

# Apps — App features listed are for free versions. Most have the option to pay for an upgrade that offers more support and more features

## Carb Counting (Android and iOS)

**Carb Manager** - can be used for weight loss and tracking fat, carbs, protein, calories, fiber, water, exercise.

**Carbs & Cals** - (uses pictures to estimate portions) can be used for weight loss and tracking fat, carbs, protein, fiber, calories.

**Fooducate**- can be used for weight loss, and tracking calories, carb, protein, fat, water, exercise, sleep.

**MyFitnessPal** - need to upgrade to get carb breakdown; it is the largest data base available. Free version tracks calories, activity, weight.

**MyPlate** - can be used for weight loss and tracking fat, carbs, protein, calories, exercise, water.

**One Drop** - diabetes specific and tracks carbs, meds, blood sugars, stress, sends reports.

## Other (Android and iOS)

**Calorie King Food Search** - Searchable database of foods, including restaurants items.

**Glucose Buddy** - Stores data needed to help manage diabetes. Input blood glucose values, insulin dosages, carb intake, and activities. View data on free glucose buddy.com online account.

**Lose It! Calorie Counter** -Track meals, exercise. Includes bar code scanner & food database; can take photos of food.

**MySugr Diabetes Log book** -Log glucose, monitor carbs, track insulin; use & get motivating feedback. Good for more tech savvy users.