



Live your life

Nutrition Apps

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Carb Counting Apps

Calorie King (Australian Version)

- Apple & Windows (not android)
- Price = FREE
- Positives:
 - Easy to search for foods
 - Australian data
- Negative:
 - Large number of food items however few fresh foods



Carb Counting Apps

Easy Diet Diary

- Apple devices only
- Price = FREE
- Positives:
 - Wide variety of Australian food and drinks
 - Several ways of measuring (litres, cups etc)
 - Can calculate recipe
- Negative:
 - Need to select 'meal' or 'snack' before being able to look up a food



Carb Counting Apps

Australian Carb Counter -

Traffic Light Guide

- Apple & Android
- Price = \$10.99
- Positives:
 - Calculates carb amounts for 2000+ foods including many Australian known options
 - Several counting options eg. grams, exchanges or portions
 - Offers a variety of measurement options as well as the ability to enter the exact weight of a food
 - Allows you to create and log meals
- Negative:
 - Not an extensive list of branded options
 - Costs money



Healthy Eating Apps

FoodSwitch

(Bupa & The George Institute)

- Apple & Android
- Price = FREE
- Positives:
 - Scan food barcodes
 - Provides a ranking and healthy options for a substitute
 - Several variants available eg GlutenSwitch, SaltSwitch
- Negative:
 - A focus on sugar (natural &/or added); healthy foods ie fruit and dairy contain natural sugar



Healthy Eating Apps

GS1 GoScan™

- Apple & Android
- Price = FREE
- Positive:
 - Scan barcode or look up food and access nutrition panel, allergens (eg gluten) and other dietary information (e.g vegetarian)
- Negative:
 - Limited food database but is growing



Thank you