

APPS **TO** KNOW FROM THE NUTRITION AND HEALTH PROS

These apps have been evaluated and are recommended by University of Missouri Extension Nutrition and Health Education Specialists. See tips below for choosing nutrition and health apps.

FOOD AND NUTRITION



MyFitnessPal

- ▶ Tracks your food intake and your physical activity
- ▶ This app has the largest food database (more than 3 million foods).
- ▶ Rated highly in a recent Consumer Reports survey of more than 9,000 readers with ease of use as a factor.

Available for:



Tip: Tracking what you eat can help manage weight.

Our review: This app contains a large database of foods. You can add foods that are not found in the database and save them for future use. It can be time consuming to enter your food, but you can save time by using your phone's camera as a barcode scanner to enter in food.

FINDING HEALTHY RECIPES



Cooking Matters

- ▶ Provides healthy, easy, and affordable recipes along with money-saving tips

Available for:



Tip: If meal-planning each night is too overwhelming, try planning meals for the week before going to the grocery store.

Our review: This user-friendly app allows users to identify their favorite recipes. It also includes a link to the Share Our Strength blog and Twitter account. Connecting through a social network can be helpful in meeting health goals.



Seasonal & Simple

A guide to finding, selecting, storing, and preparing fresh fruits and vegetables found in Missouri.

Tip: Buying fruits and vegetables that are in season helps cut back on food-buying costs.

Available for:



Our review: This app includes a large selection of produce. You can use the "Find It" section to find farmers' markets in your city or county.

MANAGING DIABETES



Glucose Buddy

- ▶ Enter glucose numbers, carbohydrate consumption, insulin dosages/medications, hemoglobin A1C, and activities

Available for:



Tip: Tracking blood glucose levels can help manage diabetes, especially if it's difficult to remember daily glucose levels.

Our review: This app includes basic tracking options and is easy to use. It is good for those who do not have advanced blood glucose meters.

PHYSICAL ACTIVITY



Simple Workout Log

- ▶ Track your workouts

Tip: Adults should do at least 150 minutes (2 hours and 30 minutes) of moderate activity, or 75 minutes (1 hour and 15 minutes) of vigorous aerobic physical activity each week. As a rule of thumb, one is able to talk, but not sing, during moderate-intensity activity. Vigorous-intensity activity prevents one from speaking more than a few words without pausing for a breath. **Stay Strong, Stay Healthy** is a strength training program for middle-aged and older adults. For more information or to locate a program visit missourifamilies.org/sssh/.

Available for:



Our review: The workout log is intuitive and easy to use. Users can enter strength training exercises, cardio activity, and their weight with this app.

MANAGING STRESS AND BEING MORE MINDFUL



Conscious

- ▶ Increase awareness of normal daily activities to help become more mindful.

Tip: **Taking Care of You** is an Extension program to help deal with stress. For more information or to locate a program visit extension.missouri.edu/takingcare/findprogram.htm.

Available for:



Our review: This app helps users become more mindful, aware and more fully present in one's life. Reminders can be set throughout the day, while an evening reminder asks users if daily challenges were accomplished, as well as to rate one's daily awareness to keep track of progress.

FOOD PRESERVATION – CANNING, SELECTING, STORING FRESH FRUITS AND VEGETABLES

At this time, there are no recommended food preservation apps.

Tip: Find up-to-date information about food preservation at extension.missouri.edu/main/DisplayCategory.aspx?C=194 and at the National Center for Home Food Preservation at homefoodpreservation.com.

The app information is current as of October 2013 and is subject to functionality, content changes and cost.

For more information on nutrition and health, including programs and resources, go to extension.missouri.edu/main/DisplayCategory.aspx?C=5

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