Many people need to track specific nutrients for health reasons.

Whether it’s calcium, phosphorus, vitamin K, cholesterol, sodium, or something else.

This video will show you the tools SuperTracker offers to help you keep track of a specific nutrient.

In this example, we’ll take a look at vitamin K.

SuperTracker can help you determine the amount of Vitamin K in an individual food, your daily diet, or your diet over time.

To find out the amount of vitamin K in a specific food, use the Food Tracker feature.

To look up a food in Food Tracker, 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 more options, select the “Go” button to get the complete search results.

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.

To see the amount of vitamin K, click on the Nutrient Info tab and scroll down to the vitamins section.

If you choose to adjust the portion size, the vitamin K amount will update accordingly.

You can also compare the amount of vitamin K in two different foods.

Just click the compare button, which will take you to the Food-A-Pedia page to compare the nutrient info for two foods side-by-side.
Now, I’ll show you how to examine the vitamin K content of your total daily diet.

You need to first add all of the foods you ate for the day using Food Tracker.

Then go to the Food Details report. It’s available under the My Reports navigation.

You can run the report in a few easy steps.

First, enter the date or use the calendar icon to select it.

Next, select the food groups, limits, or nutrients you would like to view.

You can select as few, or as many, as you want. I am going to select vitamin K.

Click the “Create Report” button, and the report will load.
Your foods will be shown in the first column and the portion amounts in the second column.

Then, in the third column, you can see the amount of vitamin K in each food item.

And the total amount you ate that day will appear at the very bottom.

Please note that the target shown is based on how much most people of your age and gender should get each day.

If your health professional gave you a different target or limit, you should focus on that recommendation.

rather than the general SuperTracker recommendation.

You can sort your foods using the arrow icons at the top of each column.
Click the arrows once to see the foods ordered from lowest to highest based on amount of vitamin K.

Click it again to see the foods ordered from highest to lowest.

After running the Food Details Report, you can print it using the print page button in the upper left.

You also have the option to export the report to PDF, Excel, or Word files using the buttons in the top right of the page.

If you have been tracking your foods over multiple days, you may also be interested in checking out the Nutrients Report.

SuperTracker’s Nutrients Report provides your average intake of nutrients for any time period you choose.

First, enter or use the calendar icon to select a date range.
Then, click the “Create Report” button, and the report will load.

The names of each nutrient appear in the first column.

Your target or limit for each displays in the second column.

And the next column tells you the average amount of each nutrient you consumed over the time period you selected.

And the last column tells you your status: Under, Over, or OK

Again, targets and limits are based on how much most people of your age and gender should get each day.

So if your health professional gave you a different target or limit, you should focus on that recommendation.

Now, let’s take a closer look at vitamin K.
You can see which of your food selections were highest or lowest in vitamin K and get tips by clicking the plus sign.

Your food selections will appear in order, with the top sources showing at the top of the list.

The order is based on amount of the nutrient in the food, and the number of times you ate it.

You can reverse the order to see the foods that contributed the lowest percentage of your total intake first.

Just click the arrow icon next to “Food Sources” to sort from lowest to highest.

And click the plus sign icon next to the nutrient name again to re-expand the drill down list and view your foods in this new order.

When you drill-down to view food sources of a nutrient, you will also get three tips on how to optimize your intake of that particular nutrient.
Look here for more information about the nutrient and its food sources.

Just like the Food Details report, you can print the Nutrients Report,

and you can also export it to either PDF, Excel, or Word using the buttons in the top right of the page.

Another tool to track your intake of any nutrient over time is History Charts.

On the History Charts page, you can run the report in a few easy steps.

First enter dates or use the calendar icon to select the date range you would like to run the report for.

You can create a history chart for any length of time you wish, and you can view the results in daily, weekly, monthly, or yearly time periods.
If you choose weekly, monthly, or yearly, the chart will automatically average your intake for the interval selected.

You can also choose whether to view your chart as a line or bar chart.

Then select a report from the list on the left. We’ll choose Vitamin K.

And click the “Create Report” button, and the chart will load.

The purple data points represent your vitamin K intake over the time period selected.

Plus, the blue trend line provides a big picture look at the trend in your data points.

For example if you are increasing or decreasing over time.

Your chart will also include a line representing your target or limit.
This is a general recommendation for someone of your age and gender.

You should follow any specific recommendations provided by your healthcare provider.

Click to view the data tab if you would like to see your data in table form instead of in a chart.

On all history charts, you can drill-down for more information.

If you selected a weekly time period, your chart will display in a weekly format, where all data points from the same week are averaged together and shown in one data point.

Click on any data point to see the days of data that make up that week.

This works the same way for monthly and yearly charts.
For example, if you click on a monthly data point, the chart will update to display the weeks that make up the month.

And once you're viewing daily data points, you can click an individual point to see the foods you ate that day that contributed to your intake.

A Food Details Report will open in a new window.

So as you can see, SuperTracker has many tools available to help you track a specific nutrient. Give it a try today!