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

My Favorite Foods allows you to build a list of foods you eat often.

You can add foods on your Favorites list directly to meals without having to search for them.

You can add favorites in Food Tracker or build your list all at once on the My Favorite Foods List page.

Access the Favorite Foods List page under the “Track Food & Activity” navigation heading.

To start building your list, type the food name into the search box provided.

You can search all foods or select a specific search category.

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 see the complete search results list.

Select the food that best matches what you are looking for.

Choose the amount that you typically eat. This will be the amount that is saved in the My Favorite Foods List.

Click the “Add to My Favorite Foods” button.

This item will now appear in your Favorites List.

Continue searching and adding foods to build your list. You can add as many foods as you want.
And you can edit a food at any time.

Click the “Edit” button next to any food item. The food will display on the right side of the page.

Edit the amount and click “Save.” This will update the food in your Favorites List.

You can also remove a food.

Click the “Remove” button and this food will no longer appear in your Favorites List.

You can also add to your Favorites directly from the Food Tracker page.

Once you have added foods in Food Tracker, click the “My Favorite” button under the food name in the Meals Area.

This food will be saved directly to your Favorites.
To access your list, click the My Favorite Foods List tab behind the food card.

To add foods to your meals, click the blue “Add” button and the food card will display.

Select the meals and profiles you would like. Click the blue “Add” button to add the food to a meal.

If you have many items in your Favorite Foods List, you may want to sort the list to help you find what you are looking for.

The last item that you used will appear first. Or you can choose to view your list alphabetically.