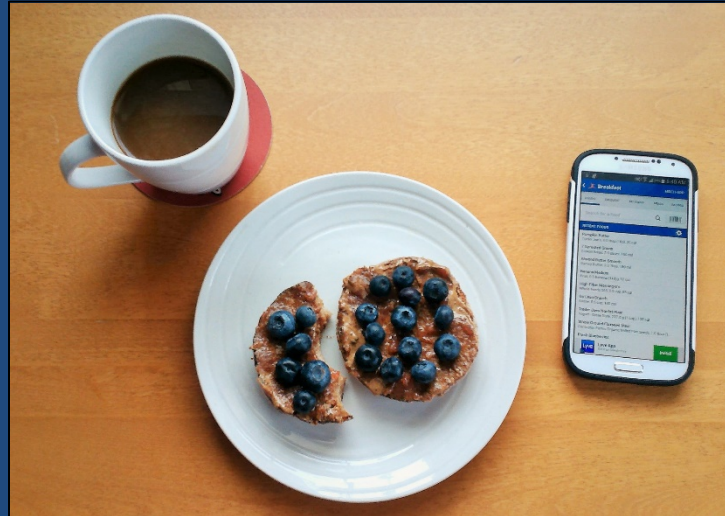


Nutrition App Guide



By Dianna Carpentieri, Mollynda McArthur, Emily Saperia,
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M.Ed. and designs by Kat Lynch (2012)

Updated and presented by the John C. Stalker Institute of Food and
Nutrition at Framingham State University



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Compiled by Graduate Students in Food
and Nutrition at Framingham State
University, 2012 - 2015

JSI Nutrition App Guide

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Professional Apps

Food and Nutrition References

Compiled by Graduate Students in Food
and Nutrition at Framingham State
University, 2012 - 2015

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Epocrates Rx

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Summary

Epocrates RX Mobile provides a drug reference, interaction finder, drug identification based on visual input, and prescribing information. Users can customize homepage to link to features most often used. The database includes thousands of prescription, OTC and alternative drugs. The app provides a valid source of information that could aid a dietitian or other nutrition professional in checking drug interactions, if pertinent to his or her practice.

| | |
|----------------------|---|
| Apple | http://www.epocrates.com/mobile/iphone/rx |
| Android | http://www.epocrates.com/mobile/android/rx |
| Other devices | Blackberry |
| Website | http://www.epocrates.com/mobile |
| Cost | Free |
| Audience | Physicians |
| Bias | None |



Medscape Mobile

[Return to App Guide slideshow](#)

Summary

Medscape Mobile is a multifunction app that provides information relevant to clinical practitioners. Provides medical/health news updates, reference information (overview, clinical presentation, differential diagnoses, workup, treatment & management), drug information (plus interaction checker), diseases and conditions by category, procedures, health directory (physician, pharmacy, and hospital), link to Medline search, and education section. Each 'reference information' entry contains references from scholarly articles.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/app/medscape/id321367289 |
| Android | https://play.google.com/store/apps/details?id=com.medscape.android |
| Other devices | Blackberry, Kindle Fire |
| Website | http://www.medscape.com/public/mobileapp |
| Cost | Free |
| Audience | Physicians |
| Bias | None |



My Dietary Supplements

[Return to App Guide slideshow](#)

Summary

This app allows quick access to supplement information from a government agency in both English and Spanish. The user can look up information on the RDA of common vitamin and mineral supplements in both English and Spanish. The user can create profiles of clients and keep a list of supplements the client takes. Profile content can be e-mailed to a client or other professional from the app. The information is from the National Institutes of Health Office of Dietary Supplements.

MyDS is only available at the NIH website, not in app stores.

English

<https://myds.nih.gov>

Spanish

<https://myds.nih.gov/espanol/>

Devices

Apple, Android, Blackberry

Website

<http://ods.od.nih.gov/about/mobile/aboutmys.aspx>

Cost

Free

Audience

Healthcare professionals

Bias

None



Recipes for Fighting Cancer

[Return to App Guide slideshow](#)

Summary

Dietitians specializing in cancer care created this recipe app for patients and survivors. Dana-Farber Cancer Institute created this app to help patients find recipes for staying healthy, getting through treatment, and living and eating healthy after cancer. Users can find the optimal diet for any type of cancer, and find information to customize dietary needs based on common symptoms (such as nausea or mouth sores) while going through treatment.

The “ask-a-dietitian” feature gives users access to personalized help from Dana Farber RDs.

Apple

<https://itunes.apple.com/us/app/id58338976>
[7](#)

Android

<https://play.google.com/store/apps/details?id=org.danafarber.recipes>

Other devices

n/a

Website

<http://www.dana-farber.org/nutrition-app.aspx>

Cost

Free

Audience

Cancer patients

Bias

None

Professional Apps

Clinical Resources

Compiled by Graduate Students in Food
and Nutrition at Framingham State
University, 2012 - 2015

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Dietitian Tool

[Return to App Guide slideshow](#)



Summary

Dietitian Tool is a quick tool to perform a Calorie Count using standard Food Exchange methodology, and to calculate energy needs using the Harris-Benedict formula. Uses Harris-Benedict equation: calculates BEE, BMI, IBW, and estimated nutritional need. App can 'guesstimate' users daily kcal intake by inputting CHO, Pro, Fat, and Fat exchanges. Provides info on various vitamins. Also has a 'saved data area.'

Note that this app has not been updated since late 2010.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/dietitian-tool/id370951806 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://www.quixey.com/app/277300/dietitian-tool |
| Cost | Free |
| Audience | Nutrition professionals |
| Bias | None |



Nutrition Workbench Pro

[Return to App Guide slideshow](#)

Summary

Nutrition Workbench Pro is a comprehensive nutrition resource tool for Registered Dietitians, nutrition students, or those working in the field of nutrition.

Features Adime form tool, disease factor tool, unit converter, calculator, meal analyzer, diet plan, and medical abbreviations. The app includes all terms that can be found in the ADA IDNT reference book and uses International Dietetic and Nutritional Terminology.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/nutrition-workbench-pro/id391487511 |
| Android | https://play.google.com/store/search?q=Nutrition%20Workbench%20Pro&c=apps |
| Other devices | <i>n/a</i> |
| Website | http://nutritionworkbench.com/Nutrition_Workbench/Home.html |
| Cost | \$24.99 (Apple), \$19.99 (Google Play Store) |
| Audience | RDs, nutrition experts |
| Bias | None |



USDA DRI Calculator

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Summary

USDA DRI Calculator gives RDs, doctors, or any other health care professionals the ease of access to DRI recommendations to and other nutrition resources. Users can create dietary plans based on the Dietary Reference Intakes (DRIs). The app provides supplemental information, such as access to DRI reports, nutrition education resources and pregnancy weight gain charts.

Information is based off of The National Academy of Sciences' Institute of Medicine's DRI recommendations.

Apple

<https://itunes.apple.com/us/app/usda-dri-calculator-for-healthcare/id922494493?mt=8>

Android

https://play.google.com/store/apps/details?id=com.bluepane.usda_dri

Other devices

n/a

Website

n/a

Cost

Free

Audience

RDs, nutrition experts

Bias

None

Professional Apps

Tracking Tools



Bon'App

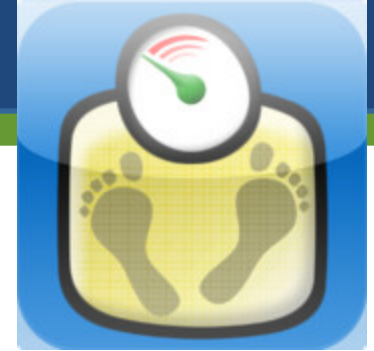
[Return to App Guide slideshow](#)

Summary

Bon'App calculates limits for calories, sugar, salt, “bad fat” and goals for fiber and protein for the user based on the Dietary Guidelines for Americans. Users enter foods they eat during the day by typing the food into the device or speaking the name of a food and selecting the item from the app database. The user's food intake is tracked and the app displays a graphic of a battery (green, yellow, red or black) to represent how close the user is to fulfilling the daily goal or limit.

A health care practitioner can sign up to track clients using the device. The practitioner can customize goals for the client, view the client's daily intake and email clients via the app.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/bonapp/id437083777 |
| Android | https://play.google.com/store/apps/details?id=com.bonapp.bonapp |
| Other devices | <i>n/a</i> |
| Website | http://www.bon-app.com/ |
| Cost | Free |
| Audience | Consumers, health care professionals |
| Bias | None |



Calorie Counter

[Return to App Guide slideshow](#)

Summary

Calorie Counter simplifies and finds nutritional information for food eaten and keeps track of the users meals, exercise, and weight management. After registering and creating a Calorie Counter username, the user is able to sync all of their account details and access their information from any device by signing in. Calorie Counter provides caloric and nutrition information from whole food items, popular food brands, grocery store brands and commercial restaurants. It has a barcode scanner and manual barcode input that uploads. The app includes recipe and menu ideas.

Apple

<https://itunes.apple.com/us/app/calorie-counter-by-fatsecret/id347184248>

Android

<https://play.google.com/store/apps/details?id=com.fatsecret.android&hl=en>

Other devices

Blackberry

Website

www.fatsecret.com

Cost

Free

Audience

Consumers, nutrition professionals

Bias

None



Lose It!

[Return to App Guide slideshow](#)

Summary

Lose It is an App that users can log their food intake and exercise activity. Users are able to track nutrients such as protein, fat, and carbohydrates; and they can set nutrient preferences for foods as well. Users can quickly add foods and exercise activities manually into a daily log to keep track of/save meals; look foods up in the existing database; or use the barcode scanner to scan foods directly into their daily log. The App automatically keeps a back-up of users' data input and recipes in database. Users can add friends for extra support and motivation, as well as share custom foods, exercises, and recipes. Users can earn badges to recognize weight loss success and stay motivated.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/lose-it/id297368629?mt=8 |
| Android | https://market.android.com/details?id=com.fitnow.loseit&feature=search_result |
| Other devices | Nook Color & Tablet |
| Website | www.loseit.com |
| Cost | Free |
| Audience | Consumer looking to lose weight |
| Bias | None |

Consumer Apps

General Nutrition Information



Locavore

[Return to App Guide slideshow](#)

Summary

Locavore direct shoppers to seasonally available, locally sourced food. The In Season tab shows what is available locally in your area and how long it will be available. Also displayed is information on what will be in season soon. Users can share information on locally sourced foods they have acquired on the I Ate Local tab. The Markets tab lets users find Farmer's Markets nearby and link to a profile showing what is currently available.

“In season” refers to produce being grown and harvested outside; it does not include hot house grown produce.

| | |
|----------------------|---|
| Apple | <i>n/a</i> |
| Android | https://play.google.com/store/apps/details?id=com.localdirt |
| Other devices | <i>n/a</i> |
| Website | http://www.getlocavore.com/ |
| Cost | Free |
| Audience | Consumers |
| Bias | None |



Lunch Facts

[Return to App Guide slideshow](#)

Summary

Lunch Facts offers nutrition information on menu items from popular chain restaurants. Users select the restaurant and menu item to view a nutrient label for the item. Frequently eaten items can be save under a “Favorites” tab.

This app is not necessarily recommended; it offers information second hand that can be found on fast food chain websites.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/lunch-facts-nutrition-data/id399560111 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | <i>n/a</i> |
| Cost | Free |
| Audience | Consumers |
| Bias | None |



Medicinal Herbs

[Return to App Guide slideshow](#)

Summary

This app offers information on the uses of the most popular herbs recommended for CAM. The user selects an herb from an alphabetized list to view the most common uses. The list of uses can be shared via email from the app.

This app is not recommended. The synopses of the approximately 50 herbs on the app do not give information on contraindications, drug interactions, or proper dosing.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/medicinal-herbs/id348744499 |
| Android | http://www.amazon.com/Michael-Quach-Medicinal-Herbs/dp/B004LOCSYC |
| Other devices | <i>n/a</i> |
| Website | <i>n/a</i> |
| Cost | Free |
| Audience | Consumers |
| Bias | Features scrolling ads |



Foodle- Nutrition Facts

[Return to App Guide slideshow](#)

Summary

My Food offers macro- and micro-nutrient information for common foods. Users can browse an alphabetized list of food categories or type in the name of a food to search for it. Nutrient information for 100g of the food is displayed by default; most food entries allow the user to then select a desired portion size from a drop down list. Users can pay an additional fee to access a nutrient browser feature and a category selector feature.

This app is recommended with caution. It offers up-to-date USDA data on many different foods, and it is free. However, clients should be advised on the questionable content of the Wikipedia entries.

Apple

<https://itunes.apple.com/app/myfood-nutrition-facts/id396836856>

Android

n/a

Other devices

Kindle

Website

<http://www.pomapps.com/myfood/>

Cost

\$6.99 (Apple); \$2.99 (Kindle)

Audience

Consumers

Bias

Includes scrolling ads



Shop No GMO

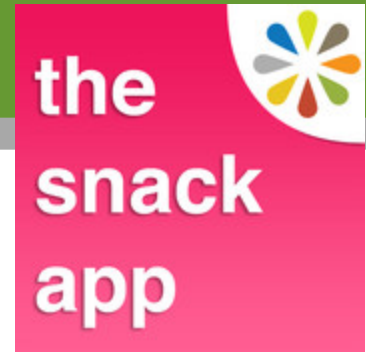
[Return to App Guide slideshow](#)

Summary

This app is a guide for consumers trying to pick non-GMO foods. Users can browse brands or products to find items that are verified by the Non-GMO Project not to contain genetically modified organisms. The app also offers general information on avoiding foods likely to be made of GMOs and links to resources regarding organic and non-GMO foods.

The Non-GMO Project Standard is a “consensus based document” created with input from the public. Obtaining the verification requires payment.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/app/shopnogmo/id393454798 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://www.nongmoshoppingguide.com/ |
| Cost | Free |
| Audience | Consumers |
| Bias | Biased against GMO products as food |



The Snack App

[Return to App Guide slideshow](#)

Summary

The Snack App suggests snacks which fall within specific calorie limits. Users can search for snack suggestions that are roughly 50, 100 or 200 calories each. Categories of snacks include salty, sweet, and crunchy and users can view expanded nutrition information on suggested snacks. Users can also look up suggested activities to burn 50, 100 or 200 calories.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/the-snack-app/id394651834 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://www.everydayhealth.com/everyday-health-apps.aspx |
| Cost | Free |
| Audience | Consumers |
| Bias | Promotes South Beach Diet and includes scrolling ads |



Ask Karen from USDA

[Return to App Guide slideshow](#)

Summary

The Ask Karen app provides users with 24/7 assistance on safe food preparation, and preventing foodborne illness. Users can get immediate answers on how to properly store, cook, and check for doneness on meat, poultry, fish or eggs. The app might be useful in answering any food safety questions while out at a grocery store or cooking at home. This app is provided by USDA Food Safety and Inspection Service.

Apple

<https://itunes.apple.com/us/app/ask-karen-from-usda/id439084571?mt=8>

Android

<https://play.google.com/store/apps/details?id=askkaren.gov&hl=en>

Other devices

n/a

Website

<http://www.foodsafety.gov/experts/askkaren/>

Cost

Free

Audience

Consumers

Bias

None

Consumer Apps

Dietary, Health and Fitness Management



BP Monitor Lite

[Return to App Guide slideshow](#)

Summary

BP Monitor Lite allows users to track blood pressure and/or heart rate along with weight. Users enter systolic and diastolic blood pressures, heartbeats per minute, and weight on a periodic basis. Blood pressure, heart rate, and weight charts (line) are generated based on the data. History can also be viewed in a list.

Reminders can be set to alert user to check blood pressure at a specified time.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/blood-pressure-monitor-family/id430133691 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://www.taconicsys.com/app/bpmonitor-lite |
| Cost | Free |
| Audience | Consumers |
| Bias | None |



MapMyFitness

[Return to App Guide slideshow](#)

Summary

This fitness tracking application enables you to use the built-in GPS of your mobile device to track all of your fitness activities.

Map routes ahead of time on mapmyfitness.com and view/follow later using [imapmyfitness](#) app. Users can track food intake, energy budget and weight. Syncs with mapmyfitness.com account (free). Share workouts with connected [mapmyfitness](#) users, friends and family via e-mail, and Twitter.

The map-ahead feature is not enabled in the app, and the nutrition tracker is not well-designed. For these reasons, the app is not necessarily recommended.

Apple

<https://itunes.apple.com/us/app/mapmyfitness-gps-tracking/id298903147>

Android

<https://play.google.com/store/apps/details?id=com.mapmyfitness.android2>

Other devices

Blackberry

Website

<http://www.mapmyfitness.com/app/>

Cost

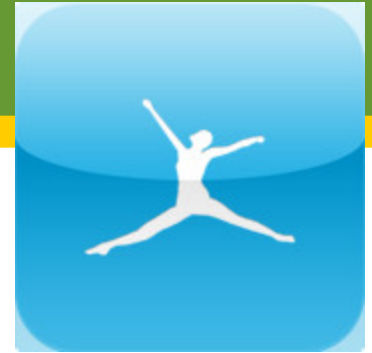
Free

Audience

Consumers

Bias

None



MyFitnessPal

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Summary

The app provides a calorie counter, social forum, daily summaries, progress reports, individual food nutrition information, weight progress and measurement trackers. Users are able to connect and exchange messages with other users ('friends') to update each other on progress. Users are able to scan food items and add the nutritional information into their food tracking log.

It is an easy, free calorie tracking tool with a barcode scanning feature. But potential user must take note that food and product information may not be valid as many of the items listed on the App were entered by other users.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/calorie-counter-diet-tracker/id341232718 |
| Android | https://play.google.com/store/apps/details?id=com.myfitnesspal.android |
| Other devices | Blackberry, Windows phone |
| Website | http://www.myfitnesspal.com/mobile |
| Cost | Free |
| Audience | Consumers |
| Bias | None |

All-In Tracker

Summary

A pedometer that tracks steps and distance walked, estimates calories burned, and tracks time, speed in real time, and average speed. As a basic, free pedometer, this free app was reliable in terms of tracking.

Drawbacks for user to consider: additional settings are difficult to manipulate; ads are constant on the top of the screen.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/iphone-fitness-pedometer/id368180978 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://mobile.viaden.com/iphone-fitness-pedometer.html |
| Cost | \$ 0.99 |
| Audience | Consumers |
| Bias | None |



RuntasticPro

[Return to App Guide slideshow](#)

Summary

RuntasticPro allows users to track activities like jogging, walking, cycling, skiing, hiking, and more. Users can publish completed workouts, keep a log of workouts in both table and calendar view, view current and average speed for single activity, altitude and speed charts for completed activities, estimate calories burned, and more.

This App has the same and more features as 'GPS watches' such as Garmin that sell for over \$200. Maps, time, mileage, and altitude are reliable when simultaneously tracked with Garmin watch. Voice control (which speaks the users time and pace at every mile or other set interval) eliminates need to look at device for mile summary.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/id336599882 |
| Android | https://play.google.com/store/apps/details?id=com.runtastic.android |
| Other devices | Blackberry |
| Website | http://www.runtastic.com/ |
| Cost | \$4.99 |
| Audience | Casual & serious athletes |
| Bias | None |



WeightWatchersMobile

[Return to App Guide slideshow](#)

Summary

WeightWatchers Mobile allows tracking of PointsPlus (food points used and activity points accrued) for Weight Watchers and Weight Watchers Online members.

PointsPlus can be calculated by entering fat (g), carbohydrates (g), protein (g), and fiber (g) content of a food or meal. Weight and body measurements can be tracked on an ongoing basis, and can be backlogged as well. Provides 'cheat sheets' (points for generic meals by cuisine), shopping lists, featured recipes, articles, and success stories.

Online community (user's profile, friends, and groups) can be accessed.

Apple <https://itunes.apple.com/us/app/weight-watchers-mobile/id331308914>

Android <https://play.google.com/store/apps/details?id=com.weightwatchers.mobile&hl=en>

Other devices Windows Phone (points calculator only)

Website http://www.weightwatchers.com/templates/Marketing/Marketing_Utool_1col.aspx?pageid=1118811

Cost Free for WW members

Audience Consumers

Bias None

Consumer Apps

Food and Nutrition Barcode Scanners



Fooducate

[Return to App Guide slideshow](#)

Summary

Fooducate scans a food product barcode, highlights product pros/cons and suggests better alternatives. Fooducate's analysis is based on information that appears on a product's package. This includes the nutrition facts panel and the ingredient list. Fooducate does not receive any additional input from manufacturers.

Products are graded based (A-D) on their nutrients, ingredients, category, and processing. The database's grading algorithms have been developed by nutrition professors and dietitians.

Apple

<https://itunes.apple.com/us/app/fooducate/id398436747>

Android

<https://play.google.com/store/apps/details?id=com.fooducate.nutritionapp>

Other devices

n/a

Website

www.fooducate.com

Cost

Free; \$3.99 for pro

Audience

Consumers

Bias

Yes – some products sponsored by manufacturer.



Good Guide

[Return to App Guide slideshow](#)

Summary

Provides information about products based on user-determined issues – nutrition, sustainability, potential toxins, and more – that are most important in selecting a product. The user is able to customize their preferences for their “personal filter.” The user can browse ratings for packaged foods, household cleaners, personal care products, pet food for dogs and cats, home and office paper products, cars, cellular phones, appliances and apparel.

Developed by Professor Dara O’Rourke of UC Berkley, one of the world’s leading academic experts on global supply chains.

Compiled by Graduate Students in Food and Nutrition at Framingham State University, 2012 - 2015

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/app/goodguide/id294447660 |
| Android | https://play.google.com/store/apps/details?id=com.goodguide.android.app |
| Other devices | <i>n/a</i> |
| Website | http://www.goodguide.com/about/mobile |
| Cost | Free |
| Audience | Consumers |
| Bias | Yes – based on user preference inputs |



Grocery Gadget

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Summary

The App is designed to simplify grocery shopping and save users time and money.

It allows users to create a shopping list on their mobile device. At the grocery store the user checks off the items on their list. All items/lists can be stored in specific order and allows user to arrange items by aisle for each store.

Users are also able to sync this App's technology across unlimited devices allowing them to share lists and update them across all devices. Plan meals and import ingredients from popular recipe software such as BigOven and HandyCookBook, with more to come.

Apple

<https://itunes.apple.com/app/grocery-gadget-shopping-list/id287932487>

Android

n/a

Other devices

Blackberry, Windows Phone, Nokia

Website

<http://www.grocerygadget.com>

Cost

\$2.99

Audience

Consumers

Bias

None



Honest Label

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Summary

Scan barcode labels with your phone and see if a product meets your customized nutritional preferences. The user can create customized settings in which they set their personal dietary needs, allergies or dietary limits (i.e. ingredient warnings). If the scanned product fits the users' customized setting then the label background will be green; if it does not fit the users criteria, the label background will be red.

Recommend this App with caution for consumers to have a secondary source reviewing food items for certain allergens or undesirable ingredients. We cannot state that this App is completely valid due to lack of information on the database source.

| | |
|----------------------|---|
| Apple | <i>n/a</i> |
| Android | https://play.google.com/store/apps/details?id=com.l.s.simpleparser&feature=search_result |
| Other devices | <i>n/a</i> |
| Website | <i>n/a</i> |
| Cost | Free |
| Audience | Consumers |
| Bias | None |



Shop Well

[Return to App Guide slideshow](#)

Summary

Shop Well aims to help people make the best choices from foods available in grocery stores based on their own needs. The program can be personalized by the user to look for foods that fit a particular diet or to avoid foods with selected allergens. Users can scan a product barcode, and nutrients and ingredients the user should focus on appear highlighted in green and those the user should limit are highlighted in red. The food item is scored 0-100 based on nutrition and compatibility with the user profile; alternate items are listed with their scores.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/app/shopwell/id393422300 |
| Android | https://play.google.com/store/apps/details?id=com.shopwell.shopwellandroid&hl=en |
| Other devices | <i>n/a</i> |
| Website | www.shopwell.com |
| Cost | Free |
| Audience | Consumers |
| Bias | Some advertising |



WeightWatchers Barcode Scanner

Summary

WW members can scan food items and keep track of the servings, nutrient content and number of points for each item. Works with Weight Watchers Mobile tracking app and your Plan Manager, so after food items are scanned they can be added to the users PointsPlus Tracker and Favorites. Scanned products can be compared, saved and can be analyzed by the PointsPlus calculator.

It does not include the full Nutrition Facts label, but it includes the serving size, fat, carbohydrate, fiber and protein amount.

[Return to App Guide slideshow](#)

| | |
|----------------------|---|
| Apple | <i>n/a</i> |
| Android | https://play.google.com/store/apps/details?id=com.weightwatchers.scanner |
| Other devices | <i>n/a</i> |
| Website | http://www.weightwatchers.com/templates/Marketing/Marketing_Utool_1col.aspx?pageid=1118811 |
| Cost | Free for WW members |
| Audience | WeightWatchers members |
| Bias | None |

Consumer Apps

Recipes

Compiled by Graduate Students in Food
and Nutrition at Framingham State
University, 2012 - 2015

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AllRecipes

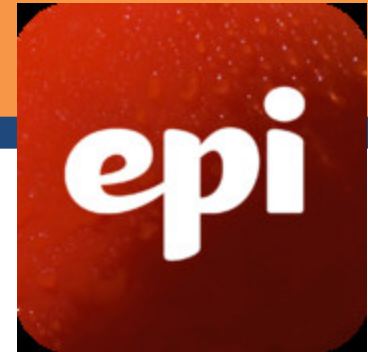
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Summary

AllRecipes Dinner Spinner lets users find recipes by ingredient or “spin” for quick inspiration. Users search for recipes based on course, dish type, ingredient, cooking method, time, occasion and cuisine; featured and recommended recipes. Recipes provide ingredients list, directions for prep/cooking, a cooking timer, and serving size.

The user can set dietary filters and ingredients the user does and does not want to include in recipes. Nutrition information includes amount per serving for total calories, protein, fat, sodium, cholesterol and dietary fiber.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/app/allrecipes.com-dinner-spinner/id299515267 |
| Android | https://play.google.com/store/apps/details?id=com.allrecipes.spinner.free |
| Other devices | Windows Phone, Kindle |
| Website | http://allrecipes.com/features/mobile/default.aspx |
| Cost | Free |
| Audience | Consumers |
| Bias | None |



Epicurious

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Summary

The Epicurious app is for consumers and professionals interested in learning new recipes. User can search for specific recipes for foods based on main ingredient, meal/course, cuisine, dietary consideration dish type and season or occasion. Users can search/select recipes and view the ingredients needed, yield and instructions for preparation. Recipes can be uploaded/synced to other internet sites, such as FB, email, Twitter, etc. and devices. Provides pictures, reviews, ratings by other users.

Costs \$1.99 to sync Recipe Box with online content.

Apple

<https://itunes.apple.com/app/epicurious-recipes-shopping/id312101965>

Android

https://play.google.com/store/apps/details?id=com.epicurious&feature=search_result

Other devices

Windows Phone, Nook, Kindle

Website

<http://www.epicurious.com/services/mobile>

Cost

Free

Audience

Consumers

Bias

Some recipe categories are sponsored by food manufacturers



Whole Foods Market: Recipes

Summary

Whole Foods' app provides recipe search by course, category (i.e. budget, family friendly, make ahead, gifts, etc.) and special diet. The recipes provided have been developed and tested internally by chefs employed by Whole Foods. The app can provide recipe results based on the ingredients the user has "on hand". Each recipe provides the ingredients, yield, method to make the recipe, nutrition facts and the special diet the recipe is approved for. Most provide a picture of the finished product. There is a function that allows the user to save recipes.

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Apple

<https://itunes.apple.com/app/whole-foods-market-recipes/id320029256>

Android

<https://play.google.com/store/apps/details?id=com.wholefoods.wholefoodsmarket&hl=en>

Other devices

n/a

Website

<http://wholefoodsmarket.com/apps>

Cost

Free

Audience

Consumers

Bias

Yes- App is designed by Whole Foods Market

Consumer Apps

Educational Games: Kids



Awesome Eats

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Summary

Sort, stack, pack and plate a rainbow of fresh-from-the-garden foods. The player has to separate fruits and vegetables on three different belts and get them into the correct basket. As the levels increase the belts get faster, there are more types of produce and more obstacles. Prior to each level the game shows a picture of each item with its name. After each level the player receives a score for how many of each item he/she correctly placed into the appropriate basket. The player must receive three gold stars in order to advance to the next level.

Recommended but possible repetitive, eventually boring.

Apple

<https://itunes.apple.com/us/app/awesome-eats/id504890965>

Android

<https://play.google.com/store/apps/details?id=org.wholekidsfoundation.awesomeeats&hl=en>

Other devices

n/a

Website

<http://www.wholekidsfoundation.org/kids-activities/awesome-eats/>

Cost

Free

Audience

Children

Bias

Whole Foods logo is pervasive in app



Big Fork, Little Fork

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Summary

BFLF encourages parents to introduce basic cooking and nutrition knowledge to their children. The app lists kid-friendly recipe for parents and children to make together. Basic nutrition information is available for parents.

There are also two children's games. In Space Picnic children are asked to collect items from different food groups. Berwyn's Deli teaches basic measuring skills.

Some reviewers found the games difficult to understand and play.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/big-fork-little-fork/id379783460 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://www.kraftrecipes.com/media/bflf.aspx |
| Cost | Free |
| Audience | Children & parents |
| Bias | Recipes feature Kraft foods & related brands |



Fat Jump

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Summary

Players help the Green Hero eat foods and defeat the purple monster. Users guide the little green hero as he jumps from platform to platform gathering healthy snacks like fruits and veggies while avoiding junk food.

This game is a fun and subtle way to reinforce healthy snacking habits. Be aware that in-game purchases can be made, so children should be supervised to prevent surprise charges.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/app/id472618241 |
| Android | https://play.google.com/store/apps/details?id=pl.sidgroup.fatjumpite&hl=en |
| Other devices | <i>n/a</i> |
| Website | http://www.sid-on.com/FatJump/ |
| Cost | Free |
| Audience | Children |
| Bias | Contains banner ads |



Max's Plate

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Summary

This app teaches young children the MyPlate food model. In the game, users drag pictures of food to the correct part of the MyPlate plate. There is also a tracker where the user taps on the correct MyPlate plate section when they eat food from that food group, which turns part of that section from colored to white. The app advises children to try to turn the whole plate white each day.

Max's Plate teaches the MyPlate model in a very simple way - no reading skills needed!

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/maxs-plate/id471761180 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://www.maxonsnax.com/maxsplate.php |
| Cost | Free |
| Audience | Children |
| Bias | None |



Munch 5-a-Day

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Summary

This app helps the user set goals and track fruit and vegetable intake. Users set their goal number of fruit and vegetable servings from 1-12 and also the time of day they want the counter to reset. Users enter a “munch” each time a serving of fruits or vegetables is eaten. Badges are earned for meeting the goal and users can view their achievements for the past 7 or 30 days and share their progress via Twitter or Facebook.

The app is very simple and based on reputable recommendations. The graphics are bright and engaging.

| | |
|----------------------|---|
| Apple | <i>n/a</i> |
| Android | <i>n/a</i> |
| Other devices | http://apple.vshare.com/413126987.html |
| Website | http://meyouhealth.com/munch-5-a-day/ |
| Cost | Free |
| Audience | Children and adults |
| Bias | None |



The Vitamin Adventures of Don & Flip

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Summary

An interactive story and game about vitamins A, B, C, D, E and K. The player selects which vitamin he/she wants to learn about and then a story about two birds, Don and Flip, is read to the player. There is an interactive game for each chapter involving a food associated with the vitamin selected. After the game the vitamins properties, benefits and foods sources are explored.

Our review found that the definitions/explanations of the vitamins might be too advanced for a child to understand.

Note that this app has not been updated in iTunes for nearly two years. The developers may not still be supporting this app.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/vitamin-adventures-don-flip/id415618737?mt=8 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | <i>n/a</i> |
| Cost | Free |
| Audience | Children |
| Bias | None |

Consumer Apps

Educational Games: Adults and All Ages



Eat This, Not That

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Summary

ETNT aims to teach the user about better options when eating in fast food and casual chain restaurants. The user picks one of 4 versions of the game (“Classic”, “Kids”, “Restaurant” and “Drinks”), and a category of items such as breakfast foods or coffee drinks. User is shown two items and is given 15 seconds to guess which item is a nutritionally better choice. The sooner an answer is chosen the more points the user earns.

The game is based on the popular books series by Men’s Health editor-in-chief Dr. David Zinczenko and contributing food and nutrition editor Matt Goulding.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/eat-this-not-that!-restaurants/id409344432 |
| Android | https://play.google.com/store/apps/details?id=com.eatthisnotthatbook.android&hl=en |
| Other devices | n/a |
| Website | http://www.menshealth.com/iphone-etnt/ |
| Cost | \$4.99 |
| Audience | Consumers |
| Bias | None |



Foodie Games Lite

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Summary

Foodie Games Lite offers cooking and food-related fun, and helps build culinary vocabulary, with three games. The

Scrambler asks the user to unscramble culinary words. Word Soup challenges to user to make as many culinary and food related words as possible from the 36 available letters in 3 minutes or less. The Cook's Crossword generates a crossword puzzle that can be saved and resumed at a later time.

Games can be played solo or players can link with friends to compete.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/foodie-games-lite/id434670538 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | <i>n/a</i> |
| Cost | Free |
| Audience | Consumers |
| Bias | Contains banner ads |



Smash Your Food

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Summary

The game teaches users to estimate fat, sugar and salt quantities in food. The player is presented with a food item and has to guess how much sugar, salt or oil that food item contains. After the player makes his/her guess the food is smashed by this machine and then it tells the player how many cubes of sugar, shakes of salt (1 shake=1/8tsp) and teaspoons of oil (1tsp=4g). For each level he/she is allowed a maximum of 3 sugar cubes, 2 salt shakes and 3 tsp. of oil.

The pictures are photographs and very realistic. The game shows kids and parents why certain foods are unhealthy but presents it in a fun, interactive manner.

| | |
|----------------------|---|
| Apple | https://itunes.apple.com/us/app/smash-your-food/id542351447 |
| Android | <i>n/a</i> |
| Other devices | <i>n/a</i> |
| Website | http://smashyourfood.oodnme.com/ |
| Cost | Free; \$2.99 full version |
| Audience | Consumers |
| Bias | None |