This video will show you how to create a combo using SuperTracker.

Create a combo to link and save foods you typically eat together.

Then you can easily add them to meals with one click.

From any page you can click the “My Combo” link under the “Track Food & Activity” navigation menu.

Or, on the Food Tracker page, you can select the “Create a Combo” button.

I am clicking the button, which takes me to the My Combo page.

There are three steps to build a combo.

For step 1, search for foods and add them to your combo.
For example, let’s create a fruit and yogurt smoothie.

First, let’s look up bananas.

In the food card, pick the amount, and click "Add."

And we’ll add orange juice and yogurt.

As you add each food, the nutrition info for the total combo will add up on the right side of the page.

Use the "Food Info" and "Nutrient Info" tabs to view food group and nutrient amounts.

In step 2, name your combo. We’ll call this “My Breakfast Smoothie.”
And for step 3, click to save your combo.

Your combo will be saved in your favorite foods list.

This feature can be used to help you build foods that you don’t find in SuperTracker.

Say you make your grilled cheese sandwich on whole wheat bread with apple slices.

From My Combo you can build your sandwich with the specific amounts and ingredients you use.

The possibilities and combinations are endless!

After you’ve created a combo, you can access it on your Favorite Foods page.

You can edit or delete a combo from your Favorite Foods list by clicking either the "Edit" or "Remove" button.
Now let's go back to the Food Tracker page to add the combo to a meal.

Click on the My Favorite Foods List tab to access your combo.

All combos are designated with the green combo symbol.

To add your combo to a meal, click the blue “Add” button, and the combo food card will display.

Select the meals and profiles you would like. And click the blue “Add” button.

All of the individual components of your combo will be added with one click.