

## Helpful Applications for Weight Loss/Exercise/Bariatric Surgery

### Free Grocery Shopping/Meal Planning Phone Apps:

- **Grocery IQ**
  - Create grocery lists, and “favorite” lists
  - Add items to your lists by pointing your camera at the product barcode
  - Locate nearby grocery stores
  - Search for coupons
  - Sync your list with family or friends
  
- **Apples2Oranges**
  - Tells you what the best deal is by comparing two prices, even when the item size is different (78 vitamins for \$5.99 or 56 vitamins for \$4.99)
  - While at the grocery store, you can compare nutritional information (calories, sodium, etc) of products, even when serving sizes are different
  
- **Food on the Table**
  - Create a weekly menu with the meal planner
  - Budget meals and shop based on sales at your local grocery store
  - Create healthy grocery lists
  
- **Allrecipes.com – Dinner Spinner**
  - Browse over 40,000 recipes
  - Search recipes by dish type, certain nutritional parameters or by single ingredients
  - Bookmark favorite recipes
  - Scan items and search for recipes that use them
  - Share recipes by email, Facebook and Twitter
  
- **Healthy Diet & Grocery Food Scanner by ShopWell**
  - Scan foods at the grocery store and get a nutrition score
    - Green – go to foods
    - Yellow – proceed with caution
    - Red – quantity is important or something to avoid all together
  - Provides healthy alternatives
  
- **Grocery Pal (In-store weekly savings, coupons & shop online)**
  - Provides weekly sales at your local supermarkets and discount stores
  - Create a shopping list and the app will match your items against products online with lower prices and free shipping
  - HEB, Target, CVS, Amazon, Walmart, Dollar General, Family Dollar, Albertsons, Harris Teeter, SAFEWAY, and many more!

- **Fooducate – Diet Tracker & Healthy Food Nutrition Scanner**
  - Track your diet, calorie intake, and exercise
  - Scan product barcodes, search products, or browse by categories and receive a grade on how healthy the product is (A, B, C, or D)
  - Receive healthier alternatives
  - Read and share feedback with other people
  - Create grocery shopping lists

#### Free Intake Record/Exercise Tracking Apps:

- **The Eatery**
  - Become aware of eating habits by snapping photos of your food
  - Get second opinions on the healthiness of your meal
  - Discover if you ate better/worse if having a late lunch, where you eat your best/worst meals, how you ate compared to the previous week, and more!
  - Share with friends who also have *The Eatery*
- **Calorie Counter & Diet Tracker by MyFitnessPal**
  - Allows you to track the food you've eaten throughout the day by selecting food from a database with over 2,000,000 foods
  - Track calories, fat, protein, carbohydrates, fiber, cholesterol, etc. based on your food record
  - Enter your own recipe and calculate nutritional content
  - Find foods you've eaten by using the free barcode scanner
  - Track cardio, strength training, and custom exercise
  - Contains over 350 suggested exercises
  - Connect with friends, family, and create customized goals for yourself
- **Daily Water Free – Water Reminder and Counter**
  - Log how much water you drinking during the day
  - Plan a drinking schedule
  - Receive alerts to remind you to drink
  - Review how much you've had in one day, one week, and one month
- **Pedometer**
  - Measures steps taken, distance, workout time, calories burned, speed and pace
  - Log your body parameters and calculate your BMI
  - Track your body changes over 7 day, 30 day, and 90 day periods
- **C25K – 5K Trainer FREE**
  - 8 week program to get you finishing a 5k
  - Listen to your music and playlists while training
  - Audio coaches and alerts for motivations
  - Compatible with Nike+GPS and integrated with Facebook and Twitter

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- **Lose it!**
  - Contains a large food database to select from to track your intake throughout the day
  - Log workouts from a database of different exercises and activities
  - Create and enter your own recipes and receive a nutritional analysis
  - Track and review your calorie, protein, fat, carbohydrate, etc. intake every day, as well as calories burned from exercise
  
- **Get-2-Goal**
  - Track weight loss after surgery and compare to expected weight loss goals
  
- **BariMate - \$7.99**
  - Designed specifically for patients who have had bariatric surgery or are considering it
  - Contains 17 sub apps to help you make informed choices
    - About me, predict me, inspire me, show me, track me, report me, graph me, feed me, fill me, inform me, move me, nourish me, support me, success me, challenge me, post me, endorse me
  - Use your camera to keep a record of your body changes
  - Advice on diet, vitamins, types of surgery, sleep apnea, etc.