

Apps & Online Tools for Tracking Calorie and Protein Intake

Name	Application or Website	Cost	Features	Website
Calorie Counter: Diets & Activities	App (Compatible with iphone, ipad & ipod touch)	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Tracks fats, carbohydrates, protein, etc. 	www.my-calorie-counter.com
Calorie Tracker by Livestrong	App & Website	\$2.99/App Free/Website	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Track fat, cholesterol, sodium, carbohydrates, protein, etc. 	www.livestrong.com/thedailyplate
Daily Burn	App & Website	\$10/month	<ul style="list-style-type: none"> • Custom meal plans • 24/7 access to personal trainers • Online workout videos • Community support group 	www.dailyburn.com
Fat Secret	App & Website	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Records weight • Social support 	www.fatsecret.com
Fit Day	App & Website	\$1.99/App Free/Website	<ul style="list-style-type: none"> • Track calories • Log exercise • Tracks carbohydrates, fat & protein 	www.fitday.com
Lose It	App & Website	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Community support 	www.loseit.com

			<ul style="list-style-type: none"> • Recipe calculation 	
My Fitness Pal	App & Website	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Analyzes nutrition content of recipes 	www.myfitnesspal.com
My Net Diary	App & Website	Free/ipod \$3.99/Android \$9.99/ipad Free/Basic Website Or \$5.00/Month for “maximum membership”	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Tracks nutrient intake • Exercise planning • Daily and weekly energy balance report • Cholesterol, glucose and blood pressure trackers 	www.mynetdiary.com
Obesity Help Health Tracker	Website	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Track your weight • Share your story • Tracks water • Breaks down daily macronutrient 	www.obesityhelp.com
Sparkpeople	App & Website	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Tracks carbohydrates, fat & protein, etc. 	www.sparkpeople.com
Supertracker	Website	Free	<ul style="list-style-type: none"> • Tracks calories • Logs exercise • Goal setting • Run reports on your food, nutrient and weight history 	www.choosemyplate.gov/SuperTracker

Multiple research studies have proven the benefits of keeping food journals and monitoring caloric intake. Some studies suggest that people who track their food **lose up to 2 times as much weight** than people who do not track their calories. Keeping a food journal is also a great way to make sure you are meeting your protein needs for after surgery!