

## Personal Diet Analysis Instructions

- I. Go to the following website: **www.supertracker.usda.gov**  
Click on: **Create Profile**
  1. Personalize your profile
  2. Register to save your profile
  3. Submit to view your plan
  
- II. Click on **Food Tracker** and enter all of the food and drinks you listed on the homework assignment  
**“What I Ate Today”**  
Record all food, then do quantity (serving size, & # of servings)  
\*\*\*\*\*Remember that serving sizes are important. Use the handout on serving sizes to be as accurate as possible.
  
- III. Click on **Reports** and print the following reports:
  1. Food Groups and Calories
  2. Nutrients Reports
  3. Meal Summary
  
- IV. Review all three reports and reference the **My Plan** tab in order to identify important information relative to your diet.
  
- V. Analyze your diet by answering the questions on the attached worksheet.  
Be specific with your answers.
  
- VI. Continue with the **Physical Activity Analysis**
  
- VII. Staple all sheets including printed pages together.