











REVIEWS: The 10 most popular, free weight-management apps

Thousands of diet and nutrition apps are available for phones and tablets. So many, in fact, that there are apps to find apps. In this issue of *Food & Nutrition*, Sarah Krieger, MPH, RD, LDN, reviews the 10 top-rated free iPhone apps for weight management. The ratings are on a scale of 1 to 5, and Krieger's reviews are summarized below. For the complete reviews, visit www.eatright.org/media.

APP/RATING	SYNOPSIS	BOTTOM LINE
 4.5 Calorie Counter & Diet Tracker by <i>MyFitnessPal</i>	The creators may be MyFitness Pal, but the nutrition analysis features will make this app your best nutrition friend. Adjust goals, enter caloric intake (food) and output (exercise), add to the food library and check the progress screen to track how you're doing.	The extra nutrient analysis is great since many people are lacking in potassium, iron (age-specific), fiber and calcium. You can build your eating plan according to your personal nutrient needs. The tutorials are helpful for first-timers.
 4 Calorie Counter: Diets & Activities by <i>Arawella</i>	This classic food diary tracks calories, water, fitness and the time each food item is consumed, in addition to total fats, carbohydrates, protein, cholesterol, saturated fat and fiber. Create your own diet and physical activity plan and use an Integrated Body Tracker for monitoring progress.	The visual of the food intake layout is appealing and easy to use. I recommend this app for tracking food and exercise while trying to lose weight, maintaining weight after weight loss or controlling diabetes under the guidance of a registered dietitian or doctor.
 4 Calorie Counter and Diet Tracker by <i>CalorieCount.com</i>	Tracks food, exercise, weight and all the nutrients listed on a Nutrition Facts label. Also includes daily inspirational articles, healthy recipes and an easy-to-understand Help section.	Once you register, this is a great user-friendly app that can help you log what you eat each day. The app is visually pleasing, includes all the major nutrients and keeps track of all consumption, including alcohol.
 4 Sparkpeople Diet and Fitness Tracker	For people looking to lose a half-pound to 2 pounds per week or to maintain weight, this app tracks daily consumption of calories, carbohydrates, fat and protein. Meal plans customized for your goals are available, as well as a weigh-in page that graphs your weight and progress over time.	This is a great app; however, it only includes calories, carbohydrates, fat and protein. I would recommend using this app under the guidance of an RD to track the amount of sodium, saturated fat, fiber and other important nutrients that may be crucial to monitor for disease management.
 4 Calorie Tracker by <i>Livestrong.com</i>	This app is a food and fitness diary for users trying to lose, maintain or gain weight. Nutrition tracking includes total calories, fat, cholesterol, sodium, carbohydrates, sugars, fiber and protein. The app is a companion tool for members of The Daily Plate at www.livestrong.com .	This app stands out because of its large food database and is valuable to people who want to track their food and fitness. I would recommend this app because of this benefit alone.
 3 Calorie Counter by <i>MyNetDiary</i>	A thorough food diary tracks nutrients including carbohydrates, fats, protein, calcium, trans fat, sodium, carbohydrates, fiber, sugar and saturated fat, exercises and body weight, and shows progress charts.	This is a nice way to enhance consultation. It's easy to navigate and an RD can analyze the logs for a personal nutrition and activity plan that works for you.
 3 Lose it! by <i>FitNow, Inc.</i>	Keeps track of foods you eat with this detailed food database primarily for people wanting to lose weight. It also has a nutrient tracker for logging the amounts of carbohydrates, protein, fats, cholesterol, sodium, sugars and fiber.	Lose it! is great as a basic food log that will help a person keep track of what they eat. This app is mainly for people wanting to lose weight, but may also be helpful to a person with diabetes.
 2.5 Fooducate	Through scanned product barcodes, this app helps users interpret food labels and notes various health aspects of the food so consumers can choose healthier alternatives.	While the website is great, the app is largely based on people's opinions, not on advice from experts. Although billed as "like having a dietitian on speed dial," an RD offers so much more than just defining food ingredients.
 2 Weight Watchers Mobile	A comprehensive app to assist with joining a support group, following the Weight Watchers plan step by step, using interactive tools, finding local meetings and creating shopping lists.	This app has a lot of features (so many it is slow to load and crashes). Without paying a monthly membership fee, it only offers recipes, some articles on food and exercise topics, success stories and access to a few "cheat sheets."
 2 DailyBurn	Keep track of calories consumed and track workouts to see how much energy is burned. The app is backed by the online fitness community DailyBurn Tracker.	For the amount of work and somewhat confusing summary, this app needs improvement. It has potential to offer complete weight-loss support. Right now, it requires much more time to enter food and workout data than other apps.