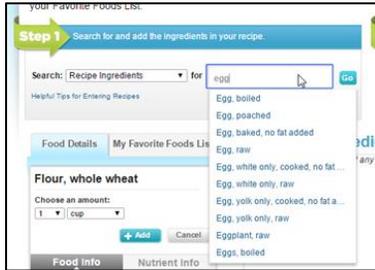


SuperTracker Quick Guide

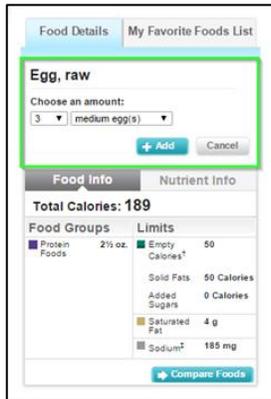
<https://www.supertracker.usda.gov/MyRecipe.aspx>

*This is not USDA approved software, but sponsors can use the SuperTracker to help estimate their standardized recipes Calories, Saturated Fat, and Sodium.

Step 1



Type the ingredient into the search bar. The ingredient will pop up in a variety of formats below the search bar. Select the one that is used in the recipe.



Once the ingredient is selected, it will appear under the Food Details tab. Choose the amount used in the recipe and select Add.



Once added, they can be found to the right in the “My Recipe Ingredients” box.



Repeat this step until all of the ingredients are listed. Be sure to pay attention to ingredient amounts. For example, the maximum amount of whole wheat flour that can be entered is 2 cups. If a recipe called for 20 cups of flour, this ingredient would need to be added 10 times.

SuperTracker Quick Guide

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Step 2



Once all the ingredients are listed, go to Step 2 and enter the number of portions this recipe makes. Remember: if the recipe says 6 dozen, be sure to put 72 in the box (72 cookies baked).

My Recipe Details
(Per Portion)

Food Info		Nutrient Info	
Nutrient	Amount	% of Daily Target or Limit	
Total Calories	36	2% limit	
Protein	1 g	2% target	
Carbohydrate	8 g	6% target	
Dietary Fiber	1 g	3% target	
Total Sugars	3 g	No daily target or limit	
Added Sugars	3 g	No daily target or limit	
Total Fat	0 g	No daily target or limit	
Saturated Fat	0 g	0% limit	
Monounsaturated Fat	0 g	No daily target or limit	
Polyunsaturated Fat	0 g	No daily target or limit	
Linoleic Acid	0 g	1% target	
α-Linolenic Acid	0.0 g	0% target	
Omega 3 - EPA	0 mg	No daily target or limit	
Omega 3 - DHA	1 mg	No daily target or limit	
Cholesterol	8 mg	3% limit	

Once the portion size is added, the total number of calories, sugar, saturated fat, total fat, etc. can be found under the Nutrient Info tab.

Step 3



Enter the name of the recipe and save the file. This can be exported as a PDF, Excel Spreadsheet, or Word Document.