

SuperTracker

Assignment Description

The goal of this assignment is to have you analyze what you are currently eating to see what you are doing well, and where you can make improvements to your diet. You will need to keep track of what you eat for 5 days and enter it into the USDA's website so it can be analyzed.

Process

1. Write down everything you eat and drink for 5 days. Be sure to include as much detail as possible about the type of food and serving size. You can write it down and enter it into the website at the end of 5 day, but our recommendation would be to enter it daily.
2. Go to <https://www.supertracker.usda.gov/Login.aspx>
3. Create your profile. (Top right of the screen)
 - a. Please enter all the information requested to the best of your ability – it will help to make the reports more accurate.
4. Under the "Track Food & Activity" tab, click on Food Tracker. When the tracking page opens, make sure the date on the left hand corner matches the date of the foods you are entering in. Enter in all of your foods from that day, being as accurate as possible. Continue until you have 5 days entered.
5. Click on My Reports. Open the **Food Groups and Calories** report. Enter the date range that you entered food for. Click Create Report. After the report opens, click on Export as PDF. Save this file to your computer.
6. Go back to My Reports. Open the **Nutrients Report**. Enter the date range that you entered food for. Click Create Report. After the report opens, click on Export as PDF. Print this PDF and save this file to your computer.
7. **You should have 2 documents saved – 1. Food Groups and Calories Report and 2. Nutrients Report. Please print both of these reports to hand in along with the following reflection assignment:**

Reflection Assignment

1. TYPE a paragraph or two reflection on your results. It is important to be specific when discussing these questions. Please write about the following:
 - a. What two nutrients were you most deficient in? What foods do you need to eat to get these nutrients into your diet?
 - b. What two nutrients are you most excessive in? What foods might you need to cut down on to avoid being excessive in these nutrients in the future?
 - c. What surprised you about your results?
 - d. What did you learn from this assignment?

If you have problems accessing the website, be sure to let me know BEFORE your assignment is due.

Your Grade

Food Groups & Calories Report =	15 pts
Nutrients Report =	15 pts
Reflection Assignment =	20 pts
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Total	50 pts