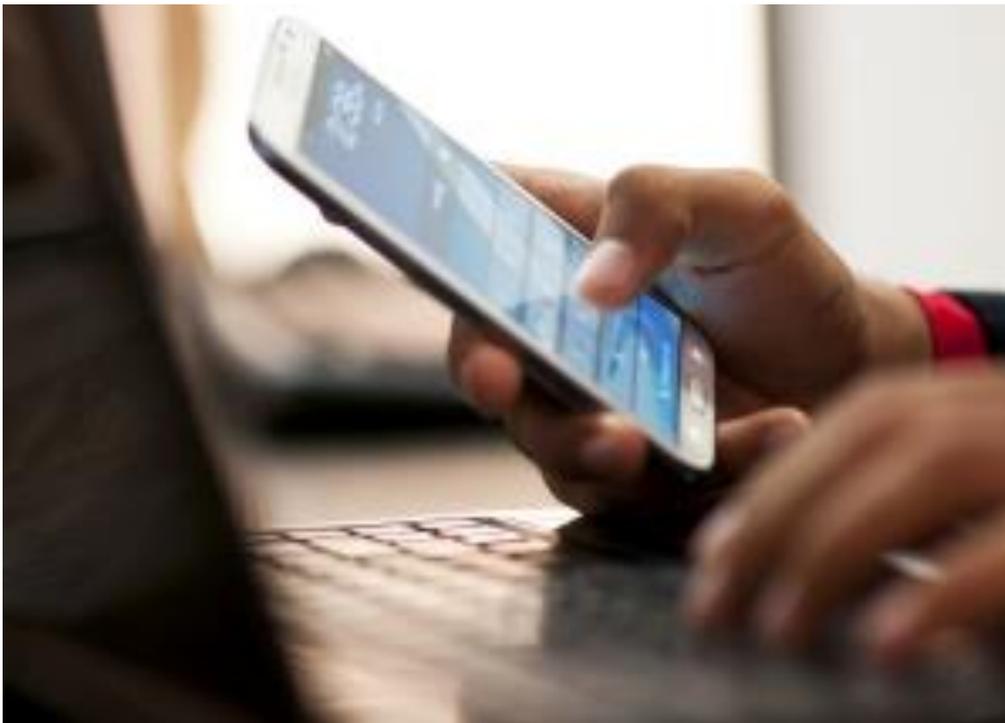


Nutritional Apps for College Students

by Lillian Minter



College is a unique experience. The transitioning from high school to college is challenging for freshmen, especially for those who leave home. Freshmen need to learn how to develop routines, habits and preferences. Nutritional habits change for most of the college students for various reasons. If they do not have cooking skills, they end up snacking or dining out. Snacks

are mostly processed and high in calories. Many have difficulties reading food labels. Food is readily available in and nearby campus, and fast foods usually become the undergrads' staple food. Studies have shown that this transition increases the consumption of fast foods, sugary drinks, highly processed snacks, and reduces the physical activity and the consumption of

fresh fruit and vegetables among college students.

Apps

There are many apps that help college students have a better idea of how to choose healthy food and cook quick and easy meals with just a few simple pieces of cooking

equipment. In addition, the most popular technological device owned among people older than 18 years of age is a mobile phone. So most of the undergrads can download apps with no problem, and at no cost.



Sugar Rush is an eye opener app. This app tells you how much added sugar is in your food and beverages. You just need to scan the barcode, and it will tell you how many grams, calories, or teaspoon of sugar are in the food selected. The American Heart Association recommends limiting the amount of added sugar to 100 calories or about 6 teaspoons/day for women and 150 calories or about 9 teaspoons of added sugar/day for men. For PC or tablet you can go to <http://www.fooducate.com>. This is a good way to start!

Another good app is **Calorie Smart**. This app helps you keep track of your daily calories, nutrients, water and physical activity.

You can access your account on your phone, tablet or PC. It has charts that help you to see your progress and to achieve weight, physical activity and water intake goals.

Lose It! is similar to CalorieSmart, but Lose It! is a free app, and you can scan the barcode of your snacks or other processed foods to automatically add it to your daily food log. In addition, you can track your daily fitness.



One app that is designed for children and parents is **SmashYourFood**. This app is free,

very visual and interactive. You can select your favorite food, and smash it. It tells you the content of sugar, fat and salt. It has very basic advice on how to cook common foods, and help you to analyze your plate of food. This app is worth it for college students who have little children. Also, you can go to www.foodnme.com and find other interactive games that can teach children, young adults and parents how to promote good eating habits.

HealthWatch 360 helps you eat right for your health. Start with selecting a health and wellness goal: Weight Control, Boost Energy, Sports Nutrition, Longevity, Pregnancy, Acne and Skin Health, and other chronic diseases. Its scientific algorithm generates a personalized nutrition plan and provides daily reports on your nutrition status. Count calories, monitor 30+ nutrients (Fats, saturated omega 3, carbohydrates, fiber, simple carbs, proteins, vitamins and minerals) and track exercise plus health symptoms all in one app. In addition, you can access it through your pc by going to <https://healthwatch360.gbhealthwatch.com>



Pros and Cons of Nutrition Apps

Pros

- Many apps are very attractive for users
- User friendly
- Easy to track food, physical activities and progress
- Set weight goals and fitness plans
- Many of those apps have a website platform as a second method of tracking and recording data

Cons

- The success depends on the compliance of the user. The more the app is used, the more positive results the user has

- It requires internet connection and sign in.
- Some apps are not available on androids, but iPhone
- Not all the apps' staff include Registered Dietitians
- Not all apps have social networks that provide extra support
- You do not have one-on-one direct consultation with a Registered Dietitian

In the apps market, you can find tons of apps that can be more specific for your needs. For instance:

Gluten free apps, help you to identify food that contain gluten or are gluten free such as:

- [The Gluten Free Restaurant Cards](#)
- [CeliacFeed](#)
- [Eating out G-Free](#)

Food allergies apps help you to identify different allergens such as eggs, peanuts, gluten, dairy, while eating out or purchasing food

- [FoodWiz](#)
- [AllergyEatsMobile](#)

Diabetes apps help you to manage your blood glucose, and manage carb intake. Some apps help you to manage insulin doses. Some include:

- [Vree for Diabetes](#)
- [Bant](#)
- [WaveSense Diabetes Manager](#)
- [Glucosebuddy](#)
- [GluCoMo](#)

Food and nutrition lovers' apps

help you to know the new trends of nutrition, and are excellent tools for food and nutrition students and professionals

- [Food & Nutrition Magazine App](#) (it is free for members of the Academy of Dietetics and Nutrition)
- [USDA DRI Calculator app](#) for Health Care Professionals
- [FoodKeeper](#) is excellent to know everything about food storage, keep food fresh, and thaw food safely.
- [GardenTracker](#) helps you to create your vegetable garden

Weight loss and maintenance

apps help you to track your food, water and fitness like

- [Lose It!](#)
- [Calorie Counter](#)
- [HealthWatch 360](#)

Cooking Apps can enhance your cooking methods, or introduce you to the cooking world

- [How to Cook Everything: Essentials](#)
- [Food on the Table](#) which is a meal planning budget app. It matches supermarket sales items with your food preferences and helps you to save money and eat great.
- [Appetites](#) is excellent to learn to cook step by step with virtual classes
- [SmoothieRx](#) is an excellent app for college students. You can prepare

smoothies before heading to your class. You just need a refrigerator, a blender and the ingredients. It requires 5 minutes of your time.

As you can see there are many apps at your fingertips in the market that are free and/or not so expensive. They can help you to promote healthy eating habits, fitness and to create consciousness of what you eat. However, using an app requires a few minutes of your time every day to achieve your goals! Before choosing your app, check the app thoroughly and compare it with others.

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