

Food and Calorie Counters

This handout is intended only as a starting point for you to explore options that will work best for your program. Print and digital products change frequently, and you will need to keep current on what is available and appropriate for your program participants.

Print

- The Calorie King® Calorie, Fat & Carbohydrate Counter

Websites & Apps

- MyFitnessPal
- Lose It!
- FatSecret
- Cron-o-meter
- SparkPeople
- Fooducate
- Noom Coach
- Nutrition Menu
- MyNetDiary
- My Diet Diary
- Simple Calorie Counter
- Nutritionix Track
- ControlMyWeight (Calorie King app)