



NIFS top 4 apps for healthier eating

Sometimes you need a little help when it comes to your nutrition and diet choices. There are thousands of apps out there that you can easily download to your phone. Here are 4 to check out to help with accountability and your wellness goals.

- **MyFitnessPal** is designed to help you lose weight and track fitness goals. You can input or edit your goals, enter your caloric intake (food) and output (exercise) on the go, and add new food data to the library if it doesn't already exist. The food database includes over 5,000,000 options and is one of the few free food tracking apps that is this easy and user friendly. Due to its popularity, you can sync MyFitnessPal with other devices and apps such as FitBit, Jawbone Up, and Garmin.
- **Fooducate** helps you shop and eat healthily by allowing you to quickly pull up nutritional information about food products from barcodes, as well as by helping you make sense of nutritional labels. Fooducate displays a letter grade from A to D, along with a quick summary of nutrition information in plain language, as well as healthy alternative suggestions. This app easily allows you to see what extras are in foods such as added sugars, food colorings, artificial sweeteners, and more, which can be challenging to know without reading every single ingredient.
- **The HealthyOut Healthy Meal Finder** app helps you stay on track even when you're going out or ordering delivery. The app helps users find healthy restaurant dishes and prepared grocery items nearby, and supports a wide variety of diet plans. The popular "Not a Salad" feature allows you to find a dish that can be just as healthy as the typical salad. HealthyOut is great if you travel a lot or just want to know the best options at your favorite neighborhood restaurant choice.
- **My Nutrition Coach** is a new app launched by NIFS. The app platform uses photo journaling and meal and exercise input to make tracking quick and easy. Users are encouraged to login to the website or app to view responses and graphs that detail their personal ratings and progress. Your NIFS dietitian will supply you daily feedback, suggestions, and information in the form of handouts and videos based on your daily profile. All you need to do is snap a photo of your meals.

Any one of these apps are sure to help you stay on track with you fitness and nutrition goals. Download one today and get started!

To find out more about bringing NIFS staff onsite to manage your fitness center, visit our website wellness.nifs.org or contact Bethany Garrity at 317-274-3432 or by email.

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