


Smartphone Apps for Healthy Body

App	Details
<p>1) Foodswitch</p> 	<ul style="list-style-type: none"> - This app allows you to scan the barcode of a food product and give you a quick analysis, or suggest healthier alternatives <p>√ itune √ android \$ free</p>
<p>2) Traffic Light Food Tracker</p> 	<ul style="list-style-type: none"> - Based on the amount of total fat, saturated fat, sugars and sodium, this app tells you if the food is green (low), amber (medium) and red (high) <p>√ itune √ android \$ free</p>
<p>3) 8700</p> 	<ul style="list-style-type: none"> - This app helps you understand how much of your ideal daily food quota in the most popular fast foods <p>√ itune √ android \$ free</p>
<p>4) Meat cuts</p> 	<ul style="list-style-type: none"> - This app shows you all the cuts of meat for beef, lamb, veal & goat. <p>√ itune √ android \$ free</p>

5) Cookspiration



- This app, created by Dietitians of Canada, provides you some healthy recipes and inspire you to cook any time!

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Diet record

1) Easy diet diary



- This app allows you to monitor your dietary intake

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