Use SuperTracker’s Food Tracker tool to track the foods you eat each day.

Access Food Tracker in the global navigation bar on all SuperTracker pages or from the homepage.

Use the calendar in the dashboard at the top of the page to choose the date.

The date will automatically be today’s date when you first come to the page.

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.
If you don't see it, or want to see more foods, click the “Go” button to get the complete search results list.

Select the food that best matches what you’re looking for, and the food details will appear in the food card on the left side of the page.

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.

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.

You can change the amount to see updated numbers.

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 boxes next to the profiles you’d like to add to.

Click the blue “Add” button to add the food.

After adding, you get a message confirming that the food was added to the meals and profiles you picked.

If you want to see the food details again, click the “See This Food Again” button.

You can also add favorite foods and combos from the My Favorite Foods List tab.

As you add foods, your progress will add up in the graphs on the right side of the page.

You can see your progress toward each of your food group targets, including subgroup contributions for some food groups.
For example, for your grains intake, you can see how much came from whole grains versus refined grains.

Check the blue dashboard at the top of the page to find out if you’re over or under on any of your food group targets.

Click the “View by Meal” link under the chart to see your daily food group intake broken down by meal and individual foods.

You can also click the "Nutrient Intake Report" link to examine your nutrient intake for the day.

Your Daily Limits graph lets you know how you’re doing in terms of total Calories, empty Calories, and oils, saturated fat and sodium.

These areas will turn red if you go over your daily limit.

If you’d like to edit a food you already added, click the “edit” button next to the food in the meals area.
The food details will reappear in the food card on the left side of the page.

00:02:44,233 --> 00:02:48,833
You can update the amount and click the “Save” button to save your changes.

00:02:48,833 --> 00:02:53,633
If you added a food by mistake, just click the “Remove” button next to that food.

00:02:53,633 --> 00:03:03,766
Or if you want to remove all of the foods you entered for a day, click the “Clear All” button. And click OK to confirm.