This video will show you how to use the My Foods feature in SuperTracker.

My Foods are customized versions of SuperTracker foods with nutrition information that you enter.

To use the My Foods feature, you first need to log in to your SuperTracker account.

As you’re adding foods in Food Tracker,

you may find that the nutrition information for a food does not match the specific version you ate.

To edit the nutrition information, click the Customize link on the food card.

This will open the Create My Food window.

First, enter a name for your food, something specific that you will recognize, and choose the amount.
You can update the number of Calories, grams of saturated fat, and milligrams of sodium on the Food Info tab.

Click over to the Nutrient Info tab to adjust the amounts for all nutrients.

When you’re done, click the Save to Favorites button.

Your new food will appear in the food card.

To add it to a meal, select the meals and profiles and click "Add," just as you would for any other food.

Your food will also be saved in your Favorite Foods List.

Foods you have created will be designated in your Favorites List with a green triangle.
To see all of your foods at the top of your favorites list, sort by “My Foods.”

You can also edit your foods at any time on the My Favorite Foods List page.

Click the “Edit” button next to the food, and the Edit My Food window will open.

You can edit the name and nutrition information and click the “Save to Favorites” button.

This will update the food in your Favorites List.

You can also remove a food by clicking the “Remove” button.

And the food will no longer appear in your Favorites List.