

# A HEALTHY JOURNEY Wellness Begins with You

## An App for Your Appetite

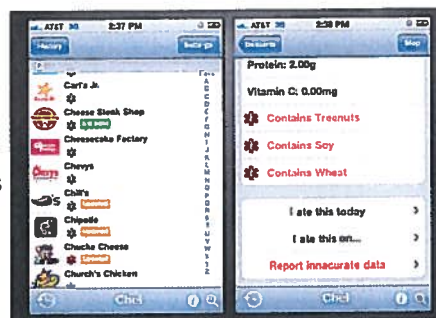
Phone apps are an easy way to not only monitor your calorie and fat intake, but they also make it easy to look up the nutrition content of the various foods offered in both the grocery store and restaurants. If you don't have the time to manually search the foods your eating, many of the apps allow you to scan the barcode on the food package and retrieve the nutrition data in a matter of seconds. Another great feature of the apps is many allow you to sync your food journal to an online database where you can graph your caloric intake with your weight loss or gain.

### Restaurant Nutrition

Phone compatibility: iPhone

Price: free

**Pros:** stays up to date with the nutritional content of hundreds of restaurants and allows you to track calorie, protein, fat, and carb content of your meals. Also syncs with your current location to help you track the closest restaurants.



### Calorie Counter by MyNetDiary

Phone compatibility: iPhone, Android, Blackberry

Price: free

**Pros:** with over 200,000 foods in the database, it allows you to successfully log your daily intake. In addition, it has a "scan barcode" function that gives you the option of scanning your food label instead of manually searching for food items.



### Calorie Counter & Fitness Tracker by MyFitnessPal

Phone compatibility: iPhone, Android, Blackberry, Windows

Price: free

**Pros:** with over 700,000 foods in the database, it's likely you'll be able to log any food you want. The "graph" function is great for monitoring your progress, and the "friends" function allows you to track your friends' progress too.

