

# HEALTHY HABITS APPS



This is a general list of apps for healthy eating and fitness. This list is not a substitute for professional medical advice, diagnosis, or treatment. Talk with your doctor about any questions you may have regarding a medical condition. If you think your child may have a medical emergency, call the doctor or 911 immediately.

*Please see the back side of flier for additional details regarding featured apps.*

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TITLE	DESCRIPTION	COST	AVAILABLE
Healthy Diet and Grocery Food Scanner	Use the ShopWell bar code scanner at home or in the grocery store to scan foods to find out if they are a good match for your diet.	FREE	Both Apple and Android
Fooducate	Fooducate not only monitors your food intake and exercise, but also gives you suggestions for healthy foods based on the products you scan. The app also tracks the quality of calories, not just quantity.	FREE Various in-app purchases	Both Apple and Android
Calorie Counter & Diet Tracker	Lose weight with MyFitnessPal, the fastest and easiest-to-use calorie counter for iPhone. MyFitnessPal is the largest food database of any iPhone calorie counter.	FREE Various in-app purchases	Both Apple and Android <a href="#">Multiple languages</a>
Calorie King	Need a quick and easy way to check calories, carbs and fat? Trusted by health professionals everywhere, it contains over 70,000 foods and includes 260 fast food chains and restaurants.	FREE Remove ads for \$1.99	Apple only
Lose It!	Lose It! helps you set a daily calorie budget, track your food and exercise, and stay motivated to make smarter choices and achieve your weight loss goals.	FREE Various in-app purchases	Both Apple and Android
NFL Play 60	NFL Play 60 allows you to run, jump, and turn WHILE HOLDING YOUR DEVICE and your character does the same. You move, and your character moves on screen. Jump into this super cool and fun game brought to you by the National Football League and the American Heart Association.	FREE	Both Apple and Android
Eat and Move-O-Matic	Learn about the foods you eat and how they help fuel your body for your favorite activities. Use the Eat & Move-O-Matic to make new discoveries and get tips on how small changes can make big differences.	FREE	Apple only
Healthy Heroes 2: My Plate for Kids	Help the healthy monsters feel happy again by taking nutrition out of the classroom and into the living room with Healthy Heroes 2! This game is intended for kids 6 to 8 years but involves the whole family. <i>Cooking Fun for Kids is another FREE app for kids 6 to 8.</i>	FREE Full game is \$2.99	Both Apple and Android
Body Quest: Food of the Warrior 1	Are you ready to tackle your fears? This is your chance to find out how brave you are—and how much you know about the benefits of fruits and vegetables. <i>Body Quest 2 and 3 are also available for Apple.</i>	FREE	Apple only
Kurbo Health Coaching	Kurbo is a fun, easy to use, mobile app designed specifically for kids, teens and families. It helps you make smarter eating and exercise decisions so you can take control, and look and feel better.	FREE	Both Apple and Android