

USEFUL FREE APPLICATIONS - EAT MOVE LIVE

Applications

Description

Yahool7 Food

<http://www.8700.com.au/tools-tips-and-links/#mobile-app>

Lots of recipes - not all low fat

The 8700kJ mobile app is a **free** iPhone and Android-enabled app that gives you tools, calculators and converters, tips and the information you need to make informed food choices when you eat at larger 'fast' and snack food chains. And it remembers your details.

Swap It Don't Stop It app

Choose from a range of food and physical activity swaps and set up alerts to remind you when it's time to make a swap, • The ability to track your progress and gain badges as you reach milestones as a swapper

- An ingredient planner that helps you choose healthier food alternatives

- A shopping list

- An activity planner that lets you choose an activity, then uses GPS to find a local spot for it ie. tennis courts, a walking track etc.

Woolworths

View catalogues; weekly specials at your local store; Recipes

- health & wellbeing - low fat, do shopping list,

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Coles (only iPhones)

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www.betterhealth.vic.gov.au/findhs

Help to find local health services, Drs, Child & Family Health Nurses, etc

www.bupa.com/foodswitch

Scan barcodes of packaged foods with your smartphone¹ or tablet camera.

Get easy-to-interpret nutritional information for more than 28,500 products.

Get traffic light-style colour-coded ratings for 4 key food components (total fat, saturated fat, sugar and salt): red indicates a less healthy choice, amber is an okay choice and green is a healthier choice

www.bodyandsoul.com.au/health+healing/news+features/top+50+health+apps

Tried-and-tested recipes, features include an interactive shopping list, favourites folder, recipe of the day function and inspiring recipe collections.

<http://www.gizmodo.com.au/tags/fooducate/>

Fooducate, grades any package in your grocery aisles, gives you its contents' nutritional highlights (and lowlights), and provides healthier alternatives

www.hellawella.com/7-best-and-free-healthy-eating-apps-for-your-smartphone

Free Smartphone apps for grocery shopping, cooking and eating out with your health in mind.

GAMES

Good Glen & the Bad Eggs

Quick fingers? Put them to the test! Play this fast-paced, super addictive game to eliminate all the Bad Eggs. Challenge your family or friends to beat your score!