories are part of Total Calories.

**If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

[My Combo Food Item](#)

You are here: Home > Track Food & Activity > My Combo

My Combo

Link and save foods that you normally eat together. [Learn more about My Combo](#)

Build your combo in 3 easy steps:

Step 1 Search for and add individual foods to a list. Items to add come from your Favorite Foods list below.

Search: All Foods Search Tip

Step 2 Give the combo a unique name.

Tip: Give your combo a descriptive name like Paul's Breakfast Sandwich.

Step 3 Save when you're done adding.

Your combo will now be ready to add to meals from your Favorite Foods list.

Food Details | **My Favorite Foods List**

Search for food to see details here.

My Combo Items

EMPTY: You have not added any foods to your combo yet.

My Combo Details

Food Info	Nutrient Info
Total Calories: 0	
Food Groups	Limits

[My Combo Food Item](#)

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.
 **If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

You are here: Home > Food & Activity > Physical Activity Tracker

Today

07/24/12

Physical Activity Target

Week of 07/22/12 to 07/28/12

Target: AT-UDA*† 150 minutes per week

Actual: 0 minutes

Daily Calorie Limit

Allowance: 2000

Enter: 0

Maximum: 2000

Daily Food Group Targets Week info

Group	Target	2% Protein	2 Sweets	3 Oils	5 Grains
Protein Foods	5 oz	5 oz	2 oz	3 oz	5 oz
Fats	5 oz	5 oz	2 oz	3 oz	5 oz
Sweets	2 oz	2 oz	2 oz	3 oz	5 oz

Physical Activity Tracker

Search and add physical activities to view how your activities stack up against your targets.

Search:

Activity Details | **Favorite Activity List**

Search for activities to see details here.

Activities for Week of 07/22/12 - 07/28/12

DATE	NAME	ESTIMATED CALORIES BURNED	QUANTIFY	UNIT	WEEKLY TOTAL
Weekly Total: 0 0					
Sun 07/22/12		0	0		EMPTY
Mon 07/23/12		0	0		EMPTY
Tue 07/24/12		0	0		EMPTY
Wed 07/25/12		0	0		EMPTY
Thu 07/26/12		0	0		EMPTY
Fri 07/27/12		0	0		EMPTY
Sat 07/28/12		0	0		EMPTY

Weekly Total

Moderate Intensity Equivalent (MIETM) Minutes

Weekly Targets

Total Muscle-Strengthening Days: 0

Target: 2 Days minimum

1 2 3 4 5 6 7

*Calories burned are estimates only for an average person performing the activity.
 †Moderate Intensity Equivalent (MIE) Minutes: Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes. Light intensity activity and activity less than 10 minutes in duration do not count toward MIE minutes. Although, any activity is always better than none!



You are here: Home > Track Food & Activity > My Favorite Activities List

My Favorite Activities List

Create a list of activities you do often. Search for, add, and edit your favorites.

Search: All Activities | | | [Back to Physical Activity Tracker](#)

Showing 0.0 of 0 Results |

Sort by:

Activity	Intensity	Duration (Minutes)	(ME Minutes**)
EMPTY			

[Activity Details](#)

Search for activities to see details here.

*Calories burned are estimates only for an average person performing the activity.
**Moderate Intensity Equivalent (ME) Minutes:
Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 ME minutes.
Light intensity activity does not count toward ME minutes. Although, any activity is always better than none!

You are here: Home > My Reports > Overview

My Reports

Viewing your trends over time can help you achieve food and activity goals. Use reports to see where you're meeting your goals and identify areas you'd like to work on.



- Food Groups & Calories >**
Get your average intake of Calories and food groups for any time period you choose.
- Nutrients >**
Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose.
- Food Details >**
See the food group and nutrient content of your foods each day.
- Meal Summary >**
View a menu of foods you've eaten or planned for any time period you choose.
- Physical Activity >**
View your weekly physical activities to compare against Physical Activity Guidelines for Americans.
- History Charts >**
See a graph of your trend history for weight, Calories, physical activity, food groups, or nutrients.

My Top 5 Goals My Weight Manager My Journal

You are here: Home > My Features > My Top 5 Goals

<p>Today</p> <p>07/24/12</p>	<p>Physical Activity Target</p> <p>Range of 30000 to 37000</p> <p>Target: AT LEAST 150 minutes per week</p> <p>Actual: 0 minutes</p>	<p>Daily Calorie Limit</p> <p>Allowance: 2000</p> <p>Calories: 0</p> <p>Remaining: 2000</p>	<p>Daily Food Group Targets</p> <table border="1"> <thead> <tr> <th></th> <th>Grains</th> <th>Vegetables</th> <th>Fruit</th> <th>Dairy</th> <th>Protein Foods</th> </tr> </thead> <tbody> <tr> <td>Target:</td> <td>6 oz</td> <td>2 1/2 cups</td> <td>2 cups</td> <td>3 cups</td> <td>5 oz</td> </tr> <tr> <td>Actual:</td> <td>0 oz</td> <td>0 cup(s)</td> <td>0 cup(s)</td> <td>0 cup(s)</td> <td>0 oz</td> </tr> <tr> <td>Notes:</td> <td>--</td> <td>--</td> <td>--</td> <td>--</td> <td>--</td> </tr> </tbody> </table>		Grains	Vegetables	Fruit	Dairy	Protein Foods	Target:	6 oz	2 1/2 cups	2 cups	3 cups	5 oz	Actual:	0 oz	0 cup(s)	0 cup(s)	0 cup(s)	0 oz	Notes:	--	--	--	--	--
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Notes:	--	--	--	--	--																						

My Top 5 Goals

Set personal goals that you want to achieve. You can choose and track up to 5 areas. Sign up in My Coach Center to receive tips and support as you work toward your goals.

Note: My Top 5 Goals needs your height and weight. Please personalize your profile to provide this information.

You are here: [Home](#) > [My Personal](#) > [My Weight Manager](#)

Today 07/24/12 	Physical Activity Target Move at least 150 minutes per week Target: AT LEAST 150 minutes per week Actual: 0 minutes	Daily Calorie Limit Allowance: 2000 Calorie: 0 Remaining: 2000	Daily Food Group Targets <small>More info</small> <table border="1"> <thead> <tr> <th>Grains</th> <th>Vegetables</th> <th>Fruit</th> <th>Dairy</th> <th>Protein Foods</th> </tr> </thead> <tbody> <tr> <td>Target: 48</td> <td>Target: 2 1/2 cups</td> <td>Target: 2 cups</td> <td>Target: 3 cups</td> <td>Target: 5 1/2 oz</td> </tr> <tr> <td>Actual: 0 oz</td> <td>Actual: 0 cups</td> <td>Actual: 0 cups</td> <td>Actual: 0 cups</td> <td>Actual: 0 oz</td> </tr> <tr> <td>Status: --</td> <td>Status: --</td> <td>Status: --</td> <td>Status: --</td> <td>Status: --</td> </tr> </tbody> </table>	Grains	Vegetables	Fruit	Dairy	Protein Foods	Target: 48	Target: 2 1/2 cups	Target: 2 cups	Target: 3 cups	Target: 5 1/2 oz	Actual: 0 oz	Actual: 0 cups	Actual: 0 cups	Actual: 0 cups	Actual: 0 oz	Status: --	Status: --	Status: --	Status: --	Status: --
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Status: --	Status: --	Status: --	Status: --	Status: --																			

My Weight Manager

Before you can use Weight Manager, personalization is required including your height and weight. Please personalize your profile and then return to Weight Manager.

You are here: [Home](#) / [My Features](#) / [My Journal](#)

Today 07/24/12	Physical Activity Target Walk at 2.0 mph to 3.0 mph Target: 47 (2007-18) minutes per week Actual: 0 minutes	Daily Calorie Limit Allowance: 2000 Calorie: 0 Remaining: 2000	Daily Food Group Targets <table border="1"> <thead> <tr> <th>Target</th> <th>Grains</th> <th>Vegetables</th> <th>Fruit</th> <th>Dairy</th> <th>Meat/Protein</th> </tr> </thead> <tbody> <tr> <td>2 1/2 cups</td> <td>2 1/2 cups</td> <td>2 cups</td> <td>2 cups</td> <td>3 cups</td> <td>0 oz</td> </tr> </tbody> </table>	Target	Grains	Vegetables	Fruit	Dairy	Meat/Protein	2 1/2 cups	2 1/2 cups	2 cups	2 cups	3 cups	0 oz
Target	Grains	Vegetables	Fruit	Dairy	Meat/Protein										
2 1/2 cups	2 1/2 cups	2 cups	2 cups	3 cups	0 oz										

My Journal

This is your area. **Quantity** all down your foods and physical activities. Keep track of daily events to help you identify triggers that may be associated with changes in your health behaviors and weight.

Post a Journal Entry

Title:

Food(s) Eaten:
 Meal Location(s):
 Physical Activity:
 Mood:

Notes:

Rich text editor toolbar with options for Bold, Italic, Underline, Text Color, Background Color, Bulleted List, Numbered List, Indent, Outdent, Undo, Redo, and other standard editing functions.