



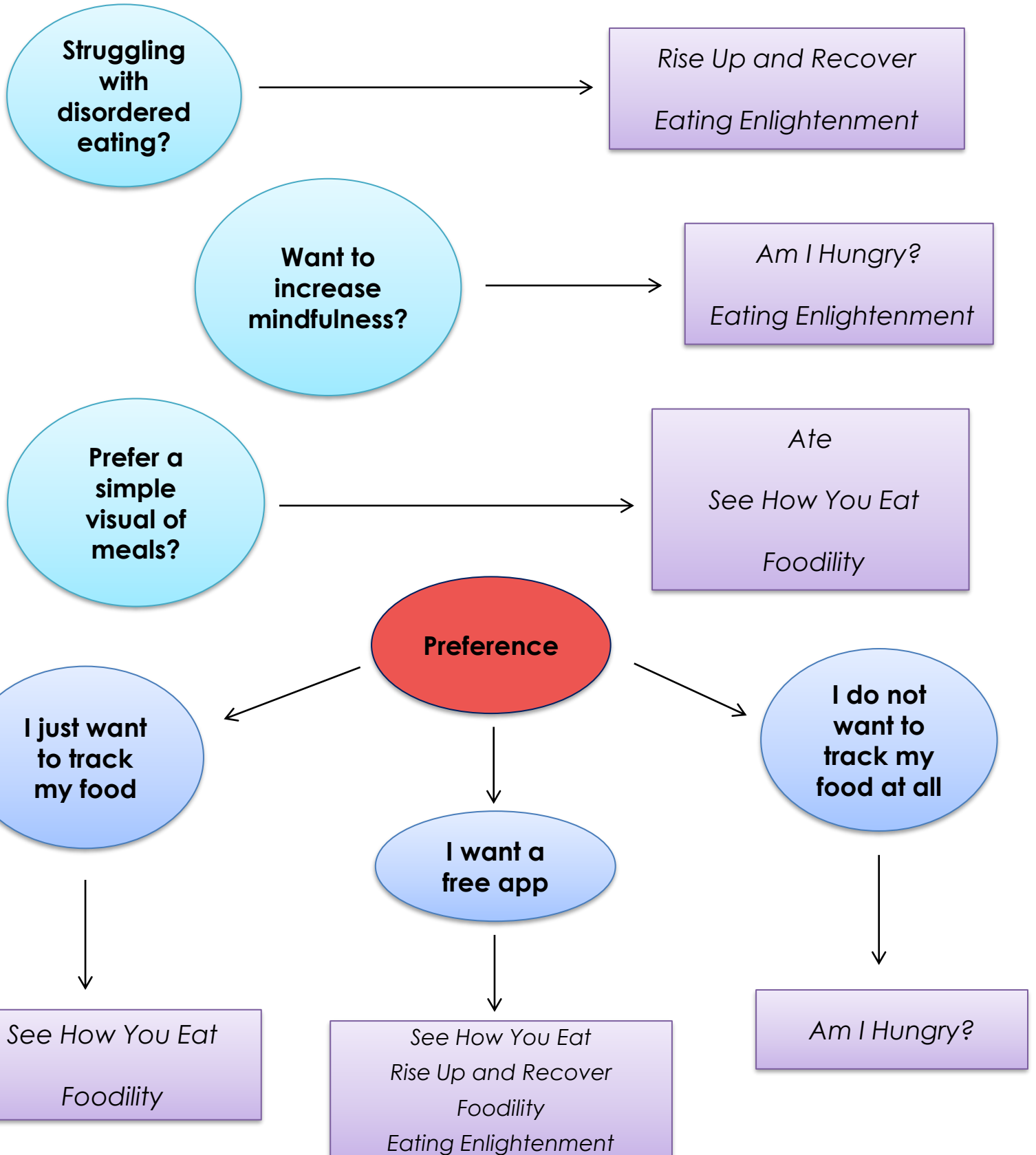
Nutrition App Road Map

Accountability of a food log without the pressure of calorie counting

Sophie Walton, MS, Dietetic Intern



Walk through this flowsheet to see which app may fit you best.





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Ate Food Journal

- Meals are recorded through photos with prompts asking your reason for eating.
- Ability to record movement, drinks, emotions, weight, plus other health markers.
- Includes prompts to try experiments (like putting the phone down while eating).

\$\$ *This app costs money after the free 2-week trial.*



See How You Eat

- Take pictures of meals and write captions about meal details, thoughts, or fullness.
- Emphasizes eating at regular times – users can set meal reminders and goals.
- The app sets everyone at 6 eating occasions per day – eating less will indicate an occasion has been “missed,” which may be unhelpful or frustrating for some.

\$ *Many of the features require you to be a premium (paid) user.*



Foodility

- Prompts to input the date, meal type, photo, location, and notes about the meal (entering all this data can be cumbersome, as there are no preselect options).
- Choose to type out foods or insert pictures.
- Set goals and reminders.



Rise up and Recover

- Intended to support anyone who is recovering from disordered eating (please note the app prompts users to log/describe ED behaviors, which could be jarring for some).
- Puts an emphasis on logging behaviors, mood, food cues, as well as meals.
- Users have described some of the “motivational quotes” as off-putting or irrelevant.



Eating Enlightenment

- Use as pre-meal journaling app to practice mindfulness (not actually a food log, but you can write what you are planning to eat).
- Prompts are focused on thoughts, emotions, and nutrition.
- Geared towards reducing binge eating but can also be helpful for others (tracking episodes with the provided graph may not be useful or applicable to all users).



Am I Hungry?

- Guides users through questions related to hunger and eating cues – geared towards increasing mindful eating.
- Before a meal, click the “I want to eat” button and answer some questions.
- There is no area on the app to log meals eaten, which may not serve some people.

\$\$ *This app costs money – some users have mentioned they expected more features.*