



*Promoting Learning by  
Creating Healthy Habits  
that will last a Lifetime!*

# School Nutrition And Fitness dot com



## Making New Year's Resolutions Stick



The USDA rings in the New Year by releasing an outstanding online tool for tracking eating habits & physical activity.

The USDA has hit a **home run** with the latest enhancements to the ChooseMyPlate.gov website... and just in time for making New Year's Resolutions lasting, trackable and results driven. The new SuperTracker

is the complete package, tying together the simplicity of the ChooseMyPlate visual diagram with the importance of **Let's Move**.

**Procrastinator's Beware!** It helps you break down the complicated tasks of setting personal health and fitness goals, and lets you make a plan and then work the plan. You can track what you eat, record minutes of exercise, watch your weight, and then best of all, track your progress through a series of easy to use graphical calculators and reports.

This is your own online \$60/hour personal trainer...for FREE. Educate yourself with the Food-A-Pedia, sample meal plans, a calorie counter and recommendations by food group.

Learn more about the new USDA [SuperTracker at ChooseMyPlate.gov](http://SuperTracker.at.ChooseMyPlate.gov).



*SuperTracker lets you create a personal health plan, set goals and track progress in the areas of healthy eating, physical activity, and weight management.*

Websites for School Nutrition  
Promoting Healthy Habits that will last a Lifetime!  
[www.SchoolNutritionAndFitness.com](http://www.SchoolNutritionAndFitness.com)

## Health-Wise: My Health Plan with SuperTracker

Caesar salad

Choose an amount: 1 cup

**Total Calories: 184**

Food Groups	Limits
Grains	1/2 oz.
Vegetables	1/2 cup(s)
Dairy	1/2 cup(s)
Protein Foods	1/2 oz.
Oil	3 tsp.
Empty Calories*	14
Solid Fats	13 Calories
Added Sugars	1 Calories
Saturated Fat	3 g
Sodium**	280 mg

What foods make sense...what should I avoid? Learn with the speed of mouse click using the Food-A-Pedia (right), and track daily targets according your personal plan and the goals you set for physical activity, calories & food, **BY FOOD GROUP**. View reports by nutrients, details, or historical summary.

Intuitive graphics and suggested targets help to make healthy choices and goal setting easy. It is up to you!



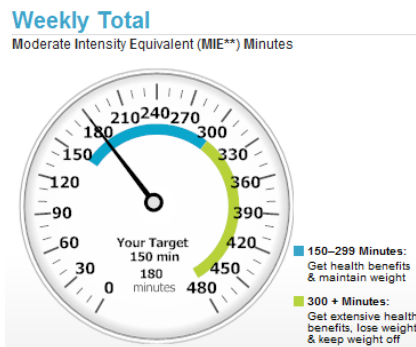
Today	Physical Activity Target	Daily Calorie Limit	Daily Food Group Targets																				
01/07/12	Week of 01/01/12 to 01/07/12 Target: AT LEAST 150 minutes per week Actual: 0 minutes	Allowance: 2000 Eaten: 0 Remaining: 2000	<table border="1"> <thead> <tr> <th>Grains</th> <th>Vegetables</th> <th>Fruits</th> <th>Dairy</th> <th>Protein Foods</th> </tr> </thead> <tbody> <tr> <td>Target: 6 oz.</td> <td>Target: 2 1/2 cup(s)</td> <td>Target: 2 cup(s)</td> <td>Target: 3 cup(s)</td> <td>Target: 5 1/2 oz.</td> </tr> <tr> <td>Eaten: 0 oz.</td> <td>Eaten: 0 cup(s)</td> <td>Eaten: 0 cup(s)</td> <td>Eaten: 0 cup(s)</td> <td>Eaten: 0 oz.</td> </tr> <tr> <td>Status: -</td> <td>Status: -</td> <td>Status: -</td> <td>Status: -</td> <td>Status: -</td> </tr> </tbody> </table>	Grains	Vegetables	Fruits	Dairy	Protein Foods	Target: 6 oz.	Target: 2 1/2 cup(s)	Target: 2 cup(s)	Target: 3 cup(s)	Target: 5 1/2 oz.	Eaten: 0 oz.	Eaten: 0 cup(s)	Eaten: 0 cup(s)	Eaten: 0 cup(s)	Eaten: 0 oz.	Status: -	Status: -	Status: -	Status: -	Status: -
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## Fitness: Physical Activity Tracker



Set up your personal profile base on the activity you like to do.

The SuperTracker is the complete package. Set up your personal profile and customize the activities you like to do and the duration you like to do them. Do you want to start walking at lunch for 20 minutes—add it, thinking about taking a 30 spin class—add it! Your activity tracker shows your progress each week, it is simple to set up, tailored for you by you, and easy to track. It shows activity levels as light, medium or vigorous...it shows estimated calories burned...and it adds up the minutes by day and cumulative by week. Manage your health...oh...and Happy New Year!



## Across the Country—Best Practices in School Nutrition



### MyPlate & SuperTracker - Partner with School Nutrition & Fitness websites

As a ChooseMyPlate.gov partner and member of the National Communicators Network, the School Nutrition and Fitness websites include promotion & messaging for the new Dietary Guidelines for Americans.

As seen in [McAllen ISD](#), ChooseMyPlate lesson plans & the SuperTracker program are just some of the of the many interactive features in these websites for school nutrition.

MySNaF's Physical Activity Report for Week of 01/01/12 - 01/07/12

Weekly Aerobic Activity		Muscle Strengthening Activity				
Goal (MIE**)	300 minutes	Target	2 days			
Actual (MIE**)	260 minutes	Actual	7 days			
Date	Duration	Activity	Intensity	Estimated Calories Burned*	Activity Counts Toward Weekly Aerobic Goal	Muscle Strengthening
Sunday						
01/01/12	30	30 Gardening, general	Moderate	206	✓	✓
	40	40 Walking, 4 mph (15 min/mile)	Moderate	351	✓	✓
	60	120 Volleyball, beach	Vigorous	857	✓	✓