

Nutrition Assistant Application

Introduction:

- The importance of improving nutritional intake to address the global burden of
- Nutrition improvement is here defined as any attempt to guide an individual's diet toward semblance with national healthy eating guidelines. The contributors to poor dietary intake extend from individual-level factors through to social, physical, and macro level environmental factors.
- Smartphones are now ubiquitous and increasingly intertwined with daily life, primarily owing to rapid advances in the capabilities of applications.
- We conducted a systematic review to determine if the use of nutrition apps resulted in improved outcomes, including knowledge and behavior, among healthy adults. Using apps in cellular phone, iPads, mobile phone, mobile telephone, smart phone, mobile as search terms with diet, food and nutrition.

Existing Application:

MyPlate Calorie Counter:



- **iPhone** rating: 4.7 stars.
- **Android** rating: 4.6 stars.
- Price: free with in-app purchases.

The MyPlate Calorie Counter app is suitable for health enthusiasts or a nutrition newbie.

Besides tracking your nutrient intake and exercise, the app also offers a range of recipes, meal plans, and workouts. Plus, there's a community section, which provides peer support, [motivation](#), and tips and tricks from members.

Pros

- Simple and straightforward application.
- Offers nutrition tracking, meal plans, recipes, and workouts.
- Includes community forums for support and motivation.

Cons

- Limited customization options.

- Unable to filter recipes based on certain dietary restrictions or food allergies.

PlateJoy:



- **iPhone** rating: 4.7 stars.
- **Android** rating: 4.5 stars.
- Price: \$4.99 per year for Healthline readers; otherwise \$12.99 per month, \$69 for 6 months, or \$99 for 1 year.

It uses a questionnaire to collect details about your lifestyle, cooking habits, and dietary preferences and then creates a custom meal plan and shopping list for your household.

In addition to choosing your meal plan, you can also select specific ingredients that you'd like to avoid, the amount of variety you prefer, and

your desired portion sizes.

Pros

- Designed to help you save time on **meal prep** and shopping.
- Creates a nutritious meal plan based on your needs and preferences.
- Reduces food waste by optimizing your use of ingredients.
- Multiple diet plans and customization options available.

Cons

- Requires membership to use.

MyFitnessPal:



- **iPhone** rating: 4.7 stars.
- **Android** rating: 4.5 stars.
- Price: free with in-app purchases.

MyFitnessPal is a powerhouse app, with an enormous food database, barcode scanner, recipe importer, restaurant logger, food insights, **calorie counter**, and so much more.

Whether you're monitoring your nutrition to lose weight, switch up your eating habits, or simply hold yourself accountable, MyFitnessPal makes it easy.

Pros

- Large database for easy food logging.
- Many free features available.
- A barcode scanner helps simplify nutrient tracking.

Cons

- Some users note that the interface can be glitchy, confusing, or difficult to use.
- Detailed nutrient analysis only available with premium membership.

[Yummly Recipes & Cooking Tools:](#)



- **iPhone** rating: 4.7 stars.
- **Android** rating: 4.5 stars.
- Price: free with in-app purchases.

With more than 2 million recipes to choose from and a variety of options tailored to your tastes, needs, and preferences, Yummly is my go-to app for **healthy cooking**.

Recipes are sorted and organized by cuisine, course, diet, and required ingredients, making it easy to find something that works for you.

You can also add ingredients to your **shopping list**, connect smart appliances to the app, and create custom collections with your favorite recipes.

Pros

- Wide selection of recipes to choose from.
- Simple, user-friendly interface.
- Reviews available for each recipe.
- Includes helpful tools, such as shopping lists and recipe collections.

Cons

Frequent ads in the free version.

Some note that it takes multiple clicks to access full recipes with directions.

Many features require monthly membership.

Lifesum: Healthy Eating



- **iPhone** rating: 4.7 stars.
- **Android** rating: 4.4 stars.
- Price: free with in-app purchases.

Lifesum is a popular app that helps simplify **weight loss** with tools like a recipe library, food log, and calorie counter.

When signing up, the app collects information about your height, weight, age, and specific goals to provide a personalized plan based on your needs.

It also has a weekly health test, which includes insights on your habits and identifies potential areas for improvement.

- Simple, visually appealing user interface.

Pros

- Provides weekly health tests to keep you on track.
- Variety of diets to choose from.
- No ads on the free version.

Cons

- Limited customization for meal plans.
- Some users note that the directions for some recipes could be better.

[Ate Food Journal:](#)



- **iPhone** rating: 4.8 stars.
- **Android** rating: 3.5 stars.
- **Price:** \$9.99 per month or \$49.99 per year.

Advertised as a **mindful** food journaling app that doesn't count calories, Ate Food Journal aims to help you understand why you eat certain foods and how they make you feel.

The app enables you to take photos of your meals and activities to create a visual timeline of your day.

It also allows you to participate in experiments, such as eating with your non-dominant hand, and add details about each meal, including who you're with, how it was made, and how it tasted.

Pros

- Focuses on mindful eating and healthy habits rather than counting calories.
- Simple and easy to use.
- Includes extra features like experiments and personal insights.

Cons

- Subscription required after 7-day free trial.

MyNetDiary Calorie Counter:



- **iPhone** rating: 4.8 stars.
- **Android** rating: 4.6 stars.
- **Price:** free with in-app purchases.

Whether you're trying to cut carbs, increase your protein intake, or get a better grasp of the **macronutrient** breakdown of your diet, MyNet Diary

Calorie Counter is a great tool for on-the-go food logging.

The app helps you set goals, monitor your weight trends, and track your intake based on the specific diet plan you select. It also offers detailed nutrient information for each ingredient in your food log and a daily analysis to help keep you on track.

Pros

- Variety of free tracking features available.
- Daily analysis with detailed information on overall nutrient intake
- No ads on the free version.
- No sign-up required.

Cons

- Diet plans require paid membership
- Limited customization options without subscription.
- The user interface can be somewhat confusing and complicated.

Noom:



- **iPhone** rating: 4.7 stars.
- **Android** rating: 4.4 stars.

Price: \$60 per month or \$199 per year.

Offering custom meal plans, weekly challenges, and access to a virtual coaching team, **Noom** is popular among dieters all over the world.

In addition to providing educational info, Noom also includes tools to track your progress and workout plans to add more activity to your daily routine.

Pros

- Lesson plans designed to help understand your food choices.
- Provides tools to track progress.
- Includes support from the virtual coaching team.

Cons

- More expensive than other apps.
- Some users report that the coaching team offers little personalized feedback.

Spokin:



- **iPhone** rating: 4.7 stars.
- Price: free.

For families with **food allergies**, Spokin can be a convenient tool to have

on hand.

It allows you to select the specific ingredients that you need to avoid and provides information on whether food products are safe and allergen-free.

You can also view reviews from other users for restaurants and hotels around the world to find allergy-safe options.

Though the app can currently only be downloaded on the App Store for iPhone, the developers note that it will be available soon for Android devices as well.

Pros

- Provides information on allergy-friendly food products, hotels, and restaurants.
- Allows you to connect with other users with food allergies.
- Free to use.

Cons

- Some report issues with navigating through the app.

Ovia Pregnancy Tracker:



- **iPhone** rating: 4.9 stars.
- **Android** rating: 4.7 stars.
- Price: free.

Nutritional needs change quite a bit during pregnancy, which can be overwhelming when you're expecting. Fortunately, Ovia makes it easier than ever to ensure that you're getting the nourishment that you need for a healthy pregnancy.

Specifically, the app includes a food and activity log, recipe collection, medication reminders, and a guide to **food safety**.

Pros

- Provides resources and nutrition tips for pregnancy.
- Allows you to track food, activity, sleep, mood, and more
- Free to use.

Cons

- Limited customization options for some features, such as

