

SuperTracker

Food LOG Analysis

Target: Enter food you ate into a computer database to calculate information related to diet and nutrition.

Materials: Food Log, internet access

Procedures:

1. Connect to the Food Tracker website.
<https://www.supertracker.usda.gov/foodtracker.aspx?CategoryID=-1&FoodDescription=>
2. Choose ONE day.
3. Enter your data into the appropriate categories. You may need to make a substitution for items that cannot be found on the lists.
4. When you have one day completed, print out your analysis.
5. Answer the CONCLUSION questions on the back of your analysis paper.
6. Attach both papers (staple) and turn it in.

CONCLUSION:

1. Summarize your "diet". How did you do? (Look at the Daily Food Group Targets)
2. What nutrients can you add to your diet?
3. What nutrients can you cut out of your diet?
4. What are three (3) specific nutritional changes that will improve your diet that you will commit to making over the next few months?