SuperTracker Nutrition Lesson Plans for High School Students

https://www.SuperTracker.usda.gov

USDA Center for Nutrition Policy and Promotion

Contents

Background

High school students are increasingly in control over the decisions that influence their health and wellness, and the behaviors they learn throughout childhood and young adulthood will carry on into their adult lives. Teens who are overweight or obese are more likely to be overweight and obese as adults, putting them at risk for chronic diseases such as hypertension, heart disease, and diabetes. While the decision to choose a healthy lifestyle is ultimately up to the individual, teachers have the opportunity to influence their students by providing them with the information they need to make knowledgeable and responsible choices. Teachers are a key resource for disseminating healthy messages, as they play a large role in shaping the views and behaviors that students will use in the future.

The USDA Center for Nutrition Policy and Promotion, in conjunction with Team Nutrition, developed lesson plans for high school students using the engaging, interactive SuperTracker tool to help students think critically about their food and physical activity choices. We hope that you find these lesson plans to be a useful resource for educating your students about the importance of good nutrition and physical activity!

About SuperTracker

SuperTracker is a visually appealing, comprehensive, state-of-the-art diet and physical activity tracking tool available at https://www.SuperTracker.usda.gov. Based on the *Dietary Guidelines for Americans*, this tool is designed to assist individuals as they make lifestyle changes to reduce the risk of chronic disease and maintain a healthy weight. Using this free, online tool, students can choose a variety of features to support nutrition and physical activity goals, including:

1. Get personalized recommendations for what and how much to eat and optimal amounts of physical activity.
2. Track foods and physical activity from a database of about 8,000 foods and 900 physical activities.
3. Edit nutrition information for SuperTracker foods to better match personal food choices.
4. Build, track, and analyze personal recipes.
5. Track weight over time.

6. Set personal goals, sign up for tips and support, and share successes with friends and family using social media.
7. Journal about personal factors and health behaviors.
8. Measure progress with comprehensive reports ranging from a simple meal summary to indepth analysis of food groups and nutrient intake over time.

Lesson Plan Overview

Audience
High school students grades 9-12

Purpose
To encourage high school students to build a healthier diet and increase physical activity using the SuperTracker interactive tool.

Subject Focus
These lesson plans are designed for high school Health, Physical Education, and Family and Consumer Science teachers; however, the resources provided allow any teacher to promote health and wellness in their classrooms, with or without experience in nutrition education.

Standards
SuperTracker Nutrition Lesson Plans for High School Students are intended to enable students to achieve the following healthy behavior outcomes:

- Eat the appropriate amounts from each food group every day.
- Eat a variety of foods within each food group every day.
- Eat fruits and vegetables every day.
- Choose to eat whole-grain products and fat-free or low-fat milk or milk products.
- Eat a variety of foods from the Protein Foods group each week.
- Limit foods and beverages high in added sugars, solid fat, and sodium.
- Eat healthy snacks.
- Prepare food in healthful ways.
- Balance caloric intake with caloric expenditure.
- Follow an eating plan for healthy growth and development.
- Support others to eat healthfully.

Nutrition Overview

The information provided in these lesson plans covers basic nutrition topics, including:

- Calories
- Empty Calories
- Solid Fats
- Added Sugars
- Sodium
- MyPlate
- Food Groups
    - Grains
    - Vegetables
    - Fruits
    - Dairy
    - Protein Foods
- Nutrients

Detailed definitions and information about each topic listed above can be found in the Nutrition Glossary section starting on page 53 of this document.

Using SuperTracker in a Classroom Setting

It is important to create a safe, "judgment free" learning environment for students when using SuperTracker in a classroom setting. Keep in mind that some students may not be comfortable entering sensitive information such as their weight or food choices in front of their peers. The following best practices can help ensure a successful learning experience for students:

- Do not require students to share their results unless they volunteer to do so.
- Do not make comments about "good foods" or "bad foods." SuperTracker is designed to provide information about the nutrition content of foods and beverages that allows students to identify healthier options on their own.

- If desired, instruct students not to enter their height and weight when they create their profile. The system will calculate a plan based on a standard height weight for someone of their age and gender.
- If desired, skip the personalization step when instructing students to create a profile. All non-personalized profiles will receive a general 2,000 calorie plan.
- Please note that if students age 18 and under do enter their height and weight, SuperTracker identifies overweight and underweight teens using backend calculations and adjusts their plan recommendations appropriately. This information is handled solely on the backend and is not communicated to users to avoid situations of stigma in the classroom.

Special Considerations for Teenagers

To encourage students to make healthier food and physical activity choices, it can be helpful to discuss their perceived motivators and barriers. Discussing barriers that are preventing students from making healthy choices can lead to the identification of strategies to overcome these barriers. In the same way, recognizing motivators can help students develop healthy eating strategies that they can stick with over time. Studies show that teenagers commonly report the following motivators and barriers to healthy eating. Ask students about their own motivators and barriers when implementing these lesson plans.

Motivators

- support from family
- wider availability of healthy foods
- improving or maintaining appearance

Barriers

- lack of time
- limited availability of healthy foods
- lack of concern regarding healthy eating
- taste preferences

Helpful Resources

The following resources are available to help introduce your students to SuperTracker.

- **SuperTracker Scavenger Hunt**
  The SuperTracker scavenger hunt (found in the Printable Materials section at the end of this toolkit) is a quick, fun activity that will help students learn the features SuperTracker offers.
  Link: https://www.supertracker.usda.gov/Documents/SuperTracker_Scavenger_Hunt.pdf

- **SuperTracker 10 Tips**
  The SuperTracker 10 Tips handout (found in the Printable Materials section at the end of this toolkit) includes tips and ideas for getting started with SuperTracker.
  Link: http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf

- **SuperTracker Flyer**
  Post the SuperTracker flyer (found in the Printable Materials section at the end of this toolkit) in common areas such as lunchrooms, bulletin boards, and stairwells to get students excited about the application.

- **SuperTracker Site Tour Videos**
  These short YouTube videos offer step-by-step demonstrations on how to use each SuperTracker feature.
  Link: https://www.supertracker.usda.gov/sitetour.aspx

- **SuperTracker User Guide**
  This indepth guide includes instructions for using SuperTracker and details on how it works.
  Link: https://www.supertracker.usda.gov/Documents/SuperTrackerUserGuide.pdf

- **SuperTracker Button**
  Click the link below to download a SuperTracker button. Instructions are provided on how to add it to your website, so students can access the site quickly and easily from a webpage they regularly visit.
  Link: http://www.choosemyplate.gov/supertracker-tools/supertracker.html

- **Best Practices for Conducting SuperTracker Trainings**
  Refer to these best practices when conducting SuperTracker trainings for a group. The recommendations are lessons learned from others who have conducted SuperTracker trainings.
  Link:
  https://www.supertracker.usda.gov/Documents/
  Best_Practices_for_SuperTracker_Training.pdf

SuperTracker Nutrition Lesson Plans

The following lesson plans provide exciting and engaging hands-on opportunities for your students to analyze their food intake and to discuss ways to make healthier choices. The lesson plans are "stand-alone" topics, meaning they can be used out of sequence and individually. You may also use them as a starting point for customizing lesson plans that specifically meet the needs of your students. Each lesson includes preparation steps, learning objectives, teaching instructions, and a handout that students can complete to reflect on the information they have learned. The questions in the handouts typically do not have "right" or "wrong" answers. Rather, they are meant to inspire students to reflect on their individual dietary choices and identify areas for personal improvement.

Lesson 1:
Track Your Snack

Lesson 1: Track Your Snack

Time Required: 40 minutes

Audience: High school students grades 9-12

Lesson Overview

In this lesson, the teacher will provide information about what makes a healthy snack, including information about total calories, empty calories, and sodium. The students will use SuperTracker's Food-A-Pedia feature to compare the total calories, empty calories, and sodium content of various snack foods. Students will complete the *Track Your Snack* handout to reflect on what they've learned and discover the nutrition content of their favorite snack foods.

Lesson Preparation

SuperTracker	• Watch the Food-A-Pedia site tour video, Getting Started: How to Use Food-A-Pedia, on YouTube (2 min. 8 sec.) Link: https://www.youtube.com/watch?v=-EZI-Zfhd78&feature=youtu.be • Review navigation of the SuperTracker website Link: https://www.supertracker.usda.gov/default.aspx • Familiarize yourself with the Food-A-Pedia feature Link: https://www.supertracker.usda.gov/foodapedia.aspx
Materials	• *Track Your Snack* handout (found at the end of this lesson), copies made for each student
Setup	• Computer with Internet access • Screen

Lesson Objectives

Following this lesson, students will be able to:

1. Summarize why healthy snacking is important.
2. Choose healthier snack options based on their nutritional content (calories, empty calories, and sodium).
3. Explain the importance of monitoring total calorie, empty calorie, and sodium intake in their diet.

Teaching Instructions

1. Review the learning objectives.

2. Provide information about healthy snacking.
    o   Snacks can help you get the nutrients you need to grow and maintain a healthy weight.
    o   Choose a variety of snacks from each of the five food groups over the course of a week. Examples from each food group include:
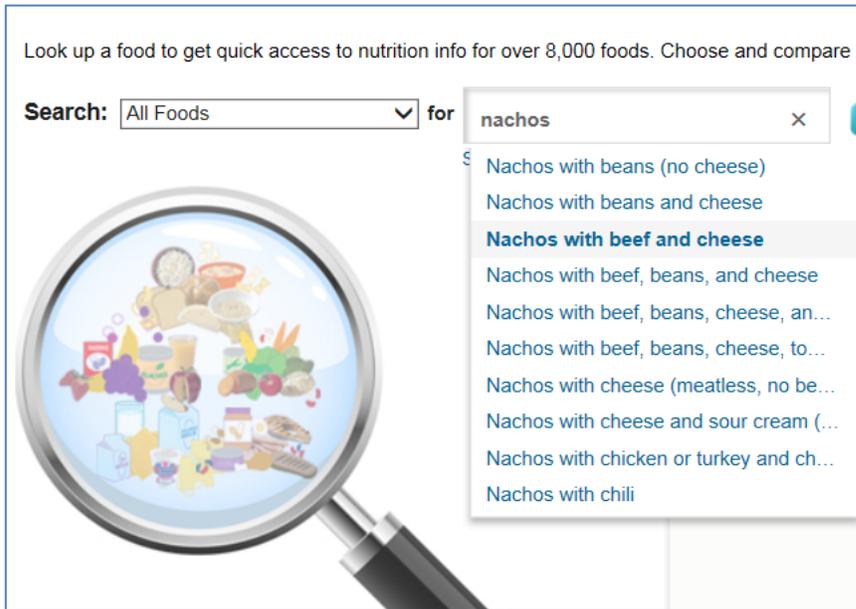
Grains	whole grain crackers, cereal, rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas
Vegetables	carrots, celery, bell pepper, cherry tomatoes, broccoli, green beans, sugar peas, avocados
Fruits	apple, tangerine, strawberry, banana, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots
Dairy	low-fat cheese slices or string cheese, yogurt, fat-free or low-fat milk, low-fat cottage cheese
Protein Foods	boiled egg, peanut butter, bean dip, hummus, slices of lean turkey or chicken, pumpkin seeds

    o   Choose snacks that are lower in calories.
        ▪   Calories are the measure of energy a food or beverage provides—from the carbohydrate, fat, and protein it contains. Calories are the fuel you need to work and play. Foods and beverages vary in how many calories and nutrients they contain. When choosing what to eat and drink, it's important to get the right mix—enough nutrients, but not too many calories.
        ▪   You will gain weight when the calories you eat and drink are greater than the calories you burn. The current high rates of overweight and obesity in the United States mean that many people are taking in more calories than they burn.
    o   Choose snacks that have little to no empty calories.
        ▪   Empty calories add calories to a food but few or no nutrients. Empty calories come from solid fats and added sugars.
        ▪   Solid fats are fats that are solid at room temperature, like butter and shortening. Most solid fats are high in saturated fats and/or *trans* fats, which can increase the risk for heart disease.

- Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.
- In some foods, like most candies and sodas, all the calories are empty calories.
- Empty calories can also be found in some other foods that contain important nutrients. For example, a fruit cup packed in syrup has empty calories (from added sugars), whereas a fruit cup packed in water does not, and whole milk has empty calories (from solid fats), whereas skim milk does not.
  - o Choose snacks that are lower in sodium. Try to choose snacks with less than 200 milligrams (mg) of sodium per serving.
    - Sodium is found in salt.
    - Too much sodium is bad for your health. It can increase your blood pressure and your risk for a heart attack and stroke. Heart disease and stroke are the leading causes of death in the United States.
    - Eating less sodium can reduce risk for high blood pressure.

3. Demonstrate the Food-A-Pedia feature by showing the "Getting Started: How to Use Food-A-Pedia" SuperTracker site tour video available on YouTube (2 min. 8 sec.).
   Link: https://www.youtube.com/watch?v=-EZI-Zfhd78&feature=youtu.be

4. Go to the SuperTracker website.
   Link: https://www.supertracker.usda.gov/default.aspx

5. Show students how to navigate to the Food-A-Pedia feature.

6. Demonstrate how to search for a food using Food-A-Pedia. For example, search for the food "nachos" and select "Nachos, with beef and cheese".

Look up a food to get quick access to nutrition info for over 8,000 foods. Choose and compare 2

Search: All Foods ▾ for nachos ✕

Nachos with beans (no cheese)
Nachos with beans and cheese
Nachos with beef and cheese
Nachos with beef, beans, and cheese
Nachos with beef, beans, cheese, an...
Nachos with beef, beans, cheese, to...
Nachos with cheese (meatless, no be...
Nachos with cheese and sour cream (...
Nachos with chicken or turkey and ch...
Nachos with chili

7. Show students where to find the (1) total calories, (2) food groups, (3) empty calories, and (4) sodium content.

❸ Remove

Nachos with beef and cheese

Choose an amount:
1 ▾ cup ▾

➕ Add to Food Tracker

Food Info | Nutrient Info

① Total Calories: **306**

| Food Groups		Limits	
■ Grains	1 oz.	◢ Empty Calories*	98 **③**
② ■ Dairy	½ cup(s)		
■ Protein Foods	1½ oz.	Solid Fats	98 Calories
		Added Sugars	0 Calories
■ Oils	1 tsp.	■ Saturated Fat	9 g
		■ Sodium**	258 mg **④**

8. Show students how to compare two foods. For example, compare 1 cup of "Milk, fat free (skim)" to 1 cup of "Milk, whole".

9. Point out the differences in total calories, empty calories, and sodium between the two foods.

	1 cup of skim milk	1 cup of whole milk
Total Calories	83 calories	149 calories
Empty Calories	0 calories	63 calories
Sodium	103 mg	105 mg

10. Show students how to compare 1 bottle (12 fl oz) of "Powerade sports drink" to 1 bottle (12 fl oz) of "Water, bottled unsweetened".
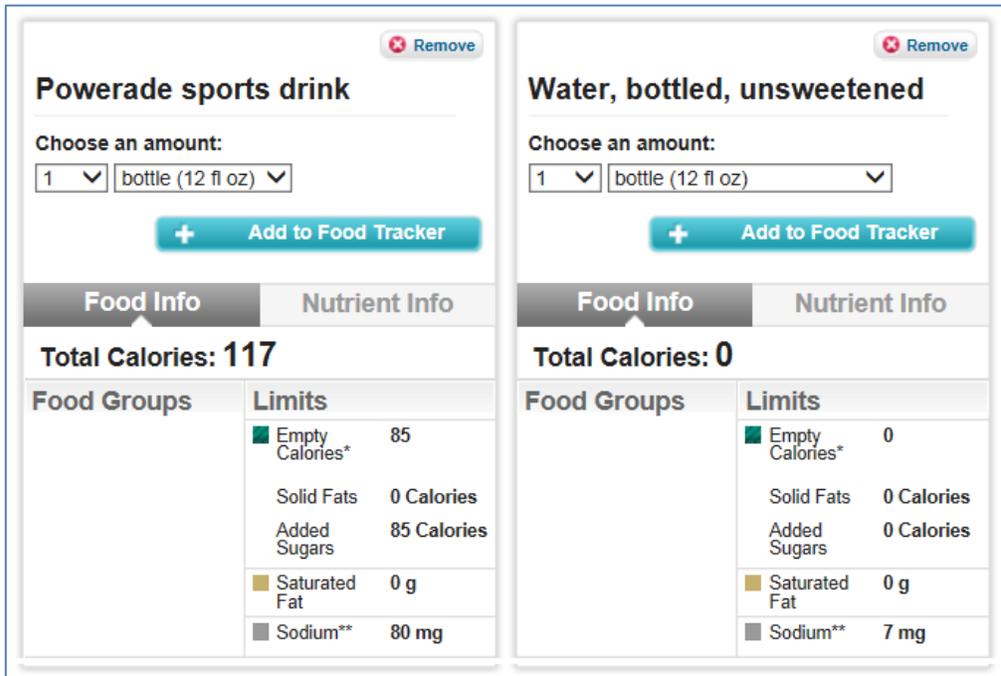
11. Point out the differences in total calories, empty calories, and sodium between these two beverages.

	12 fluid ounce bottle of sports drink	12 fluid ounce bottle of water
Total Calories	117 calories	0 calories
Empty Calories	85 calories	0 calories
Sodium	80 mg	7 mg

12. Ask students to make a list of snack foods that have less than 200 calories per portion, contribute to at least one food group, and have less than 200 mg sodium per portion. Use Food-A-Pedia to determine whether the snacks suggested meet these criteria.

13. Distribute the *Track Your Snack* handout to students.

14. Assign homework:
- Students will analyze, review, and compare their favorite snack items using Food-A-Pedia.
- Students will complete the *Track Your Snack* handout, which requires them to use Food-A-Pedia to learn about the healthfulness of snack choices.

Reflection, Evaluation, and Discussion

The teacher will summarize what the students were taught. The teacher will restate and summarize the learning objectives.

The teacher will encourage students to reflect on the topics learned by asking discussion questions such as:

- Why do we need foods from all five food groups?
- Why is it important to make healthy snack choices?
- What prevents you from making healthy snack choices? How can you overcome these barriers?

The teacher will check for understanding and encourage the students to ask questions if they need further clarification of the lesson.

Additional Resources

The USDA Smart Snacks in School nutrition standards provide practical, science-based standards for all foods sold in school outside the school meals programs. You can find more information about the Smart Snacks in School nutrition standards at http://www.fns.usda.gov/school-meals/smart-snacks-school. To determine whether a particular snack item meets the USDA Smart Snacks in School nutrition standards, check out the Alliance Product Calculator for Smart Snacks available at https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/.

Notes

Record any notes about this lesson. For example, did students understand the material? Are there any changes to the lesson you would like to make for next time?

_____

_____

_____

_____

_____

_____

_____

_____

_____

Handout

The Track Your Snack handout can be found on the next page.

Name: _____ **Date:** _____

Track Your Snack
https://www.SuperTracker.usda.gov

Instructions:

Use SuperTracker's Food-A-Pedia feature to answer the questions below.

You can access Food-A-Pedia here: https://www.supertracker.usda.gov/foodapedia.aspx

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

   a. What is your favorite snack? _____

   b. How many food groups are in it? _____ food groups

   c. What are the food groups? _____

   d. How many total calories does it have? _____ total calories

   e. How many empty calories does it have? _____ empty calories

   f. How much sodium does it have? _____ mg

   g. Based on this information, will you be choosing this snack: (check one)

      ☐ More often

      ☐ Less often

      ☐ The same

      Why? _____

2. What is another snack you like to eat? _____

   a. Compare this snack to your favorite snack in Food-A-Pedia. Is one of the snacks a better choice? If yes, why?

   _____

5. Compare 1 cup of "Apple juice" and 1 cup of "Fruit drink".

   a. Which option contributes to the Fruit food group? _____

   b. Which option has more empty calories? _____

   c. Which option is the better choice? Why? _____

   _____

6. Use Food-A-Pedia to find a snack that (1) has less than 200 calories per portion, (2) contributes to at least one food group, and (3) has less than 200 mg sodium per portion.

   a. What snack did you find? _____

   b. Choose an amount you typically eat. What amount did you choose? _____

   c. What food group(s) does it contribute to? _____

   d. How many total calories does it have? _____ total calories

   e. How many empty calories does it have? _____ empty calories

   f. How much sodium does it have per portion? _____ mg

7. List one snack food that you see advertised on television and one snack food that you see sold in your school. Look up the nutrition content of both snacks using Food-A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the number of empty calories, and (4) the amount of sodium.

	Snack Advertised on TV	Snack Sold at School
Name of Snack		
Snack Portion Size (e.g., 1 cup)		
Number of Food Groups (Per Portion)		
Number of Calories (Per Portion)		
Number of Empty Calories (Per Portion)		
Amount of Sodium (Per Portion)		

8. Why is healthy snacking important?

_____

_____

_____

9. Identify one barrier that prevents you from making healthy snack choices. How can you overcome this barrier?

_____

_____

_____

Lesson 2:
What's Your Plan?

Lesson 2: What's Your Plan?

Time Required: 40 minutes

Audience: High school students grades 9-12

Lesson Overview

In this lesson, students will learn about the five food groups and their role in building a healthy meal. They will also discover how many calories they need and how much of each food group they should eat in a day. The students will create a SuperTracker profile to get a personalized food plan. Students will complete the *What's Your Plan* handout to reflect on their personalized food plan.

Lesson Preparation

SuperTracker	• Watch the My Plan site tour video, Getting Started: How To Get My Plan, on YouTube (2 min. 59 sec.) Link: https://www.youtube.com/watch?v=MukLDO5kGh8&feature=youtu.be • Review navigation of the SuperTracker website Link: https://www.supertracker.usda.gov/default.aspx • Familiarize yourself with the Create Profile process Link: https://www.supertracker.usda.gov/CreateProfile.aspx • Familiarize yourself with My Plan Link: https://www.supertracker.usda.gov/myplan.aspx
Materials	• *What's On Your Plate?* handout, copies made for each student Link: http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf • *What's Your Plan?* handout (found at the end of this lesson), copies made for each student
Setup	• Computer with Internet access • Screen

Lesson Objectives

Following this lesson, students will be able to:

1. Identify how many calories they need in a day.
2. Understand the five food groups and devise strategies for meeting their daily food group targets.
3. Describe the importance of eating a variety of foods to meet daily nutrient and caloric needs.

Teaching Instructions

1. Review the learning objectives.

2. Distribute the *What's On Your Plate?* handout and discuss the importance of eating a variety of foods:
   o Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.
   o The five food groups are the building blocks for a healthy diet.
   o Each food group provides important nutrients that your body needs. For example:
     ▪ Many foods in the Grains group are important sources of B vitamins (thiamin, riboflavin, niacin, and folate). B vitamins play a key role in metabolism (helping your body get energy from foods) and are also essential for a healthy nervous system.
     ▪ Foods in the Vegetables group are important sources of nutrients like dietary fiber. Fiber is important for your digestive system and may help lower risk of heart disease and type 2 diabetes.
     ▪ Many foods in the Fruit group are important sources of nutrients such as vitamin C, which is important for growth and repair of all body tissues and keeps teeth and gums healthy.
     ▪ Foods in the Dairy group provide calcium and vitamin D, which are good for your bones.
     ▪ Foods in the Protein Foods group provide protein in addition to many other important nutrients. Proteins function as building blocks for bones, muscles, skin, and blood.

3. Review key healthy eating messages with students. Briefly discuss each message or choose one or more that you would like to highlight with your students. Additional details can be found in the *What's On Your Plate?* handout and at http://www.ChooseMyPlate.gov.

    o   Make half your plate fruits and vegetables.
    o   Switch to fat-free or low-fat (1%) milk.
    o   Make at least half your grains whole.
    o   Compare sodium, sugars, and saturated fats in foods and choose the foods with lower numbers.
    o   Enjoy your food, but eat less.
    o   Avoid oversized portions.
    o   Be active your way.
    o   Drink water instead of sugary drinks.

4. Demonstrate the Create Profile feature by showing the "Getting Started: How To Get My Plan" SuperTracker site tour video available on YouTube (2 min. 59 sec.)
    Link: https://www.youtube.com/watch?v=MukLDO5kGh8&feature=youtu.be

5. Go to the SuperTracker website.
    Link: https://www.supertracker.usda.gov/default.aspx

6. Show students how to create a profile.
    Please Note: If you would like students to be able to save data and access their account on an ongoing basis, they should complete the registration section in addition to the personalization section on the Create Profile page.

Height and weight are optional but are needed to calculate the estimated calories burned by physical activities.

7. After creating a profile, "My Plan" will open in new window. Or, if popup blockers are on, navigate to the My Plan page.
   Link: https://www.supertracker.usda.gov/myplan.aspx

8. Point out where to find the (1) total calorie allowance, (2) empty calorie allowance, and (3) food group targets in the plan.

9. Tell students why it is important to know their daily allowance for calories and empty calories.
   - Calories
     - Calories are the measure of energy a food or beverage provides—from the carbohydrate, fat, and protein it contains. Calories are the fuel you need to work and play. Foods and beverages vary in how many calories and nutrients they contain.
     - You will gain weight when the calories you eat and drink are greater than the calories you burn. The current high rates of overweight and obesity in the United States mean that many people are taking in more calories than they burn.

- Empty Calories
  - You should limit your empty calorie intake because empty calories add calories to a food or beverage but few or no nutrients.
  - Empty calories come from solid fats and added sugars.
    - Solid fats are fats that are solid at room temperature, like butter and shortening. Most solid fats are high in saturated fats and/or *trans* fats, which can increase the risk for heart disease.
    - Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

10. Guide students through the process to create their own profile and get a personalized "My Plan."

11. Distribute the *What's Your Plan?* handout to students.

12. Assign homework:
    - Students will review their SuperTracker plan.
    - Students will complete the *What's Your Plan?* handout to reflect on the recommendations in their personalized food plan.

Reflection, Evaluation, and Discussion

The teacher will summarize what the students were taught. The teacher will restate and summarize the learning objectives.

The teacher will encourage students to discuss strategies for meeting daily food group targets. Discussion questions could include:
- On a typical day, do you eat foods from all five food groups?
- Can you think of a lunch menu that includes all five food groups?
- What are some strategies for including all five food groups in your daily diet?
- What motivates you to make healthy food choices?

The teacher will check for understanding and encourage the students to ask questions if they need further clarification of the lesson.

Additional Resources

The USDA Food and Nutrition Service administers several programs that provide healthy food to children, including the National School Lunch Program, the School Breakfast Program, the Child and Adult Care Food Program, the Summer Food Service Program, the Fresh Fruit and Vegetable Program, and the Special Milk Program. Administered by State agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as schools, child care centers, and after-school programs for providing healthy meals to children. You can find more information about school meals, including nutrition standards, at http://www.fns.usda.gov/school-meals/child-nutrition-programs.

Notes

Record any notes about this lesson. For example, did students understand the material? Are there any changes to the lesson you would like to make for next time?

_____

_____

_____

_____

_____

_____

_____

_____

Handout

The What's Your Plan? handout can be found on the next page.

Name: _____   Date: _____

What's Your Plan?

https://www.SuperTracker.usda.gov

Instructions:

Personalize a SuperTracker profile and review your personalized plan (My Plan).

You can create a profile here: https://www.supertracker.usda.gov/CreateProfile.aspx

You can access your plan here: https://www.supertracker.usda.gov/myplan.aspx

1. According to your plan, how many calories should you eat in a day? _____ calories

2. Are you surprised by your daily calorie allowance? Check one:

☐ I thought it would be higher

☐ I thought it would be lower

☐ I got the calorie allowance I expected

3. What is your daily limit for empty calories? _____ calories

4. What are empty calories and why should you limit them?

_____

_____

5. What are the five food groups?

_____

6. List three foods that are in the Grains group and the amount of each that counts as 1 ounce of Grains.

_____

7. Take a look at your daily food group targets.

    a. How many ounces of Grains do you need in a day? _____ ounces

    b. How many cups of Vegetables do you need in a day? _____ cups

    c. How many cups of Fruits do you need in a day? _____ cups

    d. How many cups of Dairy do you need in a day? _____ cups

    e. How many ounces of Protein Foods do you need in a day? _____ ounces

    f. Do you think you meet your daily food group targets on a typical day? Check one:

       ☐ Yes

       ☐ No

    g. If you answered no, which food group(s) could you improve on?

    _____

8. According to your plan, how much seafood should you eat per week? _____

9. Why is it important to eat from each food group every day?

_____

_____

10. Are there any changes you would like to make to your diet based on your plan? If yes, what are they?

_____

_____

Lesson 3:
Three-Day Food Record

Lesson 3: Three-Day Food Record

Time Required: 40 minutes

Audience: High school students grades 9-12

Lesson Overview

In this lesson, students will learn how to track and analyze their dietary intake. They will enter their daily food selections for 3 days using SuperTracker's Food Tracker feature and analyze their average intake of food groups and calories using SuperTracker's Food Groups & Calories Report. Students will complete the *Three-Day Food Record* handout to reflect on their experience tracking and analyzing their foods.

Lesson Preparation

SuperTracker	• Watch the Food Tracker site tour video, How to use Food Tracker: Tracking foods, on YouTube (3 min. 8 sec.) Link: https://www.youtube.com/watch?v=dZ49FuUpxnE&feature=youtu.be • Review navigation of the SuperTracker website Link: https://www.supertracker.usda.gov/default.aspx • Familiarize yourself with the Food Tracker feature Link: https://www.supertracker.usda.gov/foodtracker.aspx • Familiarize yourself with the Food Groups & Calories Report Link: https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx
Materials	• *Three-Day Food Record* handout (found at the end of this lesson), copies made for each student
Setup	• Computers with Internet access for teacher and students • Screen

Lesson Objectives

Following this lesson, students will be able to:

1. Track their daily foods.
2. Determine whether their meal selections meet their daily food group targets, on average.
3. Determine whether their meal selections fall within their daily calorie allowance, on average.

Teaching Instructions

1. Review the learning objectives.

2. If students do not already have a SuperTracker account, demonstrate how to create one by showing the "Getting Started: How to create a profile" SuperTracker site tour video available on YouTube (2 min. 15 sec.)
   Link: https://www.youtube.com/watch?v=vZ67QXVJKBg&feature=youtu.be

3. Go to the SuperTracker website.
   Link: https://www.supertracker.usda.gov/default.aspx

4. Show students how to create a profile.
   Please Note: If you would like students to be able to save data and access their account on an ongoing basis, they should complete the registration section in addition to the personalization section on the Create Profile page.

5. Demonstrate the Food Tracker feature by showing the "How to use Food Tracker: Tracking foods" SuperTracker site tour video available on YouTube (3 min. 8 sec.)
Link: https://www.youtube.com/watch?v=dZ49FuUpxnE&feature=youtu.be

6. Show students how to navigate to the Food Tracker feature.

7. Demonstrate how to search for a food using Food Tracker. For example, search for the food "bread" and select "bread, 100% whole wheat".
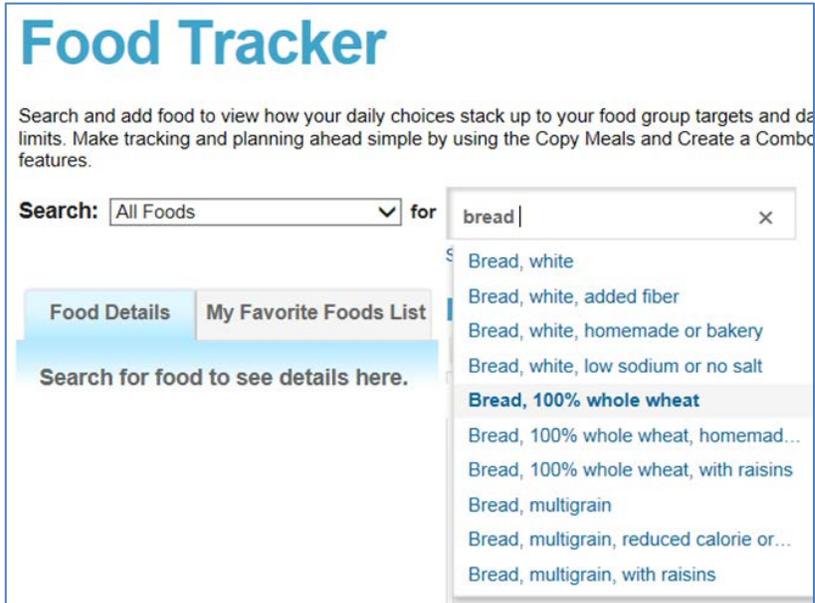
8. Show students how to add the food to their day by (1) choosing the amount, (2) selecting a meal, and (3) clicking the blue "Add" button. For example, add 1 regular slice of 100% whole wheat bread to breakfast.
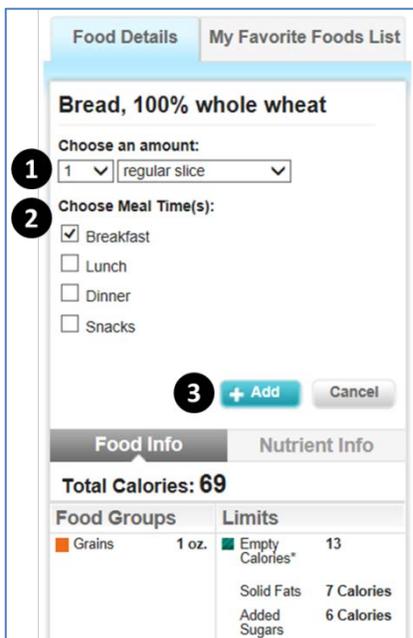
9. Continue adding foods to the day and show students where to see their progress toward their (1) daily food group targets and (2) daily calorie limit.

10. Assist students as they practice adding foods to meals using their own SuperTracker accounts.

11. Show students how to access the Food Groups & Calories Report.

12. Show students how to run a Food Groups & Calories Report by (1) selecting the date range and (2) clicking the "Create Report" button.

Food Groups & Calories Report

You are here: Home > My Reports > Food Groups & Calories

Get your average intake of Calories and food groups for any time period you choose. See which of your food selections were highest or lowest in Calories or a food group by clicking the heading.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

1 View Report from: 07/07/14 thru 07/09/14   **2** Create Report

13. Show students where to find their (1) Target, (2) Average Eaten, and (3) Status for each item in the Food Groups & Calories Report.

EM123's Food Groups and Calories Report 07/07/14 - 07/09/14

Your plan is based on a **2000 Calorie** allowance.

Food Groups	Target	Average Eaten	Status
⊞ Grains	6 ounce(s)	5 ounce(s)	Under
⊞ Whole Grains	≥ 3 ounce(s)	1½ ounce(s)	Under
⊞ Refined Grains	≤ 3 ounce(s)	3½ ounce(s)	OK
⊞ Vegetables	2½ cup(s)	1½ cup(s)	Under
⊞ Dark Green	1½ cup(s)/week	2¾ cup(s)	Over
⊞ Red & Orange	5½ cup(s)/week	0 cup(s)	Under
⊞ Beans & Peas	1½ cup(s)/week	0 cup(s)	Under
⊞ Starchy	5 cup(s)/week	0 cup(s)	Under
⊞ Other	4 cup(s)/week	0 cup(s)	Under
⊞ Fruits	2 cup(s)	1¾ cup(s)	OK
⊞ Whole Fruit	No Specific Target	¾ cup(s)	No Specific Target
⊞ Fruit Juice	No Specific Target	1 cup(s)	No Specific Target
⊞ Dairy	3 cup(s)	3 cup(s)	OK

14. Demonstrate how to drill down on an individual item by clicking the plus sign icon to the left of the name. For example, click the plus sign next to "empty calories" to find the top sources of empty calories eaten during the report timeframe.

⊞ Total Calories	2000 Calories	1903 Calories	OK
⊟ Empty Calories*	≤ 258 Calories	631 Calories	Over
Food Sources ⇕		Tips	
1. Ice cream, regular, chocolate	36% of intake	1. Empty Calories are the Calories from food components, such as added sugars and solid fats, that provide little nutritional value.	
2. Cheese sandwich, grilled	19% of intake	2. Choose fewer and smaller portions of grain-based desserts, sodas, and other sugar-sweetened beverages.	
3. Cheese, Cheddar	18% of intake	3. Limit Empty Calories by trimming fat from meat, using less butter and stick margarine, using less sugar or syrup, and eating less fried foods.	
4. Cookie, chocolate chip, homemade or bakery	14% of intake		
5. Cracker, wheat (Wheatables, Wheat Thins)	8% of intake		
6. Salad, Caesar	5% of intake		
7. Cheerios Cereal	1% of intake		

15. Distribute the *Three-Day Food Record* handout to students.

16. Assign homework:
- Students will use SuperTracker's Food Tracker to track all foods they eat for 3 days.
- Students will run a Food Groups & Calories Report for the 3 days they tracked foods.
- Students will complete the *Three-Day Food Record* handout to answer questions about their Food Groups & Calories Report.

Reflection, Evaluation, and Discussion

The teacher will summarize what the students were taught. The teacher will restate and summarize the learning objectives.

The teacher will encourage students to reflect on the topics learned by asking discussion questions such as:
- How can SuperTracker help you determine whether you are eating the right amount of calories and food groups?
- Will you continue to use SuperTracker to help you track your foods and beverages? Why or why not?

The teacher will check for understanding and encourage the students to ask questions if they need further clarification of the lesson.

Notes

Record any notes about this lesson. For example, did students understand the material? Are there any changes to the lesson you would like to make for next time?

_____

_____

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_____

Handout

The Three-Day Food Record handout can be found on the next page.

Name: _____   **Date:** _____

Three-Day Food Record

https://www.SuperTracker.usda.gov

Instructions:

Track your foods and beverages for 3 days in a row using SuperTracker's Food Tracker feature. Run a Food Groups & Calories Report for those 3 days, and use your report to answer the questions below.

- You can access Food Tracker here: https://www.supertracker.usda.gov/foodtracker.aspx
- You can access the Food Groups & Calories Report here:
  https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx

1. Which food groups did you eat the right amount of (Status = OK)? Check all that apply:
   - ☐ Grains
   - ☐ Vegetables
   - ☐ Fruits
   - ☐ Dairy
   - ☐ Protein Foods

2. Which food groups did you not eat enough of (Status = Under)? Check all that apply:
   - ☐ Grains
   - ☐ Vegetables
   - ☐ Fruits
   - ☐ Dairy
   - ☐ Protein Foods

3. Choose one of the food groups that you did not eat enough of (Status = Under), and list three foods in that food group you like to eat and one food from that food group have you never tried.

   a. I did not eat enough of the _____ food group

   b. Three foods I enjoy from this food group are:

   _____

   c. A food I have never tried before from this food group is:

   _____

4. Which food groups did you eat too much of (Status = Over)? Check all that apply:
   - ☐ Grains
   - ☐ Vegetables
   - ☐ Fruits
   - ☐ Dairy
   - ☐ Protein Foods

5. What was your average calorie intake for the 3 days? _____ calories

6. What was your average empty calorie intake for the 3 days? _____ calories

7. Of the foods and beverages you consumed over the 3 days, which three were the top contributors to your empty calorie intake? *Click the plus sign icon next to "empty calories" to find the food sources you ate.*

   _____

10. Are there any changes you would like to make to your diet based on the results of your Food Groups & Calories Report? If yes, what are they?

   _____

   _____

Lesson 4:
Build Healthy Meals

Lesson 4: Build Healthy Meals

Time Required: 40 minutes

Audience: High school students grades 9-12

Lesson Overview

In this lesson, students will learn how to plan a daily menu that meets all of their food group targets within their daily calorie allowance. Students will create a daily meal plan using SuperTracker's Food Tracker feature and will complete the *Build Healthy Meals* handout to reflect on what they've learned.

Lesson Preparation

SuperTracker	• Watch the Food Tracker site tour video, How to use Food Tracker: Tracking foods, on YouTube (3 min. 8 sec.) Link: https://www.youtube.com/watch?v=dZ49FuUpxnE&feature=youtu.be • Review navigation of the SuperTracker website Link: https://www.supertracker.usda.gov/default.aspx • Familiarize yourself with the Food Tracker feature Link: https://www.supertracker.usda.gov/foodtracker.aspx
Materials	• 10 Tips for Healthy Meals handout, copies made for each student Link: http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf • *Build Healthy Meals* handout (found at the end of this lesson plan), copies made for each student • Measuring cups and cereal to demonstrate portion sizes
Setup	• Computer with Internet access • Screen

Lesson Objectives

Following this lesson, students will be able to:

1. Build a healthy meal.
2. Create a sample menu that meets daily food group targets.
3. Create a sample menu within a given calorie allowance.

Teaching Instructions

1. Review the learning objectives.

2. Distribute the *10 Tips for Healthy Meals* handout and review the tips provided for how to build a healthy meal:
   o **Make half your plate veggies and fruits:** Vegetables and fruits are full of nutrients and help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.
   o **Add lean protein:** Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.
   o **Include whole grains:** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
   o **Don't forget the dairy:** Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.
   o **Avoid extra fat:** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.
   o **Take your time:** Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.
   o **Use a smaller plate:** Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
   o **Take control of your food:** Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

- o **Try new foods:** Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find recipes online.
- o **Satisfy your sweet tooth in a healthy way:** Indulge in a naturally sweet dessert dish— fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

3. When using Food Tracker, students will need to estimate approximate portions for foods. Using measuring cups and cereal, measure out various amounts to show students what a ¼-cup, ½-cup, and 1-cup portion looks like.

4. Demonstrate the Food Tracker feature by showing the "How to use Food Tracker: Tracking foods" SuperTracker site tour video available on YouTube (3 min. 8 sec.).
Link: https://www.youtube.com/watch?v=dZ49FuUpxnE&feature=youtu.be

5. Go to the SuperTracker website.
Link: https://www.supertracker.usda.gov/default.aspx

6. If you would like for students to plan a meal based on their personalized calorie allowance and food group targets, instruct students to create a profile in order to get a personalized SuperTracker plan. Instructions for creating a profile are provided in Lesson Plan 2: What's Your Plan. Or, if you would like students to plan a menu based on a default 2,000 calorie allowance and food group plan, move forward to step 7 below.

7. Show students how to navigate to the Food Tracker feature.

8. Demonstrate how to search for a food using Food Tracker. For example, search for the food "bread" and select "Bread, 100% whole wheat".
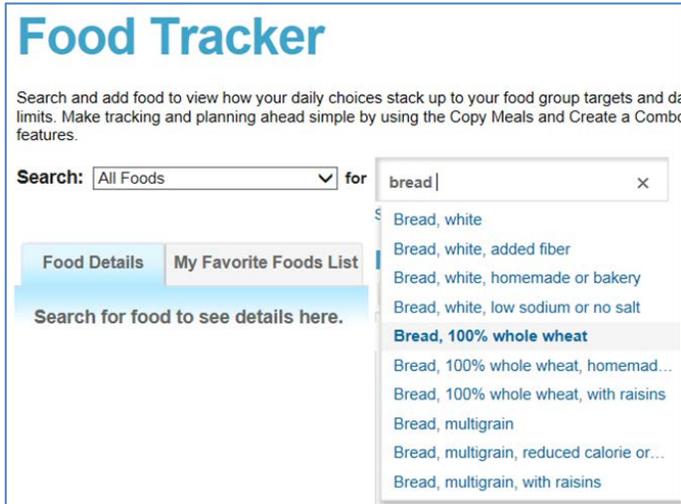
9. Show students how to add the food to their day by (1) choosing the amount, (2) selecting a meal, and (3) clicking the blue "Add" button. For example, add 1 slice of 100% whole wheat bread to breakfast.
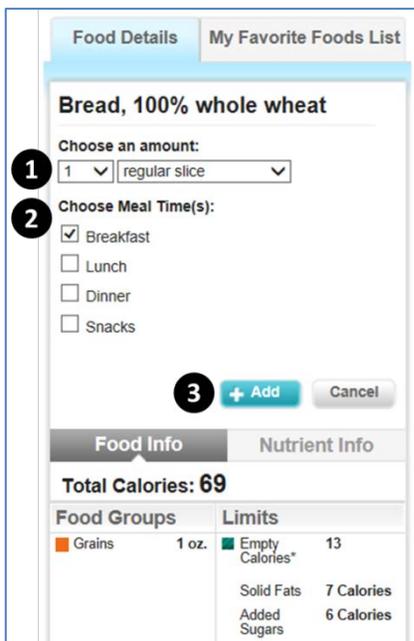
10. Continue adding foods to the day and show students where to see their progress toward their (1) daily food group targets and (2) daily calorie allowance.
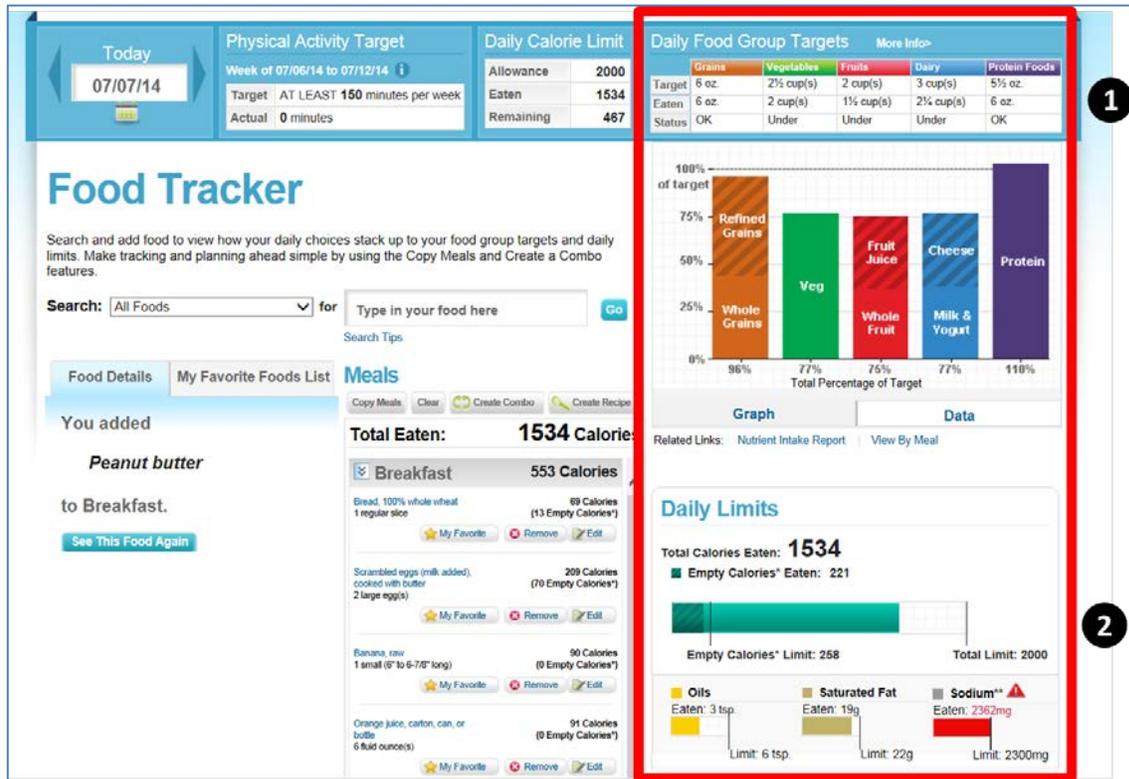
11. Distribute the *Build Healthy Meals* handout to students.

12. Assign homework:
- Students will use SuperTracker's Food Tracker to build a daily menu (including breakfast, lunch, dinner, and snacks) that meets their daily food group targets within their calorie allowance.
- Students will complete the *Build Healthy Meals* handout to answer questions about the sample menu they created.

Reflection, Evaluation, and Discussion

The teacher will summarize what the students were taught. The teacher will restate and summarize the learning objectives.

The teacher will encourage students to reflect on the topics learned by asking discussion questions such as:
- What are some strategies for building a healthy meal?
- What steps will you take to eat healthier meals?
- Do you have any barriers preventing you from eating healthier meals? If so, how might you overcome them?

The teacher will check for understanding and encourage the students to ask questions if they need further clarification of the lesson.

Notes
Record any notes about this lesson. For example, did students understand the material? Are there any changes to the lesson you would like to make for next time?

_____

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_____

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_____

Handout
The Build Healthy Meals handout can be found on the next page.

Name: _____   Date: _____

Build Healthy Meals
https://www.SuperTracker.usda.gov

Instructions:

Use SuperTracker's Food Tracker feature to build a 1-day menu that meets your daily food group targets and stays within your daily calorie allowance.

You can access Food Tracker here: https://www.supertracker.usda.gov/foodtracker.aspx

1. What did you plan for breakfast in your menu?

_____

_____

2. How many total calories are in the daily menu you created? _____ calories

3. How many empty calories are in the daily menu you created? _____ calories

4. How much of each food group does your menu include?

    a. Grains _____ ounces

    b. Vegetables _____ cups

    c. Fruits _____ cups

    d. Dairy _____ cups

    e. Protein Foods _____ ounces

5. How difficult was it to plan a daily menu that meets all five food group targets within your calorie allowance? Check one:

  ☐ It was easy

  ☐ It was difficult

  ☐ It was neither easy nor difficult

6. Would you eat the foods you selected for your menu? Why or why not?

  ☐ Yes _____

  ☐ No _____

7. Did you include any foods that you do not typically eat that you would like to try? If yes, please list them.

  _____

  _____

8. Describe similarities and differences between the daily menu you created and what you typically eat.

  Similarities (for example, I drink low-fat milk, which was included in my menu):
  _____

  _____

  Differences (for example, I typically eat less fruits and vegetables than the menu I created):
  _____

  _____

Nutrition Glossary

Added Sugars

Added sugars are sugars and syrups that are added when foods or beverages are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

Calories

Calories are a measurement tool, like inches or ounces. They measure the energy a food or beverage provides. Calories are the fuel you need to work and play. Foods and beverages vary in how many calories and nutrients they contain. When choosing what to eat and drink, it's important to get the right mix—enough nutrients, but not too many calories.

Keep your calorie limit in mind when deciding what to eat and drink. For example, if your calorie limit is 1,800 calories per day, think about how those calories can be divided among meals, snacks, and beverages over the course of a day.

Calorie Balance

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. Reaching a healthier weight is a balancing act. The secret is learning how to balance your "*energy in*" and "*energy out*" over the long run.

"*Energy in*" is the calories from foods and beverages you have each day. "*Energy out*" is the calories you burn for basic body functions and physical activity.

A balancing act:
- Maintaining weight—Your weight will stay the same when the calories you eat and drink equal the calories you burn.
- Losing weight—You will lose weight when the calories you eat and drink are less than the calories you burn.
- Gaining weight—You will gain weight when the calories you eat and drink are greater than the calories you burn.

Dairy

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

Consuming dairy products provides health benefits—especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Health Benefits
- Intake of dairy products is linked to improved bone health and may reduce the risk of osteoporosis.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.

Nutrients
- Calcium is used for building bones and teeth and maintaining bone mass. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- Diets rich in potassium may help to maintain healthy blood pressure. Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.
- Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.

Empty Calories

Empty calories (part of total calories) are calories from food components, such as solid fats and added sugars, that add calories to the food but few or no nutrients. In some foods, like most candies and sodas, all the Calories come from ingredients with little nutritional value. These foods are often called "Empty Calorie foods."

Empty Calories from solid fats or added sugars can also be found in some other foods that contain important nutrients. For example, chocolate milk contains the nutrients of milk, but also some Empty Calories from the chocolate syrup, and fried chicken contains the nutrients of chicken, plus some Empty Calories from the skin and frying fat. Limit the amount of solid fats and added sugars when cooking or eating (e.g., trimming fat from meat, using less butter and stick margarine, using less table sugar). Choose fewer and smaller portions of foods and drinks that contain solid fats and/or added sugars, such as grain-based desserts, sodas and other sugar-sweetened beverages, cheese, pizza, sausages, and hot dogs. Many of these foods can be found in forms with less or no solid fat or added sugars.

A small amount of empty calories is okay, but most people eat far more than is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs. You can lower your intake by eating and drinking foods and beverages containing empty calories less often or by decreasing the *amount* you eat or drink.

Food Groups

The five food groups are Fruits, Vegetables, Grains, Protein Foods, and Dairy. For more information about each food group, visit http://www.ChooseMyPlate.gov.

Fruits

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

Eating fruit provides health benefits—people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Health Benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as fruits that are lower in calories per cup instead of some other higher calorie food may be useful in helping to lower calorie intake.

Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).
- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.

- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 micrograms of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Health Benefits
- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.
- Eating grain products fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

Nutrients

- Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism—they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods and, in addition, 400 micrograms of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron-containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

MyPlate

MyPlate is a food guidance icon designed to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to http://www.ChooseMyPlate.gov. The MyPlate icon emphasizes the fruit, vegetable, grains, protein and dairy food groups, from which consumers can choose healthy foods to build a healthy plate.

Nutrients

Nutrients are vitamins, minerals, and other substances within food that promote health and well-being.

Oils

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are not a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns.

Some commonly eaten oils include:
- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

A number of foods are naturally high in oils, like:
- nuts
- olives
- some fish
- avocados

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Check the Nutrition Facts label to find margarines with 0 grams of *trans* fat. Amounts of *trans* fat are required to be listed on labels.

Physical Activity

Physical activity is any form of exercise or movement of the body that uses energy. Physical activity increases calorie needs, so those who are more physically active need more total calories and have a larger limit for empty calories.

To get the health benefits of physical activity, include activities that make you breathe harder and make your heart beat faster. These aerobic activities include things like brisk walking, running, dancing, swimming, and playing basketball. Also, include strengthening activities to make your muscles stronger, like push-ups and lifting weights. Some activity is better than none. The more you do, the greater the health benefits and the better you'll feel!

- Ages 2-5: Play actively every day.
- Ages 6-17: Be physically active for at least 60 minutes each day.
- Ages 18 & up: Be physically active for at least 150 minutes each week.

Protein Foods

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, and nuts and seeds are considered part of the Protein Foods Group.

Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Young children need less seafood, depending on their age and calorie needs. The advice to consume seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat.

Health Benefits

- Meat, poultry, fish, dry beans and peas, eggs, and nuts and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- B vitamins found in this food group serve a variety of functions in the body. They help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their child-bearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other non-heme iron-containing foods along with a food rich in vitamin C, which can improve absorption of non-heme iron.
- Magnesium is used in building bones and in releasing energy from muscles.
- Zinc is necessary for biochemical reactions and helps the immune system function properly.
- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.

Nutrients

- Diets that are high in saturated fats raise "bad" cholesterol levels in the blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Some food choices in this group are high in saturated fat. These include fatty cuts of beef, pork, and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs, and bacon; some luncheon meats such as regular

bologna and salami; and some poultry such as duck. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.

- Diets that are high in cholesterol can raise LDL cholesterol levels in the blood. Cholesterol is only found in foods from animal sources. Some foods from this group are high in cholesterol. These include egg yolks (egg whites are cholesterol-free) and organ meats such as liver and giblets. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
- A high intake of fats makes it difficult to avoid consuming more calories than are needed.

Why Is It Important To Eat Seafood Each Week?

- Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease. Smaller amounts of seafood are recommended for young children.
- Seafood varieties that are commonly consumed in the United States that are higher in EPA and DHA and lower in mercury include salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel (not king mackerel, which is high in mercury). The health benefits from consuming seafood outweigh the health risk associated with mercury, a heavy metal found in seafood in varying levels.

Sodium

Sodium is found in salt. Sodium is an essential nutrient but is needed by the body in relatively small quantities. Virtually all Americans eat too much and should reduce the amount they eat. On average, the higher your sodium intake, the higher your blood pressure. And as sodium intake decreases, so does blood pressure. Keeping blood pressure in the normal range reduces risk of cardiovascular disease, congestive heart failure, and kidney disease. Most sodium in the diet comes from salt added during food processing. The problem of excess sodium is due to both high-sodium foods and frequent consumption of foods that contain lower amounts of sodium such as yeast breads.

Please note that for many grain, bean, vegetable, and meat products in the SuperTracker database, sodium is assumed to be added during cooking. As a result, the sodium values listed for these foods may be higher than the amount in the version you prepare if you do not add salt. If you do not add salt when preparing these food items, choose the "no salt added" version when available, or use SuperTracker's My Foods feature to create your own version with a modified level of sodium.

Solid Fats

Solid fats are fats that are solid at room temperature, like butter and shortening. Some solid fats are found naturally in foods. They can also be added when foods are processed by food companies or when they are prepared.

Eat fewer foods high in solid fats, such as cakes, cookies, pizza, regular cheese, processed meats, and ice cream. When cooking, replace solid fats such as butter, lard, and shortening with oils. Also, to limit your solid fat intake, select lean meat and poultry, and fat-free or low-fat milk and milk products.

Vegetables

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.

Eating vegetables provides health benefits—people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Health Benefits of Vegetables
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher calorie food may be useful in helping to lower calorie intake.

Nutrients of Vegetables
- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 micrograms of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

Printable Materials

On the following pages you will find additional resources that you can print and/or copy for students, including:

- SuperTracker Scavenger Hunt

- Use SuperTracker Your Way—10 tips to get started

- SuperTracker Flyer

- SuperTracker Participation Certificate

SuperTracker Scavenger Hunt
https://www.SuperTracker.usda.gov

1. Pick your two favorite snacks. Using SuperTracker's *Food-A-Pedia*, run a side-by-side comparison. Write down which snacks you compared, and the amount of calories in each.

    Snack 1: _____ has _____ calories
    Snack 2: _____ has _____ calories

2. What did you have for breakfast? Use SuperTracker's *Food Tracker* to enter the foods and beverages you had this morning. Of the five food groups - Grains, Vegetables, Fruits, Dairy, Protein Foods - how many did you incorporate into your morning meal?

    Circle one: 1   2   3   4   5

3. According to the *Physical Activity Tracker*, what is the minimum number of minutes a week adults should perform to maintain a healthy weight and receive health benefits?

    _____ minutes

4. Visit the *My Reports section*. How many reports does SuperTracker offer?

    _____ reports

5. Under the *My Features* navigation, what types of personalized support are available in SuperTracker?

    Circle one: A. Goal setting
                           B. Weight management
                           C. Journaling
                           D. All of the above

6. **OPTIONAL:** Go to the *Create Profile* page, and complete the personalization and/or registration section to get a personalized plan and/or sign up for a SuperTracker account.

    Circle all that apply: A. I personalized a profile.
                               B. I registered a profile.
                               C. I already have a SuperTracker account!

use **SuperTracker** your way

10 tips to get started

ChooseMyPlate.gov

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

1 create a profile
Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.

2 compare foods
Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.

3 get your plan
View **My Plan** to see your daily food group targets— what and how much to eat within your calorie allowance.

4 track your foods and activities
Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.

5 build a combo
Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.

6 run a report
Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an indepth analysis of food group and nutrient intakes over time.

7 set a goal
Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.

8 track your weight
Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.

9 record a journal entry
Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

10 refer a friend!
Tell your friends and family about **SuperTracker**; help them get started today.

Go to www.ChooseMyPlate.gov for more information.

SuperTracker

Take charge of YOUR health today with USDA's free SuperTracker application!

Food-A-Pedia >

Look up nutrition information for over 8,000 foods and compare foods side-by-side.

Type in your food here   Go

All foods

Food Tracker >

Track the foods you eat and compare to your nutrition targets.

Type in your food here   Go

All foods

Physical Activity Tracker >

Enter your activities and track progress as you move.

Type in your activity here   Go

All activities

My Weight Manager >

Get weight management guidance; enter your weight and track progress over time.

My Top 5 Goals >

Choose up to five personal goals; sign up for tips and support from your virtual coach.

My Recipe >

Build and save your favorite recipes for tracking, and analyse the nutrition information.

www.SuperTracker.usda.gov

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Congratulations

_____

You're a SuperTracker star!

Keep working toward your goals at
www.SuperTracker.usda.gov