SuperTracker Incorporates Food Composition Data into Innovative Online Consumer Tool

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Outline

• Background
• Introducing the SuperTracker
  – Purpose
  – Functionality
• Developing a database for the SuperTracker
  – Data sources
  – Modifications made
• Lessons learned
Background

Food composition data has been used in many consumer materials:

• Lists of food sources of nutrients
• Recipe and menu analysis
• Breaking down mixed dishes into food groups

Background

Many interactive tools have relied on food composition data.

At CNPP these include:

• **MyPyramid Tracker** (original) used FNDDS data for nutrients and PED for food groups
• **MyPyramid Menu Planner** used MPED for food groups and SR for calories and saturated fat.
SuperTracker

• New dietary and physical activity assessment and planning tool—combines many features of previous tools with new features.
• Part of CNPP’s Dietary Guidelines communication and implementation plan.
• Almost 3 years of development, design and testing.
• Launched in December 2011—450,000 registered users as of March 2012.

SuperTracker

What can users do?
✓ Look up a food or compare foods
✓ Identify appropriate food patterns and targets
✓ Analyze food intake and/or physical activity
✓ Set personal goals and obtain feedback on progress
✓ And more...
SuperTracker

• Allows for tiered levels of involvement
  – **From** looking up a single food
  – **To** comprehensive dietary, physical activity, and weight assessment and planning.
• Provides real-time interactive feedback
• Offers multiple report options to meet varied needs
• Allows creation of "combos" and favorite foods, to simplify data entry
## Food Tracker

Search and add foods to view how your daily choices stack up to your food group targets and daily limits. Track tracking and planning ahead simple by using the Cjog Meas and Create a Combo feature.

### Search Results

Showing 1-20 of 20 Results

<table>
<thead>
<tr>
<th>1.</th>
<th>Oatmeal, instant, cooked without fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Oatmeal, quick, cooked without fat</td>
</tr>
<tr>
<td>3.</td>
<td>Oatmeal, regular, cooked without fat</td>
</tr>
<tr>
<td>4.</td>
<td>Oatmeal, instant, cooked with margarine</td>
</tr>
<tr>
<td>5.</td>
<td>Oatmeal, instant, cooked with milk and margarine</td>
</tr>
<tr>
<td>6.</td>
<td>Oatmeal, instant, cooked with milk, without fat</td>
</tr>
<tr>
<td>7.</td>
<td>Oatmeal, instant, cooked with soy milk, without fat</td>
</tr>
<tr>
<td>8.</td>
<td>Oatmeal, multigrain, cooked with milk, without fat</td>
</tr>
<tr>
<td>9.</td>
<td>Oatmeal, multigrain, cooked without fat</td>
</tr>
</tbody>
</table>

### Daily Limits

<table>
<thead>
<tr>
<th>Total Calories limits</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simple Calorie limit 2500</td>
<td></td>
</tr>
</tbody>
</table>

- **Fat**:
  - **Saturated Fat**: 0
  - **Trans Fat**: 0
  - **Cholesterol**: 0
  - **Sodium**: 0

- **Carbohydrate limits**:
  - **Simple Carbohydrate limit 2500**
  - **Dietary Fiber**: 0

- **Protein limits**:
  - **Total Protein**: 50g
  - **Vitamin A**: 0
  - **Calcium**: 0
  - **Iron**: 0

- **Total Limit 2000**:
  - **Fat**: 50g
  - **Saturated Fat**: 0
  - **Trans Fat**: 0
  - **Cholesterol**: 0
  - **Sodium**: 0

- **Total Limit 2500**:
  - **Fat**: 60g
  - **Saturated Fat**: 0
  - **Trans Fat**: 0
  - **Cholesterol**: 0
  - **Sodium**: 0

- **Total Limit 3000**:
  - **Fat**: 70g
  - **Saturated Fat**: 0
  - **Trans Fat**: 0
  - **Cholesterol**: 0
  - **Sodium**: 0

- **Total Limit 3500**:
  - **Fat**: 80g
  - **Saturated Fat**: 0
  - **Trans Fat**: 0
  - **Cholesterol**: 0
  - **Sodium**: 0
Food Tracker

Search and add foods to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning easier by using the Create Meals and Create a Comida feature.

Search

Food Details

My Favorite Foods List

Oatmeal, quick, cooked without fat

Choose amount:

Breakfast
Lunch
Dinner
Snacks

Total Excl: 0 Calories

Blank

Search Type

Graph

Daily Limits

Total Calories Excl: 0

Date: 01/01/12

Oatmeal, quick, cooked without fat

Choose amount:

Breakfast
Lunch
Dinner
Snacks

Total Calories: 143

Food Groups

Calories

Carbohydrates

Protein

Sodium

Total Calories: 143

Compare Meals
### Food Details

**Oatmeal, quick, cooked without fat**

#### Choose an amount:
- [ ] 1 oz
- [ ] 1 cup

#### Choose Meal Times:
- [ ] Breakfast
- [ ] Lunch
- [ ] Dinner
- [ ] Snacks

#### Nutrient Info

**Total Calories:** 143

#### Food Groups

- 2 ozs
  - Empty Carbohydrates
  - Calories
  - Added Sugars
  - Saturated Fat
  - Sodium**

#### Limits

- Calories
- Added Sugars
- Saturated Fat
- Sodium**

#### Food Info

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Daily Target or Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>143</td>
<td>0% limit</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
<td>11% target</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>28 g</td>
<td>25% target</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>15% target</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td>2% limit</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1 g</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1 g</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Omega-3 DHA</td>
<td>0 mg</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Omega-6 DHA</td>
<td>0 mg</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Omega-9 DHA</td>
<td>0 mg</td>
<td>0% daily target or limit</td>
</tr>
<tr>
<td>Choline</td>
<td>15 mg</td>
<td>4% target</td>
</tr>
</tbody>
</table>

#### Compare Foods

---

**Omega-3 DHA**

- 0 mg
- no daily target or limit

**Omega-6 DHA**

- 0 mg
- no daily target or limit

**Omega-9 DHA**

- 0 mg
- no daily target or limit

**Cholesterol**

- 0 mg
- 0% daily target or limit

**Total Calories**

- 143
- 0% limit

**Sodium**

- 283 mg
- 12% limit

**Calcium**

- 26 mg
- 1% target

**Potassium**

- 137 mg
- 3% target

**Sodium**

- 283 mg
- 12% limit

**Copper**

- 164 μg
- 12% target

**Iron**

- 2 mg
- 5% target

**Magnesium**

- 44 mg
- 1% target

**Phosphorus**

- 147 mg
- 21% target

**Selenium**

- 11 μg
- 21% target

**Zinc**

- 1 mg
- 10% target

---

**Arrange by:**

- Calories
- Calories from Carbohydrate
- Calories from Fat
- Calories from Protein
- Added Sugars
- Dietary Fiber
- Saturated Fat
- Polyunsaturated Fat
- Monounsaturated Fat
- Trans Fat
- Vitamins
- Minerals

---

**Compare Foods**

- [ ] Compare Foods
Continue
food entry...
Empty Calories = Calories from solid fats + calories from added sugars + calories from alcohol

Data Needed and Modifications to Data
For Each Food Item

Need:
• Calories and nutrients (per 100 grams)
• Food groups and subgroups (per 100 grams)
• Oils, solid fats, added sugars, and alcohol (per 100 grams)
• Portion options and weight of each portion
• Foods in ready-to-consume forms

Data Sources

• FNDDS 4.1:
  – Calories and nutrients per 100 grams
  – Portion options and weight of each portion

• MPED 2.0 and CNPP Addendum to MPED:
  – Food groups and subgroups per 100 grams
  – Oils, solid fats, added sugars, and alcohol per 100 grams
Data Sources

- **CNPP Addendum to MPED:**
  - Developed in collaboration with ARS.
  - Includes all MPED variables for 820 foods new to NHANES in 2005-06 and 2007-08.
  - Supplementary to MPED 2.0 and available until next equivalents database is released by ARS.
  - See poster for more information and how to access data and documentation.

Modifications to Data

- Adding foods most requested by users, when feasible
- Creating consumer-friendly name(s) for each food item—allowing multiple names
- Setting priorities for order in which items are returned from a search
- Creating search categories to narrow focus of search
- Identifying consumer-friendly portion options
## Top Foods Requested
from over 1200 specific requests

<table>
<thead>
<tr>
<th>Already in ST</th>
<th>Added to ST</th>
<th>Not yet added to ST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Potato</td>
<td>Greek Yogurt (various types)</td>
<td>Almond Milk</td>
</tr>
<tr>
<td>Chicken breast, boneless, skinless</td>
<td>Various vegetables and grains, no salt added</td>
<td>Multi-vitamins</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Rice milk</td>
<td>Coconut Milk</td>
</tr>
<tr>
<td>Bell peppers, raw, sweet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole wheat pasta, plain</td>
<td>Agave, nectar, syrup</td>
<td></td>
</tr>
<tr>
<td>Steel Cut Oats/Oatmeal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Foods that users could not find:

<table>
<thead>
<tr>
<th>User looked for:</th>
<th>Original name(s):</th>
<th>Edited name(s):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potato</td>
<td>Sweet potato</td>
<td>Sweet potato</td>
</tr>
<tr>
<td>Boneless, skinless chicken breast</td>
<td>Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten</td>
<td>Chicken, breast, boneless, skinless, roasted, broiled, or baked</td>
</tr>
<tr>
<td>Tomato</td>
<td>Tomatoes, raw</td>
<td>Tomato, raw</td>
</tr>
<tr>
<td>Donuts</td>
<td>Doughnuts</td>
<td>Doughnuts</td>
</tr>
<tr>
<td>Bell pepper</td>
<td>Green pepper(s) Pepper(s), green Red pepper(s) Pepper(s), red</td>
<td>TBD</td>
</tr>
</tbody>
</table>
### Food Names: Options

<table>
<thead>
<tr>
<th>FNDDS name</th>
<th>SuperTracker name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries, raw</td>
<td>Strawberries, raw</td>
</tr>
<tr>
<td></td>
<td>Strawberry, raw</td>
</tr>
<tr>
<td>Milk, cow's, fluid, whole</td>
<td>Milk, whole</td>
</tr>
<tr>
<td></td>
<td>Whole milk</td>
</tr>
<tr>
<td>Milk, cow's, fluid, 1% fat</td>
<td>1% milk</td>
</tr>
<tr>
<td></td>
<td>Low fat milk</td>
</tr>
<tr>
<td></td>
<td>Milk, low fat (1%)</td>
</tr>
</tbody>
</table>

### Food Names: Options

<table>
<thead>
<tr>
<th>FNDDS name</th>
<th>SuperTracker name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White potato, from fresh, mashed, made with milk and fat</td>
<td>Mashed potatoes, with milk and margarine or butter</td>
</tr>
<tr>
<td></td>
<td>Potato, mashed, with milk and margarine or butter</td>
</tr>
<tr>
<td></td>
<td>Potatoes, mashed, with milk and margarine or butter</td>
</tr>
</tbody>
</table>
### Food Names: Options

<table>
<thead>
<tr>
<th>FNDDS name</th>
<th>SuperTracker name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White potato, from dry, mashed, made with milk and fat</td>
<td>Potato, instant, mashed, with milk and margarine or butter</td>
</tr>
<tr>
<td></td>
<td>Potatoes, instant, mashed, with milk and margarine or butter</td>
</tr>
</tbody>
</table>

### Food Names: Specifying Salt

<table>
<thead>
<tr>
<th>FNDDS name</th>
<th>SuperTracker name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal, cooked, quick (1 or 3 minutes), fat not added in cooking</td>
<td>Oatmeal, quick, cooked (with salt, no fat added)</td>
</tr>
<tr>
<td><strong>NEW ITEM</strong></td>
<td>Oatmeal, quick, cooked (no salt or fat added)</td>
</tr>
</tbody>
</table>
### Food Names: Specifying Salt

<table>
<thead>
<tr>
<th>FNDDS name</th>
<th>SuperTracker name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, cooked, from fresh, fat not added in cooking</td>
<td>Broccoli, fresh, cooked (with salt, no fat added)</td>
</tr>
<tr>
<td><strong>NEW ITEM</strong></td>
<td>Broccoli, fresh, cooked (no salt or fat added)</td>
</tr>
<tr>
<td>Broccoli, cooked, from fresh, fat added in cooking</td>
<td></td>
</tr>
<tr>
<td>Broccoli, cooked, from fresh, fat added in cooking W/ BUTTER, NFS</td>
<td></td>
</tr>
<tr>
<td>Broccoli, cooked, from fresh, fat added in cooking W/ VEGETABLE OIL, NFS</td>
<td></td>
</tr>
<tr>
<td>INCLUDE OIL, NFS</td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, cooked (with salt and margarine)</td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, cooked (with salt and butter)</td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, cooked (with salt and vegetable oil)</td>
<td></td>
</tr>
</tbody>
</table>
Setting Priorities for Search Results

Step 1
- To assist with search, added a comma after first one or two words (“milk,” “ice cream,”) for many foods
- Search program returns these items first—treats comma as a letter prior to “a”.

Step 2
- Establish priorities when a large number of items start with a specific word and comma.
- Without priorities, items are sorted in alpha order.

Setting Priorities for Search Results

Example—For a search on “milk”:
- 585 total results
- For 42 of these, food name starts with “milk,”
- Added priorities to sort within these 42 items
### Initial sort—alpha order

| Milk, chocolate flavored, fat free (skim) |
| Milk, chocolate flavored, low fat (1%) |
| Milk, chocolate flavored, reduced fat (2%) |
| Milk, chocolate flavored, whole |
| Milk, dry, fat free, reconstituted |
| Milk, dry, low fat, not reconstituted |
| Milk, dry, low fat, reconstituted |
| Milk, dry, nonfat, not reconstituted |
| Milk, dry, whole, not reconstituted |
| Milk, dry, whole, reconstituted |
| Milk, fat free (skim) |
| Milk, fat free (skim), calcium fortified |
| Milk, fat free (skim), lactose-free |
| Milk, fat free (skim), lactose-free, calcium fortified |
| Milk, fat free (skim), with chocolate syrup |
| Milk, fat free (skim), with strawberry or vanilla flavor |
| Milk, goat's |
| Milk, low fat (1%) |
| Milk, low fat (1%) with strawberry or vanilla flavor |
| Milk, low fat (1%), acidophilus |

### Final order

| Milk, fat free (skim) |
| Milk, low fat (1%) |
| Milk, reduced fat (2%) |
| Milk, whole |
| Milk, chocolate flavored, fat free (skim) |
| Milk, chocolate flavored, low fat (1%) |
| Milk, chocolate flavored, reduced fat (2%) |
| Milk, chocolate flavored, whole |
| Milk, soy (soy beverage) |
| Milk, soy (soy beverage), chocolate |
| Milk, soy (soy beverage), fat free (nonfat) |
| Milk, soy (soy beverage), fat free (nonfat), chocolate |
| Milk, soy (soy beverage), light |
| Milk, soy (soy beverage), light, chocolate |
| Milk, goat's |
| Milk, fat free (skim), calcium fortified |
| Milk, fat free (skim), lactose-free |
| Milk, fat free (skim), lactose-free, calcium fortified |
| Milk, low fat (1%), acidophilus |
| Milk, low fat (1%), calcium fortified |
Search Categories

• 12 categories plus “all foods”
• Narrows range of search results
• Food can appear in multiple search categories
  – Milk is in both “Beverages” and Dairy”
  – Graham crackers is in “Breads, cereals, and bakery items”, “Snacks”, and “Sweets and desserts”

Search Categories

• All Foods
• My Favorite Foods
• Beverages
• Breads, Cereals and Bakery Items
• Pasta and Rice
• Fruits
• Vegetables

• Dairy
• Meat, Poultry, Fish and Eggs
• Meals and Entrees (Mixed Dishes)
• Snacks
• Fast Foods
• Sweets and Desserts
Portion Options

- Based on FNDDS portions
- One default portion identified for each food
- Increments set for all portion options – in ¼ to 1 unit change, based on the portion
- Average of 2 portion options per food
- In some cases, calculated a new portion (teaspoon or Tablespoon)
### Portion Options: Mozzarella

<table>
<thead>
<tr>
<th>FNDDS Measure</th>
<th>Weight</th>
<th>ST Measure (increment)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Grams</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>1 cup, NFS</td>
<td>113</td>
<td></td>
</tr>
<tr>
<td>1 cup, diced</td>
<td>132</td>
<td></td>
</tr>
<tr>
<td>1 cup, shredded</td>
<td>113</td>
<td>cup, shredded (.25)</td>
</tr>
<tr>
<td>1 cubic inch</td>
<td>17.6</td>
<td></td>
</tr>
<tr>
<td>1 slice (1 oz)</td>
<td>28.35</td>
<td>slice (1 oz) (.5)</td>
</tr>
<tr>
<td>1 stick</td>
<td>28.35</td>
<td>string cheese stick (.5)</td>
</tr>
<tr>
<td>1 string</td>
<td>4.7</td>
<td></td>
</tr>
<tr>
<td>1 cracker-size slice</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Quantity not specified</td>
<td>28</td>
<td></td>
</tr>
</tbody>
</table>

### Portion Options: Pizza

- Many pizza items in FNDDS have whole pizzas portions only
- Added “slice” as option for common size pizzas
  - slice (1/8 of 12" pizza)
  - slice (1/8 of 14" pizza)
  - slice (1/8 of 16" pizza)
- Increments of “1” for slice portions
- Increments of “¼” for whole pizza options
Pizza, with pepperoni, regular crust

Choose an amount:

1. slice (1/8 of 12" pizza)

Meal Time(s):
- Breakfast
- Lunch
- Dinner
- Snacks

Add
Cancel
### Portion Options: Olive Oil

<table>
<thead>
<tr>
<th>FNDDS Measure</th>
<th>Weight (g)</th>
<th>ST Measure (increment)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Grams</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>216</td>
<td>Cup (.25)</td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td>13.5</td>
<td>Tablespoon (.5)</td>
</tr>
<tr>
<td>Quantity not specified</td>
<td>13.5</td>
<td></td>
</tr>
<tr>
<td>NEW PORTION</td>
<td>4.5</td>
<td>Teaspoon (1)</td>
</tr>
</tbody>
</table>
Viewing Results
# Food Groups and Calories Report

Your plan is based on a daily 2000 calorie allowance.

## Food Groups and Target Calories

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Total Calories</th>
<th>Target Calories</th>
<th>Average Eaten Calories</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>200 Calories</td>
<td>100 Calories</td>
<td>-</td>
<td>OK</td>
</tr>
<tr>
<td>Vegetables</td>
<td>250 Calories</td>
<td>125 Calories</td>
<td>-</td>
<td>OK</td>
</tr>
<tr>
<td>Dairy</td>
<td>300 Calories</td>
<td>150 Calories</td>
<td>-</td>
<td>OK</td>
</tr>
<tr>
<td>Meats</td>
<td>400 Calories</td>
<td>200 Calories</td>
<td>-</td>
<td>OK</td>
</tr>
<tr>
<td>Grains</td>
<td>500 Calories</td>
<td>250 Calories</td>
<td>-</td>
<td>OK</td>
</tr>
<tr>
<td>Oils</td>
<td>600 Calories</td>
<td>300 Calories</td>
<td>-</td>
<td>OK</td>
</tr>
</tbody>
</table>

## Limits

<table>
<thead>
<tr>
<th>Limits</th>
<th>Allowance Calories</th>
<th>Average Eaten Calories</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>2000 Calories</td>
<td>1000 Calories</td>
<td>OK</td>
</tr>
<tr>
<td>Empty Calories*</td>
<td>≤ 250 Calories</td>
<td>271 Calories</td>
<td>Over</td>
</tr>
</tbody>
</table>

## Food Sources

1. Macaroni, creamed, with cheese, made with butter, Pecorino, Alfredo
2. Butter, stick, salted
3. Cookie, chocolate chip, lemonade or banana
4. Pizza, with vegetables, regular crust
5. Cheese, Feta
6. Spinach salad, no dressing
7. Cheese spread, cream cheese, light
8. 1% milk
9. Solid Fat
10. Added Sugar

### Tips

1. Empty Calories: Calories from food components such as added sugars and solid fats, that provide little nutritional value.
2. Choose fewer and smaller portions of grain-based desserts, breads, and often sugar-maintained beverages.
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.

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*Limit your intake of Empty Calories. Empty Calories are from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.*
User Created Food Combos

• At present, there are no options for users to
  – enter a new food
  – enter a recipe (including raw ingredients)
• These are common use requests, may be able to include some functionality in future
• But for now—My Combo provides limited recipe functionality
My Combo

Locate and save foods that you commonly eat together. Learn more about My Combo.

Build your combo in 3 easy steps:

Step 1: Search for and add individual foods (up to 6 per combo) or add foods from your favorite foods list.

My Combo Items

My Combo Details

Food Details  My Favorite Foods List

Search for foods to see details here.
Lessons Learned

• “Recommend a food item” function has been very useful.
• More is better for food name options—will continue to add synonyms based on user feedback.
• Complex search logic needed to drive most likely results to top of list.
• Need a strategy for incorporating brand name foods and dealing with changes in formulations over time.
• Users are quite savvy—they note discrepancies with company websites.

Summary

• SuperTracker provides a very useful tool for many consumers.
• Database continues to evolve and improve as we learn from users.
• Would like to eventually add more requested functions, such as recipe analysis
• We could not do this without relying on colleagues at ARS to provide the basic data.
Try the SuperTracker at:

https://www.choosemyplate.gov/SuperTracker/

Or Google “SuperTracker”