

Eating for Life - HANDOUT

Resources for Tracking and Mindful Eating

Mobile apps for tracking:

Baritastic App – It is primarily a nutrition tracker, but also allows patients to log everything you eat and drink as well as how you spend your calories (physical activity). Specifically designed for bariatric surgery patients (& their portion sizes)!

MyFitnessPal – Easily tracks your diet and exercise. Tracks progress and milestones.

Lose It! Tracks weight loss, calories, and exercise. Free and paid versions available.

Waterlogged – This app helps log water intake and it's simple, intuitive, and free. Currently available for iPhones. (May not be yet available for Android users.)

Fooducate – Allows you to quickly scan almost any barcode at the grocery store to find out what is really inside the food you're buying. It gives easy to use info on the spot about protein content (great for WLS patients), gluten, sugars, and much more. You can also use the app to track what you eat and calculate calories from fat, protein, carbs, etc.

My Diet Coach – This app was designed for women, but men can use it. The app has a free and paid version. The app helps give tips – one of those pertaining to cravings, which can be super helpful when staying motivated. The app also offers a craving panic button – which is a timer that requires you to wait 20 minutes before eating. That 20 minutes is the buffer to help you recognize and stop the craving.

Fitbit and Aria: Fitbit -from steps and distance to calories burned and active minutes, see your daily progress each day and over time. Aria Scale – is made by Fitbit folks and the scale tracks your weight and body fat. The data is sent to your mobile app so you can instantly see your progress without having to enter the data yourself. (The scale stores up to 8 users – so your family can use as well!)

Happy Scale – Although this is the simplest app on the list, it is still incredibly helpful. It works to help with goal setting and tracking weight-loss. Users place in their weight and goals. Happy Scale shows a linear graph displaying weight loss over time. A great source of motivation!

