



Tailored Exercise and Nutrition:

<https://www.choosemyplate.gov/SuperTracker/default.aspx>

The [SuperTracker](#) can help you plan, analyze, and track your diet and physical activity. You can look up individual foods to see or compare their nutritional value, find recommendations for what and how much you should eat, compare your food choices to these recommendations and to your nutrient needs, and assess personal physical activities and identify ways to improve.

The SuperTracker is a visually appealing, comprehensive, state-of-the-art resource available at ChooseMyPlate.gov. It is designed to assist individuals as they make changes in their life to reduce their risk of chronic disease and maintain a healthy weight. Consumers can access this free, on-line tool at anytime and can choose a variety of features to support nutrition and physical activity goals. SuperTracker offers consumers the ability to:

- **Personalize recommendations** for what and how much to eat and amount of physical activity.
- **Track foods and physical activity** from an expanded database of foods and physical activities.
- **Customize features** such as goal setting, virtual coaching, weight tracking and journaling.
- **Measure progress** with comprehensive reports ranging from a simple meal summary to in-depth analysis of food groups and nutrient intake over time.
- **Operationalize** the 2008 Physical Activity Guidelines.
- **Support family and friends** by adding their individual profiles.