

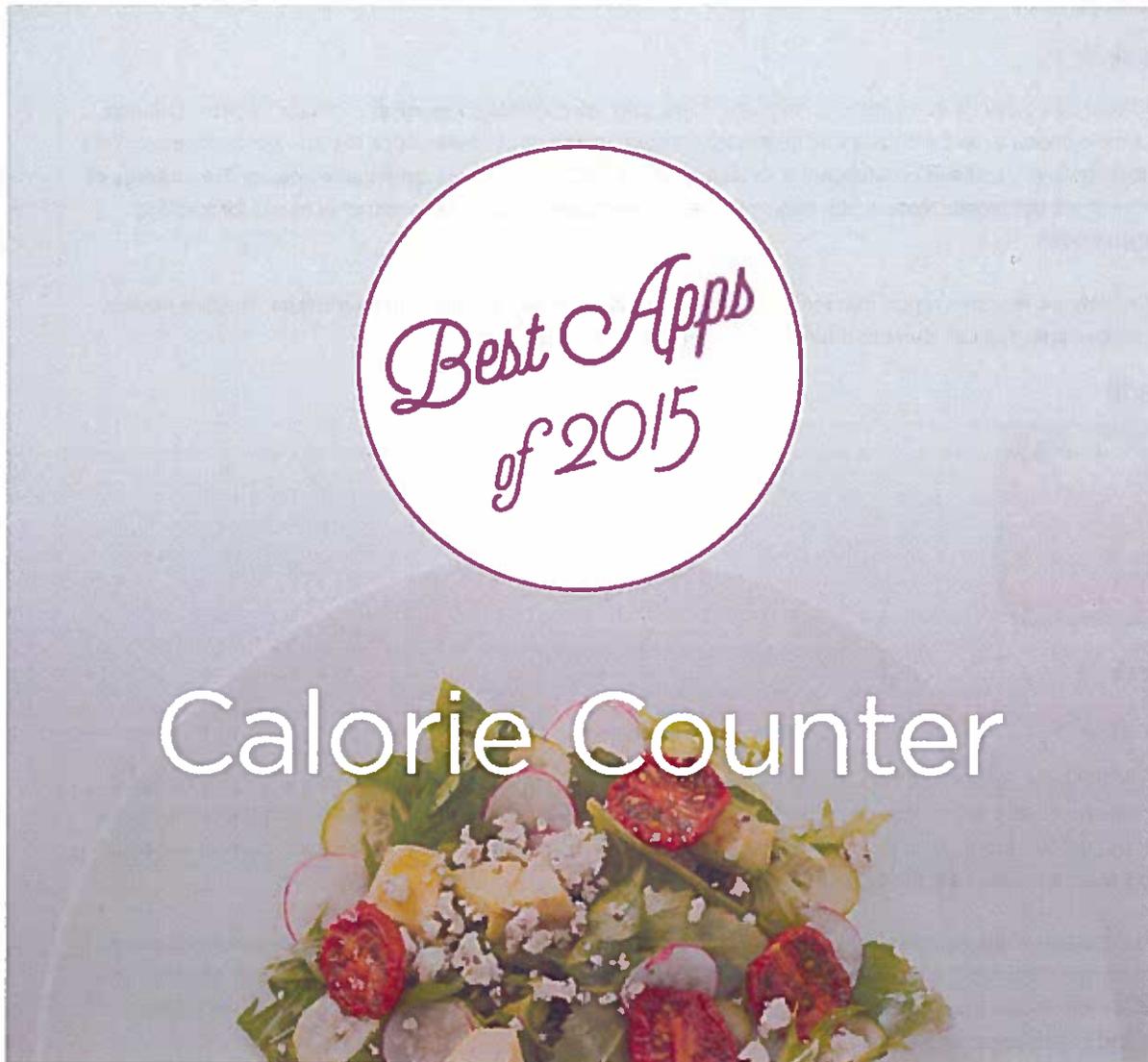
 Healthline

Diet & Weight Loss

The Best Calorie Counter iPhone and Android Apps of the Year

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Medically Reviewed by Natalie Butler, RD, LD on August 3, 2015

Calorie counter apps can be a great weight loss tool. Check out our top 10 of 2015.



Get on Track with an App

Are you trying to lose a few pounds or get a handle on your diet? There's an app for that. In a study published by the Journal of Medical Internet Research, a group of 128 people were given the task of tracking their weight loss efforts over the course of six months with either an app, website, or paper diary. The results were astounding. Over 93 percent of the app group stuck with tracking for the duration of the study, while the other groups lagged behind with

less than 55 percent adherence. Not surprisingly, weight loss for the people tracking with the app was also more substantial.

So, grab your phone, download one of these apps, and get tracking!

MyFitnessPal



iPhone rating



Free

Android rating



Free

Record your basic calorie consumption, macros, micros, and more with MyFitnessPal's Calorie Counter. The app offers simple charts to plot progress and seamlessly integrates with other fitness apps to track workouts and calorie burn. Its extensive database of nutritional data includes 5,000,000 foods and is continually growing. The majority of these foods are uploaded by users and may not be entirely accurate. A barcode scanner is helpful for tracking packaged foods.

Unfortunately, some users report that the latest update created issues syncing with their Fitbits. The free version also includes ads. You can purchase the premium service for \$49.99 per year.

Lose It!



iPhone rating



Free

Android rating



Free

You'll get the peer support you need to meet your individual goals with Lose It! If you're lucky enough to have the Apple Watch, the app will nudge you if you've forgotten to track a meal. Its food database is complete with popular restaurant, grocery store, and brand name foods, which are all verified as accurate by the app's team of experts. A barcode scanner is also a feature.

Some users believe the exercise counter overestimates calories expended during their sweat sessions. Entering custom recipes, although relatively time consuming to initially enter, is helpful for those who primarily cook at home and allows for quicker tracking of leftover homemade meals. The premium version connects Lose It! to a variety of fitness and health apps, and allows for custom goal setting and tracking.

SparkPeople



SparkPeople's Calorie Counter app gives you access to hundreds of exercise demos, articles by health and wellness experts, healthy recipes, and more. These perks are in addition to its powerful calorie counting capabilities, with over 3,000,000 food entries. The app's barcode reader lets you scan any food and automatically enter it into your daily log.

Some users have shared that the app has a few bugs that occasionally make logging difficult. Many of these same people say that when it works, it's the best app they've used.

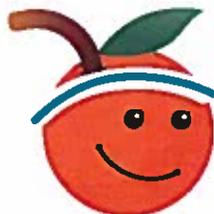
FatSecret



Sure, the name might not be the best choice, but this app packs quite a few tools that will help you reach your weight loss goals. Keep food and exercise diaries along with a journal to record your progress. You can even join support groups and engage in group challenges for extra motivation.

The interface and charts might not be the prettiest, but the information you need is clearly displayed, accurate, and stored conveniently in your phone.

Fooducate



The Fooducate dashboard is as colorfully attractive as it is informative. Foods are rated through a grading system (A, B, C, D) based on nutritional content and quality of ingredients. You can also search for healthy alternatives to your favorite meals and snacks. These are all the sorts of great things you'd expect from an app that won first prize in the United States Surgeon General Healthy App Challenge.

A recipe builder is in the works, but not yet available in the current version.

Noom Coach



Noom is designed to help you look beyond the scale and enjoy healthy living as a whole. This will help you make sustainable lifestyle changes that will pay off in the long run. The app's coached approach is backed by science and has helped a reported nine out of 10 users lose weight. In fact, users have lost an average of 10 pounds in just two months.

Unfortunately, the free version is relatively stripped down compared to the paid subscription. NoomPro costs \$49.99 per year.

Nutrition Menu



Looking for an app that's up for your mobile lifestyle? Nutrition Menu covers info from over 360 restaurants in the United States and Canada, with 49,000 menu items. There are also 51,000 other foods you can log in your diary along with your water intake. Even better, you can access everything without an Internet connection.

The graphs and charts are a bit oldschool, but the information you'll get about your dietary choices, calories, and weight is invaluable.

MyNetDiary



The Calorie Counter by MyNetDiary boasts speed as one of its distinguishing characteristics over other apps. You can log meals for the entire day in mere minutes. The app searches for foods as you type. The app also includes

over 500 exercises you can log with your meals and integrates with the MyNetDiary's GPS-enabled fitness tracker app.

The extended Calorie Counter PRO is more expensive than other apps of its kind, but it comes with the ability to track body measurements and lab results. You can get it for \$59.99 per year. With all its great reviews, it might be worth the extra dollars.

My Diet Diary



iPhone rating



Free

Android rating



Free

Millions of people have achieved their health goals using MedHelp's My Diet Diary. Its database contains over 150,000 foods and recipes. You can track your calories, macros, weight, exercise, and even connect with your different fitness devices. Best of all, the graphics are gorgeous. You can also sync your data with MedHelp.org and print information to take to doctors' appointments.

Users have shared that the latest version has a few glitches, but the support team has been incredibly responsive in working to fix those issues.

Simple Calorie Count



Android rating



Free

If you'd rather strip down to the basics, try Simple Calorie Count. It may not have all the bells and whistles included in other apps, but it accurately tracks calories, displays your day's progress, and creates a personal food database for easy selections. Your home screen widget even displays how many calories you have left in your day.

The downside? You have to enter all of your own foods. For those of you who already have a good handle on your daily eats, this shouldn't be too much of an issue.

Calories In, Calories Out

Tracking calories in and calories out is one of the most basic ways to keep yourself in check if you're trying to lose weight. With all the apps available today, it's easy to stay accountable and actually reach your personal goals. Whether you're looking to lose a few pounds or just start better eating habits, the power is in the palm of your hand. Happy tracking!

References:

- Carter, M. C., Burley, V. J., Nykjaer, C., & Cade, J. E. (2013, April 15). Adherence to a smartphone application for weight loss compared to website and paper diary: Pilot randomized controlled trial. *Journal of Medical Internet Research*, 15(4), e32. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3636323/>

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