

Website & Smart Phone Apps to Help With Weight Management

There are many tools available to help with weight control and management. Websites and smart phone apps can help set goals, act as food and physical activity diaries, and provide nutritional analysis of food and diets. There are also smart phone apps that provide nutritional information for chain restaurants so you can make healthier food choices when eating out, recipe apps to help you stay creative for cooking, and education apps to help you make healthier food choices while grocery shopping.

Below are a list of websites and smart phone apps that are the most user friendly, informative, and free*! Try different ones to see what works best for you.

Food, Exercise, & Weight Tracking	Smart Phone App	Descriptions
USDA MyPlate http://www.choosemyplate.gov/		MyPlate has many features to offer. Click on different parts of the plate for a list of foods for that food group and click on specific foods for pictures and portion sizing. Lets you personalize a Daily Food Plan, provides food tracking templates, and is a resource for diet analysis and planning healthy meals.
LIVESTRONG http://www.livestrong.com/myplate/		Has an extensive food database for brand-specific foods. Use the Start Tracking button to utilize different tools and look for recipes. <small>*App costs \$2.99, has been reported to be unreliable.</small>
Calorie Count http://caloriecount.about.com/		Allows to set personal weight goals. Has the ability to look up Nutrition Facts food labels. The phone app has a barcode scanner to scan in nutritional information straight from the package. It has a nice visual appearance and provides nutritional analysis of food intake.
Lose It! http://www.loseit.com/		The website is more comprehensive than the app and provides graphs to track weight. The app does not have a barcode scanner, has moderate visual effects, and includes recipes.
My Fitness Pal http://www.myfitnesspal.com/welcome/index3		The app has a barcode scanner, provides nutrition analysis of food, is straightforward to use, but the screens are a bit busy with a lot of information.

Recipe Apps		
All Recipes		Has a fun spinner function to pick recipes for you. Find recipes based on dish type, ingredients, and prep/cook time or a combination of all three.
Whole Foods		Find recipes based on ingredients, course, category or special diets. Nutritional information for each dish is also available. Creates a shopping list for you. Great app to use at any grocery store.
Restaurant Apps		
United Lifestyle		Ability to look up nutritional content of foods at chain restaurants nation wide. App is free with the ability to upgrade for *\$3.99.
Starbucks		Customizes drinks, provides nutritional information of food and drinks, and you can pay with your phone!
Grocery Apps		
Fooducate		A barcode scanner that provides the nutritional information of a specific product. Provides healthier alternative food products and provides product details. Scan foods in the grocery store to make healthier food choices while shopping!