

Connected Care: Carb Counting Apps



<u>Application</u>	<u>Features</u>
<p><u>MyFitnessPal</u></p> 	<ul style="list-style-type: none"> • Over 20 million items in food database <ul style="list-style-type: none"> ◦ including chain restaurants and store-bought food items • Track carbs, fat, and protein info • Scan your plate for quick nutrition info • Track water intake • Save recipe and meals for quick access • iOS, Android and web-based
<p><u>Calorie King</u></p> 	<ul style="list-style-type: none"> • Food database contains over 150,000 foods and 260 fast food chains • Track carbs, fat, and protein info • Scan your plate for quick nutrition info • Set nutritional goals • Track water intake • iOS, Android and web-based
<p><u>Figwee</u></p> 	<ul style="list-style-type: none"> • Visual food diary – use photos of food portions to enter into your diary • Track carbs, fat, and protein • Monitor basic health markers over time • Journal: keep notes on daily activities and food consumption • iOS, Android, and web-based
<p><u>Carb Manager</u></p> 	<ul style="list-style-type: none"> • Over 1 million items in food database • Track carbs, fat, and protein • Recipe database • Track water intake • Exercise logging • Track blood sugar goals • iOS, Android, web-based
<p><u>Fooducate</u></p> 	<ul style="list-style-type: none"> • Comprehensive food database • Track carbs, fat, and protein • Analyze nutritional content of home-cooked meals • App provides educational resources to improve overall nutrition knowledge • iOS, Android, and web-based