



Nutrition and Exercise Apps and Websites

There are over 700,000 apps available for mobile devices, and several thousand of those are nutrition and exercise related, so picking out just a few to highlight is difficult. New apps are available all the time and older apps are constantly being updated, so keeping up with what is available can be difficult. Reviews are also written by users of existing applications and are available at app stores as well. The apps listed below are designed to be a starting point for basic nutrition/exercise tools.

Nutrition

CalorieKing Calorie Counter (free):** allows quick comparison of calories, carbs and fat between foods. A quick tap provides detailed information including protein, fiber, saturated fat, trans fat, cholesterol, sodium and alcohol. It contains over 70,000 foods and 260 fast food restaurant chains.

Shop Well (free):** allows you to scan an item's barcode and it then scores the food based on how well it meets your personal profile that you set up based on your health needs (heart healthy, weight management, diabetic etc); helps take the work out of reading food labels

Naturally Slim (free): tracks daily food/fluid intake and weekly weights; includes a timer that reminds you take a break during your meals.

Restaurant Nutrition (free): allows you to keep a food journal and find out the nutritional information of foods at your favorite restaurants.

DietSNAPS (\$1.99): is a visual food log that allows you to take pictures of all of your meals and snacks instead of keeping a written food diary.

Dinner Spinner by Allrecipes.com (free):

Dinner Spinner Pro by Allrecipes.com (\$2.99): helps plan menus and provides recipes by category.

Fooducate (free):**

Fooducate Plus (\$3.99): allows you to scan an item's barcode and view product highlights, and then compare the nutrition information to similar products helping you make an informed decision for the best choice.

Healthy Recipes by SparkRecipes (free):** lets you search more than 300,000 recipes, plus save your favorite. You can browse by course, cuisine, prep time, and more. Also provides calories, carbs, and 10 other key nutrients for each recipe.

My Meal Timer (\$0.99): is intended to help you slow down your eating. It also includes a simple calorie counter.

Combination Nutrition and Exercise

Calorie Counter & Diet Tracker by MyFitnessPal (free) **: is a calorie counter and diet tracker. It allows users to track the food they eat with a database of more than 1.5 million foods, including fast food restaurants and includes a barcode scanner to easily find facts about packaged foods. My Fitness Pal also acts as a workout diary to log exercise and track your weight goals.

Calorie Counter by FatSecret (free):** has simple to use food and exercise diaries, a diet calendar, weight tracker, barcode input and includes popular and supermarket brands and restaurant chains.

Calorie Counter: Diet & Activities by Arawella (free): features a classic food diary that tracks calories, water, fitness and the time each food item is consumed and an option to create your own diet and physical activity plan and an integrated body tracker.

Calorie Counter by MyNetDiary (free):

Calorie Counter HD by MyNetDiary (\$9.99):

Calorie Counter Pro by MyNetDiary (\$3.99): is a fast and easy to use calorie counter and exercise tracker with a long list of features, including a free barcode scanner.

Calorie Counter by About, Inc. (free):** is a leading calorie and exercise tracker with voice-by-voice functionality and a 100% editorially curated food database.

Lose It! (free) **: allows you to set a daily calorie budget; adjust your food intake or exercise level to meet your goal Application offers calorie counting, exercise log and goal setting.

FitDay (\$1.99) **: allows you to track your food and exercise habits; chart your progress daily, weekly, or monthly.

Cronometer (\$2.99) **: is used to track diet, exercise, and other health-related information.

Diet and Fitness Tracker by SparkPeople (free):** is a diet and fitness tracker (with water intake tracking) that includes meal plan options.

Calorie Tracker Lite by Livestrong.com (free):**

Calorie Tracker by Livestrong.com (\$2.99): allows you to set goals and track calories and exercise

Exercise

Nike Training Club (free): offers workouts consisting of resistance, flexibility, and cardio exercises; provides videos and audio for instruction and motivation.

Map Draw – Route tracking and Annotation (free):

Map Draw – Route tracking and Annotation Elite (\$2.99): allows you to create your own routes by using your finger to draw routes on the map. Plotting your routes is easy and accurate.

Nexercise the exercise & workout GPS tracker for weight loss motivation (free): is the fun and easy way to lose weight and stay in shape. Play with friends, earn rewards, get support, defeat challenges and track your progress on the largest fitness mobile interactive game of its kind.

iFitness (\$0.99): provides workouts for your home or gym; allows you to focus your workout on target areas and includes detailed instructions for every exercise.

Fitness Buddy Free: 300+ Exercises (free):

Fitness Buddy: 1700+ Exercises (\$0.99): includes exercises specific to target areas and exercise equipment; allows you to track your body metrics and fitness progress.

Workout Trainer (free) **: provides thousands of exercises based on your area of focus: running, weightlifting, yoga, weight loss, etc; use with or without exercise equipment.

JEFIT (free) **: allows you to keep track of & plan your weight lifting routines; winner of 2011 Best Fitness and Workout App – 2011 Best App Ever Awards.

MapMyRun GPS Running (free):

MapMyRide GPS Cycling (free):

MapMyWalk GPS Walking (free):

MapMyFitness GPS Tracking (free):

MapMyFitness Plus GPS Tracking (\$2.99): allows you to keep track of your pace, distance, and location while you're walking, running or cycling; you can also post your workouts to social media to let your friends see your progress.

**also available as a free internet service

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