



# Fort Carson-MEDDAC News

## Top Nutrition & Fitness Apps

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The number of people using smart phones to improve their health is on the rise. Right now, there are more than 10,000 weight loss, fitness, and nutrition applications available. These apps come with many special, unique features and can play a vital role in reaching personal goals in weight, fitness, and overall health. However, deciding which app is the best for you can be tricky. Here are a few top picks for nutrition and fitness apps.

**FastFood – Top Restaurant Finder** offers many helpful features. This app provides nutritional information for more than 100,000 grocery foods and menu items for most restaurants. Users can read reviews and search for local markets, restaurants, deals, and cuisines through this application. FastFood also helps users search for more than 50,000 food and drink recipes from top sites. This app does not include a calorie counting feature, but it is a great tool to use along with a calorie tracker.

**Calorie Counter by MyNetDiary** is a quick and easy way to track daily calorie intake. This app is powered by a user friendly food list comprised of more than 400,000 foods. The app also features trouble-free offline use, a barcode scanner, and free web site backup. The MyNetDiary app allows users to add custom foods, recipes, and view detailed food labels and food scores. It also computes target calories, and tracks the running balance throughout the day.

**GAIN Fitness** provides customized workouts based on a user's personal fitness goals, fitness level, and available time and equipment. This app helps users create training plans for fat loss, muscle growth, and balanced health. It also allows for the use of diverse training styles like classic strength, circuits, yoga, and plyometrics.

**Fooducate** allows users to scan the barcode of more than 200,000 products and provides both good and bad product highlights. It analyzes the nutrition panel and ingredient list for a food item and gives it a health grading. Fooducate also points out healthy and unhealthy food facts, controversial ingredients, and even suggests healthy alternatives. This app is a great tool for putting together healthy shopping lists and making smart food choices.

**Lose It!** helps users set weight loss goals and track daily calories eaten and burned. It shows the daily calorie budget one must follow to attain weight loss goals. This app has large food and activity databases, and allows users to enter their own recipes. Lose It! is capable of being used offline, and includes a social piece that lets users share progress with others. Lose It! is a weight loss app that includes both nutrition and exercise in an easy-to-use format.