

Calorie Counting Apps

App Name	Dietitian Rating	What can you track?	Pros	Cons
Calorie Counter & Diet Tracker by MyFitnessPal		Calories Fat Protein Carbohydrates Iron Calcium Vitamin A & C Potassium Fiber	- Good nutrient analysis - Good fitness database - Good food database - Provides daily and weekly summaries	Not as visually appealing as others
Calorie Tracker by Livestrong.com		Calories Fat Protein Carbohydrates (including sugar) Sodium Cholesterol Fiber	- Good food database - Daily calorie countdown	- Daily and monthly reports are limited
Calorie Counter: Diets & Activities		Calories Water	- Summary page easy to understand - Set your own weight loss and fitness goals - Good visuals	- Water recommendations not accurate - Fitness database not comprehensive
Sparkpeople Food and Fitness Tracker		Calories Fat Protein Carbohydrates	- Good food database - Good fitness database - Good visuals - Easy to log foods - Weight loss summary charts	- Limited in which nutrients are tracked
Calorie Counter by MyNetDiary		Calories Fat (total, trans, saturated) Protein Carbohydrates Sodium Cholesterol	- Good nutrient analysis - Good fitness database - Shows nutrition facts label - Recipe section - Tracks vitamin/mineral supplement intake - Tracks water intake	- May be difficult to navigate between pages