

## MyPyramid Tracker: Food Intake Directions

Enter the food that you have consumed throughout the day. MyPyramid tracker will formulate a variety of results that assess your caloric intake, your nutrient and vitamin consumption, and will determine if you are meeting dietary guidelines and recommendations.

Directions:

- Click “New User Registration”
- Enter registration information
- Click “Proceed to food intake”
- Enter the foods you have eaten in the past 24 hours in the search box
- Select which food in the listing best represents what you ate
- Click “Select Quantity” and indicate the serving size and number of servings consumed of each specific food
- Click “Save and Analyze”
- Click on the different results (descriptions listed below)

### Meeting 2005 Dietary Guidelines Results

Results include:

- Your recommended food groups and nutrient intakes within your energy needs
- Your intakes of basic food groups compared with the *Dietary Guidelines for Americans, 2005* recommendations

### Nutrient Intake Results

Results include:

- Your nutrient intake scores
- Recommended intake information

### My Pyramid Recommendation Results

Results include:

- MyPyramid recommendations based on your energy level
- Comparison between your intake and the MyPyramid recommendation

### Healthy Eating History

Results include:

- An assessment of your intake over time, up to one year, including graphs of daily intakes and a trend line for each MyPyramid Food Group and individual nutrients
- Average MyPyramid food group and nutrient intakes for the days entered