

# Nutrition News

Department of Human Nutrition



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## USDA Upgrades MyPyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that gives personalized information on dietary quality, physical activity status and related links to diet and health information. MyPyramid Tracker helps individuals better understand energy balance and the link between good nutrition and regular physical activity. It can be found at [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov).

“Due to the large volume of users, MyPyramid Tracker was extremely slow,” said John Webster, director of public affairs for USDA’s

Center for Nutrition Policy and Promotion. “We had many complaints from teachers, professors and students trying to complete homework assignments.” As a result, hardware upgrades have given the site about 300% more capacity and increased the speed of the MyPyramid Tracker application, according Webster.

A new tutorial also has been added to show a first-time user how to assess food intake and physical activity using MyPyramid Tracker. The total length of the tutorial is about one minute

and may be used by teachers and students using the resource for class assignments and information.

There are currently 2.68 million registered users of MyPyramid Tracker. That number has increased each year, especially as school starts in the fall. Each login name and personal information entered by users is stored in a centralized database that can be retrieved from any computer. With the new upgrades, USDA envisions this site will be visited often and users will become more aware of their diet quality.

For more information about healthy eating, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet.

To find out more, call toll-free 1-888-369-4777.

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