

## **Nutrition Basic Training Boot Camp Blast**

### **Week 1: Get TRACKIN'**

**Introduction:** Athletes need fuel to perform. Food serves many purposes however, first and foremost, food is converted to the energy which fuels every cell in our body. **Get Trackin'** serves as the *first* step to identify how much total fuel your body needs each day. Measuring daily caloric intake is not an exact science however, tracking food and beverage consumption for a few days will provide sufficient information to determine which nutrients require adjustment to meet your personal performance goals.

**Background:** The term “*Calorie*” refers to the amount of energy the body obtains through food and beverages. The amount of calories needed each day varies based on age, gender, height, weight, physical health and individual activity levels. Carbohydrates, fats, and proteins in food provide different calories levels and support different functions in the body which will be discussed in detail over the course of this program.

### **Summary:**

#### **Week 1 Focus:**

1. Identify differences in energy intake vs. recommended
2. Pinpoint foods groups which are over or under consumed

*Note: Participants must track for a minimum of 3 to 4 days to obtain realistic results.*

**Week 1 Challenge:** Meet calorie goal within 5 to 10% of recommended range

### **Communications**

**Connect:** To connect with us, follow us on [Instagram](#). Direct message ([DM](#)) us for general questions about the Nutrition Basic Training program.

**Coach:** Individual coaching is available. Please [email](#) a brief note regarding the coaching or culinary service you are requesting.



**Week 1 Instructions:** Each participant will determine how much fuel their body needs in terms of total calories, carbohydrates, fats, and proteins by tracking all food and beverage intake for 3 to 4 days. **You may use any application you choose to track food and beverage consumption** however, **Cookin' up Fitness** will provide instruction from USDA SuperTracker site. Instructions on how to use the USDA SuperTracker can be found in steps 1 through 8 of the step-by-step instructions below.

**Week 1 Tip:** The first step in **Get TRACKIN'** is to determine how close the participant's average energy (aka calorie) intake is to the recommended amount. This 3-4 day food log will serve as an estimate to identify areas which require adjustment. Information from this log will be used to initially populate the SportFit Nutrition Plan that is to be used throughout the five weeks of this program. You can access this plan by [clicking here](#) and saving as a PDF to your desktop

### Step 1: Log into the USDA SuperTracker and select Create Profile

Go to the USDA's SuperTracker website at <https://www.supertracker.usda.gov/>

The screenshot shows the USDA SuperTracker website. At the top, there is a navigation bar with links for Help, Contact Us, Print Page, Share, and Follow MyPlate on Twitter. The main header features the MyPlate logo, the SuperTracker logo, and the USDA United States Department of Agriculture logo. Below the header is a secondary navigation bar with links for Food-A-Pedia, My Plan, Track Food & Activity, My Reports, My Features, Log In / Create Profile, and Groups. The main content area has a large image of a bowl of beans and the text 'SuperTracker: My foods. My fitness. My health.' followed by three bullet points: 'Get your personalized nutrition and physical activity plan.', 'Track your foods and physical activities to see how they stack up.', and 'Get tips and support to help you make healthier choices and plan ahead.' Below this are six feature boxes: 'Food-A-Pedia >', 'Food Tracker >', 'Physical Activity Tracker >', 'My Weight Manager >', 'My Top 5 Goals >', and 'Group Challenges >'. On the right side, there is a 'Get Started >' section with a 'Create Your Profile' button and a note 'Or, use the general plan.' at the bottom right, there is an image of a family eating together.

## Step 2: Create a Profile

Follow instructions as guided on the website to create your profile/account. You will received an email to verify your account which will take you back to the website to begin tracking. **Do not forget to write down the user name and password.**


You are here: Home > Create Profile

# Create Your Profile

**Step 1** Personalize Your Profile (Optional but recommended)

If you'd like a personal Calorie limit and food plan, provide the information below. For best results and access to more features, include your height and weight.

\* Required information to personalize.

 \* Profile Name:  Enter a display name (not your legal name) for your profile, such as JM12, Jules, or Mom.

\* Age:

\* Gender:

\* Physical Activity:  Which option is best for me? Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

Height:  ft.  in.

Weight:  lbs.

What if I do vigorous instead of moderate activity?  
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).  
Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).



**Step 2** Register to Save Your Profile

## Step 3: Review "My Plan."

This page provides the target calorie goal and food group targets for grains, vegetables, fruits, dairy and protein foods to guide and promote nutritional balance.

**NOTE:** This page does NOT show carbohydrate, fat and protein targets. This information will be reviewed in weeks 2 through 4. This week participants will focus on caloric intake. Please eat and log food according to usual consumption habits.

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 **SUPERTRACKER**  United States Department of Agriculture

My Plan | Track Food & Activity | My Reports | My Features | KC Snyder | Groups

Sample Meal Plans

You are here: Home > My Plan > My Plan

Today: 12/16/16

Physical Activity Target		Daily Calorie Limit		Daily Food Group Targets					
Week of 12/11/16 to 12/17/16	Target AT LEAST 150 minutes per week	Allowance	2000	Grains	Vegetables	Fruits	Dairy	Protein Foods	
Actual	0 minutes	Eaten	180	Target	0 oz.	2 1/2 cup(s)	2 cup(s)	3 cup(s)	5 1/2 oz.
		Remaining	1820	Eaten	0 oz.	1/2 cup(s)	0 cup(s)	0 cup(s)	1 oz.
				Status	-	Under	-	-	Under

**My Plan**



**Step 4: Participants 18 and over may compare “My Plan” calorie goal to the “Body Weight Planner” results for greater caloric accuracy.** Click on website shown below and follow instructions. <https://www.supertracker.usda.gov/bwp/>

The **Body Weight Planner** shown below provides more *specific* calorie goals based on daily activity levels.

**Body Weight Planner** | Balancing Your Food and Activity

Step 1 of 4 - Enter your starting information Switch to Expert Mode

**Starting Information**

U.S. Units | Metric Units

Weight: \_\_\_\_\_ lbs

Sex: \_\_\_\_\_

Age: \_\_\_\_\_ yrs

Height: \_\_\_\_\_ ft. \_\_\_\_\_ in.

Physical Activity Level: 1.6 Estimate Your Level

**Starting Information**

Enter your starting information, including your weight, sex, age, height, and physical activity level.

**Physical Activity Level**

Click the “Estimate Your Level” button to find your physical activity level. Typical physical activity level numbers range from 1.4 (sedentary) to 2.5 (very active). The default value of 1.6 describes someone who does very light activity at school or work (mostly sitting) and moderate physical activity (such as walking or cycling) at least once a week.

**Disclaimer:** This information is for use in adults defined as individuals 18 years of age or older and not by younger people, or pregnant or breastfeeding women. This information is not intended to provide medical advice. A health care provider who has examined you and knows your medical history is the best person to diagnose and treat your health problem. If you have specific health questions, please consult your health care provider.

NIH National Institute of Diabetes and Digestive and Kidney Diseases

**NOTE:** You may adjust/fine tune your **SuperTracker** meal plan anytime you choose by selecting “My Features” and clicking on “Select a goal” box as shown below.

Food-A-Pedia | My Plan | Track Food & Activity | My Reports | **My Features** | + KC Snyder | - Groups

My Top 5 Goals | My Weight Manager | My Journal

You are here: Home > My Features > My Top 5 Goals

Today: 12/20/16

**Physical Activity Target**  
Week of 12/18/16 to 12/24/16  
Target: AT LEAST 150 minutes per week  
Actual: 0 minutes

**Daily Calorie Limit**  
Allowance: 2000  
Eaten: 0  
Remaining: 2000

**Daily Food Group Targets**

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

**My Top 5 Goals**

Set personal goals that you want to achieve. You can choose and track up to 5 areas. Sign up in My Coach Center to receive tips and support as you work toward your goals.

**Select a goal:**

Weight Management | Physical Activity | Calories | Food Groups | Nutrients

**Choose One:**

Maintain Current Weight

Move toward a Goal Weight

Current Weight: 130.0 lbs. Goal Weight: \_\_\_\_\_ lbs. US

+ Add

**My Coach Center**

Sign up to receive tips and support related to your goals.

Send me messages in My Coach Center

Send me messages via email

Please provide an email address: \_\_\_\_\_

Choose how often you want to receive messages: Weekly

Submit

TIP: Use the National Institutes of Health (NIH) Body Weight Planner for help setting your goal weight. Find out how many calories and how much physical activity are needed to reach your goal weight within a specific time period and maintain it afterward.

Goals | How Am I Doing?

## Step 5: Start Trackin’

Each participant will record all food and beverages consumed for 3 to 4 days this week. Go into the USDA SuperTracker, select **Track Food & Activity** drop down and select **Food Tracker**. Next, input the food into the tracker by typing in the name of the food (bagel) then select the food item which most closely matches the food you consumed. *(It does not have to be exact every time!)* Select the quantity consumed located under food details and the meal time (breakfast, lunch, dinner, or snack). Click on **+ Add** to transfer the food selection to the “total eaten” portion of the food tracker. Notice as each food is entered the graph on the right side will update to show how close the user is to the daily target goals. *Track all food and beverage intake for 3 to 4 days minimum!* At the end of the week, after all food and beverages are logged, you will determine how close your average intake was to the recommended calorie range and daily food group targets.

The screenshot shows the USDA SuperTracker Food Tracker interface. At the top, a navigation bar includes 'Track Food & Activity', 'My Reports', 'My Features', 'KC Snyder', and 'Groups'. Below this, a secondary bar lists 'Food Tracker', 'My Favorite Foods List', 'My Combo', 'My Recipe', 'Physical Activity Tracker', and 'My Favorite Activities List'. The main content area is divided into several sections:

- Friday 12/16/16**: Shows physical activity and calorie targets. Physical Activity Target: Week of 12/11/16 to 12/17/16, Target: AT LEAST 150 minutes per week, Actual: 0 minutes. Daily Calorie Limit: Allowance: 2000, Eaten: 180, Remaining: 1820.
- Daily Food Group Targets**: A table showing targets for Grains (6 oz), Vegetables (2 1/2 cup(s)), Fruits (2 cup(s)), Dairy (3 cup(s)), and Protein Foods (5 1/2 oz). The 'Eaten' row shows 0 oz for all groups, and the 'Status' row shows 'Under' for all.
- Food Tracker**: A search bar with 'All Foods' selected and a 'Go' button. Below it, a 'Food Details' panel for 'Bagel, 100% whole wheat' shows '1' regular (4 oz) selected, 'Breakfast' meal time chosen, and 'KCSnyder' as the user. The '+ Add' button is highlighted with a red arrow.
- Meals**: A list of meals with 'Total Eaten: 180 Calories'. The 'Breakfast' meal is expanded, showing 'Egg sandwiches, no salt added, 1 large (app)' for 71 Calories and 'Avocado, 1/2 California avocado (black skin)' for 109 Calories.
- Graph**: A bar chart showing 'Total Percentage of Target' for 'Veg' (19%) and 'Protein' (10%). A red arrow points to the 'Veg' bar.
- Daily Limits**: Shows 'Total Calories Eaten: 180' and 'Total Limit: 2000'. Below this, three progress bars show 'Added Sugars Eaten: 0g' (Limit: 50g), 'Saturated Fat Eaten: 3g' (Limit: 22g), and 'Sodium Eaten: 67mg' (Limit: 2300mg).

## Step 6: Go to reports

Select “**My Reports Food Groups & Calories**” and enter the **date range** the food and beverage intake was recorded and select **create report** (if you skipped a day in your recording efforts, the report will exclude those days).

The screenshot displays the SUPERTRACKER interface. At the top, the navigation bar includes 'My Reports' and 'My Features'. A red arrow points to 'My Reports'. Below this, a sub-menu shows 'Overview', 'Food Groups & Calories', 'Nutrients Reports', 'Food Details', 'Meal Summary', 'Physical Activity', and 'History Charts'. The 'My Reports' section features six report cards: 'Food Groups & Calories', 'Nutrients', 'Food Details', 'Meal Summary', 'Physical Activity', and 'History Charts'. A red circle highlights the 'Food Groups & Calories' card. Below this, the 'Food Groups & Calories Report' page is shown, with a date range of '12/06/16' through '12/06/16' and a 'Create Report' button.

## Step 7: Review Report Results

The **Food Groups & Calories Report** is shown below. This report populates your food and beverages intake and illustrates how close your consumption was to the recommended goal.

**How did you do?** Did you meet your calorie goal? Did you meet the recommended intake for all of the food groups? **To learn more about specific food sources and tips on how to alter food intake to meet the recommended target click on the (+) symbol as shown below.**

Food Groups	Target	Average Eaten	Status
Grains	8 ounce(s)	4½ ounce(s)	Under
Whole Grains	2-3 ounce(s)	2½ ounce(s)	OK
Refined Grains	5-3 ounce(s)	2 ounce(s)	OK
Vegetables	2½ cup(s)	3 cup(s)	Over
Dark Green	1½ cup(s)/week	0 cup(s)	Under
Red & Orange	8½ cup(s)/week	¼ cup(s)	Under
Beans & Peas	1½ cup(s)/week	¼ cup(s)	Under
Starchy	6 cup(s)/week	0 cup(s)	Under
Other	4 cup(s)/week	2 cup(s)	Under
Fruits	2 cup(s)	1½ cup(s)	Under
Whole Fruit	No Specific Target	1½ cup(s)	No Specific Target
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target
Dairy	3 cup(s)	2 cup(s)	Under
Milk & Yogurt	No Specific Target	1 cup(s)	No Specific Target
Cheese	No Specific Target	1 cup(s)	No Specific Target
Protein Foods	6½ ounce(s)	9 ounce(s)	OK
Seafood	8 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	2 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	4 ounce(s)	No Specific Target
Oils	5 teaspoon	8 teaspoon	Over
Limits	Limit	Average Eaten	Status
Total Calories	2000 Calories	1728 Calories	OK
Added Sugars	< 200 Calories	48 Calories	OK
Saturated Fat	< 200 Calories	171 Calories	OK

Note: If you ate Beans & Peas and chose "Count as Protein Foods Instead," they will be included in the Nuts, Seeds & Soy subgroup.

### Why do I need fruit and vegetables? Can't I get what I need from taking a supplement?

Fruit and vegetables contain vitamins and minerals your body needs for optimal performance. Like a car, when you fuel with insufficient or low grade gas you are eventually going to run out of steam. Fruit and vegetables contain more than 4000 phytonutrients, compounds which serve as antioxidants, enhance immune response, alter estrogen metabolism, kill cancer cells and repair DNA. While scientists have uncovered some of beneficial effects much remains unknown which is why it's better to eat them than take a pill.

To learn more click on this link:

<http://www.fruitsandveggiesmorematters.org/what-are-phytochemicals>

The according to Behavioral Risk Factor Surveillance System (BRFSS) less than 15% of Americans eat the recommended amount of Fruit and Vegetables each day. Review your 3 day average intake of fruit and vegetables. Are you one of the 15%?



## Step 8: Transfer results to your **SportFit Nutrition Plan**

At the end of the each week participants will transfer calorie and nutrient goals onto the **SportFit Nutrition Plan**. For the first week, locate the calorie and food group goals from the **Food Groups & Calories Report** and transfer then onto the appropriate locations in the **SportFit Nutrition Plan** ([available here](#)); you can save this to your desktop as a PDF for future use. Each week you will add new goals to this plan. At the end of the **Nutrition Boot Camp Blast** program you will have a comprehensive nutrition training program. Once you have completed this program you are eligible to enroll in our **SportFit Cookin' Program**. In **SportFit Cookin'** you will learn how to incorporate the foods we recommend in to your daily diet. However, the first step in this is nutritional fitness journey is to develop your personalized nutrition plan.

### **Additional Resources:**

Below are links to support your nutrition transformation. While you may be ready to dive in and make adjustments today, we encourage you to move through the process as guided. This week the focus was to identify which food groups were below USDA recommendation and determine if your average calorie intake was within 5 to 10% of this goal. As participants move through the next several weeks, nutritional imbalances will be automatically corrected as macronutrients are adjusted each week.

#### **10 Tips to build a healthy meal**

- This link provides 10 Tips on how to build a healthy meal. **Choose 1 to work on this week.** <https://www.choosemyplate.gov/ten-tips-build-healthy-meal>

#### **Fruit and Vegetable Nutrition Data Base**

- This site provides great information and tips on nutritional benefits of fruit and vegetables as well as storage and handling tips.  
<http://www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-databaseVegetable>

#### **What fruit and vegetables are in season?**

- Knowing what fruit and vegetables are in season will not only save you money but increase the nutrients content of what you consumed because many of them may be locally grown providing greater nutritional value.  
<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>