

# SuperTracker



United States Department of Agriculture

Today  
**09/09/14**

### Physical Activity Target

Week of 09/07/14 to 09/13/14 [i](#)

<b>Target</b>	AT LEAST 150 minutes per week
<b>Actual</b>	0 minutes

### Daily Calorie Limit

<b>Allowance</b>	<b>2600</b>
<b>Eaten</b>	<b>1478</b>
<b>Remaining</b>	<b>1122</b>

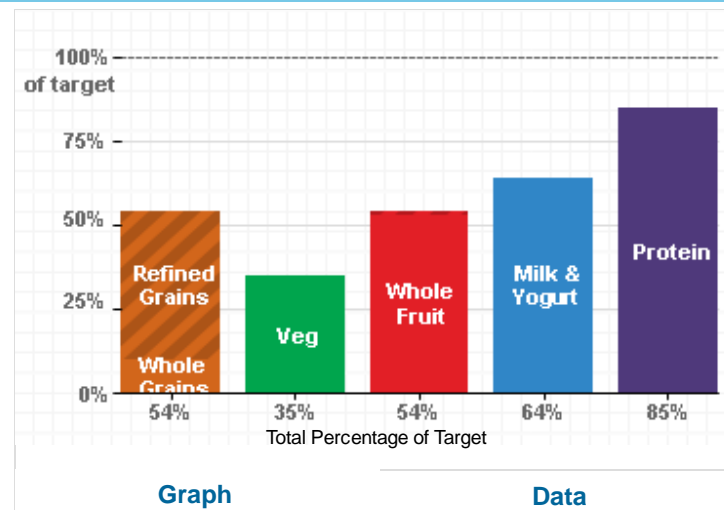
### Daily Food Group Targets [More Info >](#)

	Grains	Vegetables	Fruits	Dairy	Protein Foods
<b>Target</b>	9 oz.	3½ cup(s)	2 cup(s)	3 cup(s)	6½ oz.
<b>Eaten</b>	5 oz.	1¼ cup(s)	1 cup(s)	2 cup(s)	5½ oz.
<b>Status</b>	Under	Under	Under	Under	Under

## Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search:  for  [Go](#)  
[Search Tips](#)



Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

## Daily Limits

Total Calories Eaten: **1479**  
 Empty Calories\* Eaten: 145



Food Details    My Favorite Foods List

## Meals

Copy Meals    Clear    Create Combo    Create Recipe

Search for food to see details here.

**Total Eaten: 1478 Calories**

### Breakfast 335 Calories

100 % Natural Cereal, with  
oats, honey and raisins  
½ cup  
213 Calories  
(29 Empty Calories\*)  
[My Favorite](#)    [Remove](#)    [Edit](#)

Milk, reduced fat (2%)  
1 cup  
122 Calories  
(37 Empty Calories\*)  
[My Favorite](#)    [Remove](#)    [Edit](#)

### Lunch 299 Calories

BLT (bacon, lettuce, and  
tomato sandwich), with  
mayonnaise  
½ sandwich  
172 Calories  
(27 Empty Calories\*)  
[My Favorite](#)    [Remove](#)    [Edit](#)

Yogurt, plain, fat free  
1 container (8 oz)  
127 Calories  
(1 Empty Calories\*)  
[My Favorite](#)    [Remove](#)    [Edit](#)

### Dinner 524 Calories

Asparagus, cooked (with  
salt and vegetable oil)  
1 cup  
80 Calories  
(0 Empty Calories\*)  
[My Favorite](#)    [Remove](#)    [Edit](#)

Salmon, baked or broiled,  
with oil  
½ medium fillet  
240 Calories  
(0 Empty Calories\*)  
[My Favorite](#)    [Remove](#)    [Edit](#)

Rice, white, regular, cooked  
204 Calories

Empty Calories\* Limit: 362

Total Limit: 2600

Oils	Saturated Fat	Sodium**
Eaten: 7 tsp.	Eaten: 18g	Eaten: 1812mg
<input type="text"/>	<input type="text"/>	<input type="text"/>
Limit: 8 tsp.	Limit: 29g	Limit: 2300mg

-  = My Combo
-  = My Recipe
-  = My Food

\* Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

\*\*If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

## My Coach Center



Activate [My Coach Center](#) now by setting up your personal goals.

## Resources

1. [Let's Move!](#)
2. [Dietary Guidelines for Americans](#)
3. [Physical Activity Guidelines for Americans](#)
4. [ChooseMyPlate.gov](#)
5. [FNCS Recipe Box](#)
6. [healthfinder.gov](#)
7. [Food and Nutrient Data](#)
8. [SuperTracker User Guide](#)

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