Free Smartphone Applications for Healthy Eating

LOSE IT!
- Available for iPhone and Android.
- Helps you look up food to track calories. You can scan barcodes and pull up nutritional information.
- If you put in your current weight and your goal weight, it will estimate your calorie needs.
- You can join online communities for encouragement.

EAT THIS, NOT THAT! THE GAME
- Available for iPhone.
- This game shows you pictures of two similar meals. You guess which one is more nutritious and less fatty.
- The game gives you advice on how to make meals more nutritious. It also shares tips on which options to pick when eating out.
MY NET DAIRY

- Available for iPhone and Android
- Tracks your calorie and nutrition intake as well as your exercise
- Uses charts and graphs to show how you are doing
- You can review nutritional information on 420,000 foods. Just scan the bar codes of packaged food or type in the first few letters of a type of food to learn more.

FOODUCATE

- Available for Android and iPhone
- It will scan a food’s barcode and give you nutritional facts.
- The app will also compare your food to other food options to help you pick a healthier option.