SuperTracker’s Food-A-Pedia feature lets you look up a food to get quick access to nutrition info for thousands of foods.

You can also choose and compare two foods side-by-side.

Access Food-A-Pedia in the global navigation bar on all SuperTracker pages or from the homepage.

To look up a food, type the food name into the search box provided.

As you are typing, a list of top search results will drop down.

If you see the food you are looking for, select it from the list.

Or select the “Go” button to get the complete search results list.
Select the food that best matches what you are looking for, and the food details will appear in the food card.

The food card tells you how many total and empty Calories are in the food, how much of each food group it provides,

How many of its Calories come from solid fats and added sugars, and how much sodium and saturated fat it has.

You can change the amount to see updated numbers.

Click the Nutrient Info tab to find out how much of each nutrient the food has and the percent of your daily target or limit.

To compare with another food, you can either pick another from your search results list, or search for another food.

The food details for the second food you pick will show in the food card on the right side of the page.
Click on either the Food Info or Nutrient Info tabs to compare your foods.

If you want to add one or both of the foods to Food Tracker, you can do so directly from the Food-A-Pedia page.

Click the blue “+ Add to Food Tracker” button.

Additional choices will expand down.

Check the box next to the meal, or meals, to which you’d like to add the food.

And if you have more than one profile, check the box next to the profile.

Click the blue “+ Add” button to add the food to Food Tracker for the current day.

After adding, you get a message confirming that the food was added to the meal(s) and profile(s) you picked.
If you want to see the food details again, click the “See This Food Again” button.

Click on the “Remove” button in the upper right hand corner of the food card to remove an item and select another food to compare.