

Using *MyPyramid Tracker*

Peter Basiotis, Ph.D.

Economist and Director

Nutrition Policy and Analysis Staff

Center for Nutrition Policy & Promotion

United States Department of Agriculture



United States Department of Agriculture
Center for Nutrition Policy & Promotion

New Integrated & Interactive Tool

Combines several functions:

- Assessment of diet for compliance with 2005 DGA
- Provides trends analyses by storing individual's data for more than a year
- Provides context-relevant educational material
- Assessment of physical activity
- Estimates individual's energy requirement
- Provides estimate of energy balance
- Etc



MyPyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. MyPyramid Tracker is based on the Healthy Eating Index developed by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. The Healthy Eating Index measures how well the American diet complies with the recommendations of the Dietary Guidelines for Americans and the USDA Food Guide.

Assessment



Assess Your Food Intake

The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.



Assess Your Physical Activity

The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

Access

Select one of the "Login" links below to enter the system. **What do I need to use this site?** Click [here](#) for answers to Frequently Asked Questions.

[New User Registration](#)

[Existing User Login](#)

[Check It Out](#)
(no registration)



[Login](#) 

New User Registration Profile

Welcome! To use MyPyramid Tracker, complete the information below to create a MyPyramid Tracker account. Your email address is optional and will be used only for sending your password hint should you request it. If you forget your password and do not supply an email address, you will need to create a new account. All other fields are required information. Any information you provide will not be shared with anyone. Click [here](#) to see how your personal information is stored.

User ID (6-20 characters; required):

Password (4-10 characters; required):

Confirm Password (required):

Password Hint (optional):

Email (optional):

Confirm Email (optional):

Zip Code (optional):

Note: A red asterisk (*) will automatically appear next to fields containing invalid input. For more detailed error information, press the Submit button when one or more fields are marked.



Login



Existing Users/New Users

Welcome back! To use MyPyramid Tracker, please enter your user ID and password below. If you have forgotten your password, click [here](#) to retrieve it. If you are a new user, please click [here](#) to register.

User ID:

Password:

Note: A red asterisk (*) will automatically appear next to fields containing invalid input. For more detailed error information, press the Submit button when one or more fields are marked.

Login



Personal Profile

If necessary, update your age, gender, weight, and height. This information is used to give you accurate results about your diet and physical activity status. You will need to change the date if the day of entry is other than the date that is displayed. If you would prefer to enter your height in centimeters or weight in kilograms, please use the links labeled "centimeters" and "kilograms" to the right of their respective fields. Once you have entered all information, click "Save Today's Changes." The information you enter will automatically be recalled the next time you visit this site using your User ID and MyPyramid Tracker password. Click [here](#) to see how your personal information is stored.

Age:

Gender:

Entry Date Month/Day/Year: [calendar](#)

Height: feet inches [centimeters](#)

Weight: pounds [kilograms](#)

Email (optional):

Save Today's Changes

Proceed to Food Intake

Proceed to Physical Activity

Note: A red asterisk (*) will automatically appear next to fields containing invalid input. For more detailed error information, press one of the buttons above when one or more fields are marked.

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Type search here Search Web Radio Music Games Sports News Movies HotStuff TV/Celebs

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Enter Food Item

Enter a choice of food in the text box, then click "Search." To choose a food, click on it from the list. Repeat until you have included all foods and beverages eaten in the last 24 hours. [How does it work?](#)

How does the [Frequently Used Foods List](#) work?

soda [Frequently Used Foods](#)

Search results for soda

23 exact matches for **soda**

- [BOURBON & SODA, SCOTCH & SODA, RUM & SODA](#) ([Add to Freq Foods](#))
- [BREAD, IRISH SODA](#) ([Add to Freq Foods](#))
- [CHERRY SODA](#) ([Add to Freq Foods](#))
- [CHOCOLATE-FLAVORED SODA](#) ([Add to Freq Foods](#))
- [CHOCOLATE-FLAVORED SODA, DIET](#) ([Add to Freq Foods](#))
- [CLUB SODA](#) ([Add to Freq Foods](#))
- [CREAM SODA](#) ([Add to Freq Foods](#))
- [CREAM SODA, DIET](#) ([Add to Freq Foods](#))
- [DIET LEMON SLICE SODA](#) ([Add to Freq Foods](#))
- [DIET MANDARIN ORANGE SLICE SODA](#) ([Add to Freq Foods](#))
- [DIET MINUTE MAID ORANGE SODA](#) ([Add to Freq Foods](#))
- [DIET SLICE SODA](#) ([Add to Freq Foods](#))
- [FRUIT PUNCH, MADE W/ FRUIT JUICE & SODA](#) ([Add to Freq Foods](#))
- [FRUIT PUNCH, MADE W/ SODA, FRUIT JUICE & SHERBET](#) ([Add to Freq Foods](#))
- [GRAPE SODA](#) ([Add to Freq Foods](#))
- [ICE CREAM SODA, CHOCOLATE](#) ([Add to Freq Foods](#))
- [ICE CREAM SODA, NOT CHOCOLATE](#) ([Add to Freq Foods](#))
- [MANDARIN ORANGE SLICE SODA](#) ([Add to Freq Foods](#))

Here are the foods JohnDoe has eaten on 4/11/2005

Continue adding foods until the list contains all foods you have consumed on the date shown above. Click an item to remove it from your list. Press **Select Quantity** when you are done.

- [TURKEY](#)
- [SALT, TABLE](#)
- [FRENCH FRIES, FROM FRESH, DEEP-FRIED](#)
- [GROUND BEEF OR PATTY, BREADED](#)
- [FRIED ICE CREAM](#)
- [CREAM SODA](#)
- [BREAD](#)
- [FRUIT DRINK, FRUIT PUNCH & FRUIT ADE](#)
- [ORANGE, FRESH](#)
- [MILK, WHOLE](#)

Done



Here is the food displayed for **JohnDoe** on 4/11/2005

Select your serving sizes and specify how many servings you consumed for each. When you are done, click **Save & Analyze** to save your food entry information and to analyze your food intake. If you want to make more than one day's food entry, click **Return to Login** to save a day's food entry information and make another day's food entry. For a record of today's food entry, click **Print Food Record** prior to saving food entry. To return to initial values, click **Reset Values**. To add or remove food items, click **Enter Foods**.

Foods Consumed	Select Serving Size	Number of Servings (Enter a number (e.g. 1.5))
TURKEY	1 medium slice (approx 3 x 2 x 1/4)	0.5
SALT, TABLE	1 teaspoon	2
FRENCH FRIES, FROM FRESH, DEEP-FRIED	1 cup	1
GROUND BEEF OR PATTY, BREADED	1 large patty	2.5
FRIED ICE CREAM	1 cup	1
CREAM SODA	1 can or bottle (16 fl oz)	4
BREAD	1 regular slice	1.5
FRUIT DRINK, FRUIT PUNCH & FRUIT ADE	1 cup (8 fl oz)	1
ORANGE, FRESH	1 medium (2-5/8 dia)	0.5
MILK, WHOLE	1 cup	1.5

[Print Food Record](#)

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Analyze Your Food Intake

MyPyramid Tracker is based upon the recommendations of the Dietary Guidelines for Americans, 2005. Your food group and nutrient recommendations are goals for the entire day, not one meal. Your analysis will be based on the nutrient content of the foods you enter for one day and does not include the nutrients from dietary supplements. Dietary supplement information is provided below.

Select the following to analyze your dietary intake:

Meeting 2005 Dietary Guidelines (DG) »

You will see:

- 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

[Calculate DG Comparison](#)

Nutrient Intakes »

You will see:

- Your nutrient intake scores
- Recommended intake information

[Calculate Nutrient Intakes from Foods](#)

Done

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Nutrient Intakes »

You will see:

- Your nutrient intake scores
- Recommended intake information

[Calculate Nutrient Intakes from Foods](#)

MyPyramid Recommendation »

You will see:

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

[Calculate MyPyramid Stats](#)

Nutrient Information for Dietary Supplements »

- For Nutrient Information on Dietary Supplements, click [here](#).

Healthy Eating History »

You will see:

- The Healthy Eating Index is currently under revision. This section will be updated in late Summer or early Fall 2005. Click [here](#) for more information.
- Graphs of HEI and component scores over time ([under revision](#))
- MyPyramid recommendation over time
- Graphs of nutrient intakes over time
- Text with average HEI scores ([under revision](#)), MyPyramid recommendation, nutrient intakes and nutrient recommendation met for days entered

[Calculate Healthy Eating History](#)

Done Internet



Analyze Your Food Intake



Meeting Dietary Guidelines (DG)

Please choose one of the following.

Would you like to have an energy recommendation that:

- Maintains your current weight?
- Leads you to gradually achieving and maintaining a healthy weight?

Go!

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Type search here Search Web Radio Music Games Sports News Movies HotStuff TV/Celebs

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The 2005 Dietary Guidelines (DG) Recommendations for **JohnDoe** on 4/11/2005

Click directly on the emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
Grain		5.7 oz equivalent	7 oz equivalent
Vegetable		2 cup equivalent	3 cup equivalent
Fruit		0.8 cup equivalent	2 cup equivalent
Milk		2 cup equivalent	3 cup equivalent
Meat and Beans		5.2 oz equivalent	6 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
Total Fat		32.4% of total calories	20% to 35%
Saturated Fat		10.3% of total calories	less than 10%
Cholesterol		258 mg	less than 300 mg
Sodium		7643 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*

* Calculations for oils and discretionary calories from foods are under revision.

Done

Nutrient Intakes For **JohnDoe** on 4/11/2005

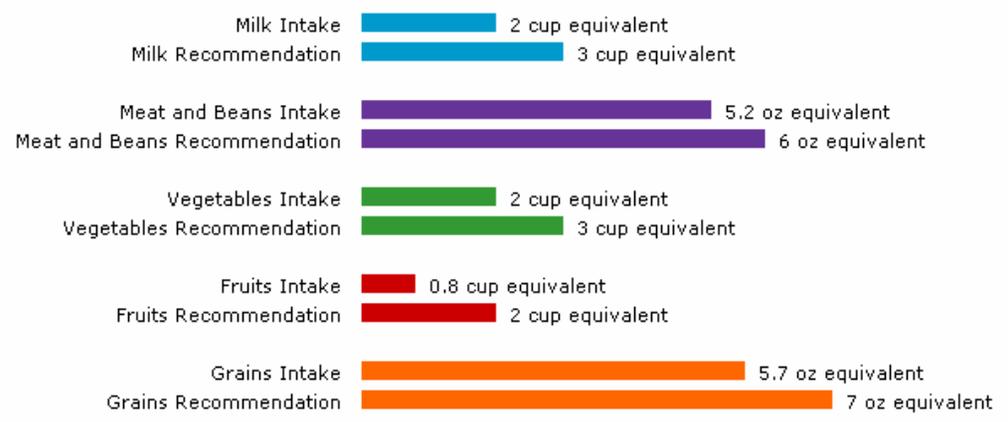
A nutrient recommendation is a target or goal for intake of a nutrient. Your requirement for a particular nutrient is unique to you, but it is likely to be lower than the recommended number. If your intake is at or above this number, then it is probably adequate. If your intake is below this number, that does not necessarily mean an inadequate intake. If today's intake is typically what you eat, and your intake for a nutrient is at or above the recommendation, it is likely that your intake of that nutrient is adequate. To better assess your usual nutrient intake, you should report foods eaten for two or more days and review [your nutrient intake over time](#). Click [here](#) if you want to see your nutrient profile with technical assessment information.

Nutrient	Your Intake	Recommendation or Acceptable Range
Food Energy/Total Calories (kcal)	3091	2255
Protein (gm)	83	56
Carbohydrate (gm)	451	130
Total Fiber (gm)	9	30
Total Fat (gm)	111.2	68.7 - 120.2
Saturated Fat (gm)	35.3	< 34.3
Monounsaturated Fat (gm)	41	**
Polyunsaturated Fat (gm)	25	**
Linoleic (omega 6) (gm)	22.1	14
Alpha Linolenic (omega 3) (gm)	2.9	1.6
Cholesterol (mg)	258	< 300
Vitamin A (mcg RAE)	376	900
Vitamin C (mg)	58.8	90
Vitamin E (mg α-TE)	6.2	15



Comparison of Your Intake with MyPyramid Recommendations for **JohnDoe**

Your Pyramid Stats



Pyramid Categories	Percent Recommendation
Milk	67%
Meat and Beans	87%
Vegetables	67%
Fruits	40%
Grains	81%



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Healthy Eating History

Select a link below to graph your **healthy eating history** in the right panel:

Total HEI Score:

Under Revision

MyPyramid Recommendation Components:

- [Grain](#)
- [Vegetable](#)
- [Fruit](#)
- [Milk](#)
- [Meat and Beans](#)

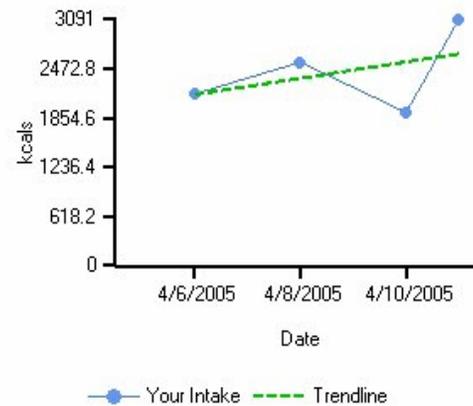
Nutrient Intakes:

- [Food Energy \(kcal\)](#)
- [Protein \(gm\)](#)
- [Carbohydrate \(gm\)](#)
- [Total Fiber \(gm\)](#)
- [Total Fat \(gm\)](#)
- [Saturated Fat \(gm\)](#)
- [Monounsaturated Fat \(gm\)](#)
- [Polyunsaturated Fat \(gm\)](#)
- [Linoleic \(omega 6\) \(gm\)](#)
- [Alpha Linolenic \(omega 3\) \(gm\)](#)

Healthy Eating History

FOOD ENERGY Intake History for JohnDoe

View History for: [1 day](#) | [1 week](#) | [1 month](#) | [3 months](#) | [6 months](#) | [1 year](#)



Average kcal: 2432.8

Average percent Estimated Energy Requirement: 115.8%

Date	kcal	Percent Estimated Energy Requirement
4/6/2005	2157	106%

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Physical Activity Tool

Physical Activity Entry

Please choose **ONE** of the following options for entering your physical activities for the day:

Standard option: This option provides **the most accurate** assessment of your energy expenditure, and directly links to your Estimated Energy Requirement and Energy Balance Status. **It requires that you enter all physical activities you performed for the past 24 hours.** You should enter all activities you did to include personal hygiene, house or yard work, transportation, employment, and leisure. The total duration of these activities should add up to 1440 minutes. If the total duration is less than 1440 minutes, you will be prompted to add more activities or to check the duration of activities you have already entered. For activities you do often, you can create a stored list by using the "Frequently Performed Activities" list. Once you enter all activities, you will be prompted to enter the duration for each activity entered, and then to save the information for analysis.

Condensed option: This option allows you to bypass the standard option for physical activity entry. It is recommended for people with few leisure-time activities or for people who are not regularly physical active. Based on the age, gender, weight and height information in your personal profile, an estimated Basal Energy Expenditure (BEE) is calculated and adjusted to include routine activities (i.e. personal hygiene, housework, light yard work, computer use and driving a car) of estimated duration. If you did not perform any additional **leisure time physical activity**, you can directly analyze your results. In this case, your Estimated Energy Requirement (EER) is likely to be the same or similar to your Basal Energy Expenditure (BEE) adjusted for routine activities. If you performed one or more leisure-time physical activities, you will need to enter these activities using the physical activity entry page. You will be prompted to enter the duration for each activity entered, and then to save information for analysis. Results will account for the adjusted BEE, and any additional physical activity you performed and entered into the program. However, **with or without additional leisure-time physical activity, the assessment of Estimated Energy Requirement (EER) using the condensed physical activity entry option may not be accurate.**

Done Internet



Enter Activity Type

Choose an activity from the dropdown menu or type a search term. Click [here](#) for details.

How does the [Frequently Performed Activities List \(FPA\)](#) work?

Activity Type:

Select

[Selection Tips](#)

Search

[Frequently Performed Activities](#)

Activity Description:

Add Activity

Add to FPA

Daily Activities performed by **JohnDoe** on 4/11/2005

Continue adding activities until the list contains all activities performed on the date shown above. Click an item to remove it from your list. Press **Select Duration** when you are done.

Remove [WALKING, 2.5 MPH, FIRM SURFACE](#)

Select Duration

Remove All



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Analyze Your Physical Activity

Select from the following to analyze your Physical Activity:

Physical Activity Analysis »

You will see:

- Your Physical Activity Results to include activity type, description, category, and intensity for each activity
- Your Physical Activity Score (0-100)
- Your Total Calories Expended

[Calculate your Physical Activity Score](#)

Physical Activity History »

You will see:

- Graphs of Physical Activity scores and Total Calories Expended over time
- Average Physical Activity scores and Total Calories Expended

[Calculate Physical Activity History](#)



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Physical Activity Results for **JohnDoe** on 4/11/2005

You chose the condensed physical activity entry option and added one or more physical activities. These activities have been analyzed, but your physical activity assessment results may not be completely accurate.

Activity Type	Activity Description	Activity Category	METs	Intensity Classification	Duration in Minutes	Calories Expended
WALKING	WALKING, 2.5 MPH, FIRM SURFACE	LEISURE	3	MODERATE	10	29

* No score is allocated for activities of light intensity. See the [Activity Help](#) document for more information.

Result Summary

Click directly on the numbers or word in the table for more detailed physical activity information.

Credited Minutes	10
Total Calories Expended from Physical Activity	29
Physical Activity Score (Out of 100)	28
Physical Activity Assessment	Poor

[Back](#) [Calculate Physical Activity History](#)



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Physical Activity History

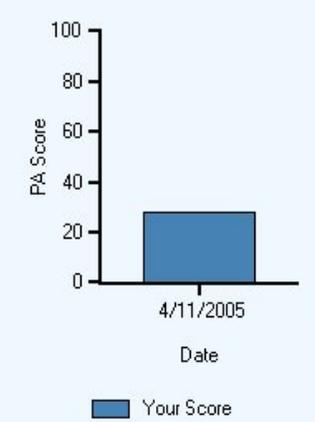
Select a link below to graph your **physical activity history** in the right panel:

- [Total Physical Activity Score](#)
- [Total Calories Expended](#)

Physical Activity History

TOTAL ACTIVITY SCORE History for JohnDoe

View History for: 1 day | [1 week](#) | [1 month](#) | [3 months](#) | [6 months](#) | [1 year](#)



Average PA Score: 28

Date	PA Score
4/11/2005	28

Energy balance is the state in which food energy from the intake of food is equal to the energy or calories expended through physical activity. Energy balance is important to successful weight management. When you take in more food energy than your body needs, you will gain weight. This is a positive energy balance. When you expend more energy or calories than you take in, you will lose weight. This is a negative energy balance. To maintain your energy balance you need to ensure that your Total Food Energy Intake is equal to the Estimated Energy Requirement (EER) calculated for you in the summary table below. The EER is based on your age, gender, weight, and height reported in your personal profile and physical activity level calculated from your physical activity entry. Along with providing you important information about your energy balance status, this table also compares your food energy intake and calories expended from physical activity to the EER.

Caloric Intake and Expenditure Summary

Click directly on the numbers in the table for more detailed information.

Total Food Energy Intake	3091
Percent of Estimated Energy Requirement	137%

Estimated Energy Requirement (EER)	2255
Percent of Calories Expended from Physical Activity	10%

Your reported food energy intake is very much higher than your Estimated Energy Requirement for the day. An increase of 500 or more calories per day over time could result in regular and perhaps quick weight gain.

**If you consume 500 calories more a day than you need, you could gain about 1 pound per week.



[View Nutrient Intake Results](#)

[View Physical Activity Results](#)

Work is Ongoing

Stay tuned for continual improvements