



Fort Carson-MEDDAC News

Eat Right, Your Way, Every Day There's an App for That!

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How often do you hear people give reasons or justifications on why they are not eating healthy foods or even eating on a regular basis? Everyone's life is busy. It's rare that a work deadline or project is set aside yet your daily fuel to help you accomplish these projects is pushed into the back seat.

Healthy eating and weight loss are always on the top 10 list of New Year's resolutions. By March, most of these resolutions are long forgotten. This month marks the 40th Anniversary of National Nutrition Month and the Academy of Nutrition and Dietetics wants to encourage everyone to develop a healthy eating plan that recognizes our individual food preferences, lifestyle, health, and cultural and ethnic traditions.

Fortunately for you, your six Registered Dietitians here at Evans Army Community Hospital want to get you back on track with those healthy eating goals. We know that not everyone has time to meet with us, but we also know that you are probably one of the more than 955 million active users who spend an average of six hours and 35 minutes per month on Facebook and/or the internet. So we'd like to share information about 10 nutrition links available to you, most with no fees.

The Academy of Nutrition and Dietetics has published a "Top 10 Nutrition App" list for National Nutrition Month to help you, "Eat Right, Your Way, Every Day". As individuals, every person needs to find something that works for them. These applications make it easy to stick with whatever plan you choose. Here are the names of some good ones:

- My Fitness Pal's Calorie Counter and Fitness Tracker
- Calorie Counter: Diets and Activities
- Calorie Counter by About, SparkPeople.Com
- Calorie Tracker by Livestrong
- Lose It!
- Tap & Track-Calorie Counter
- Calorie Counter by Fat-Secret
- Restaurant Nutrition and Fooducate



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The Academy of Nutrition and Dietetic's main site is also a great reference and resource, www.eatright.org.

Come join us for your healthy eating journey! The EACH Dining Facility will be hosting weekly nutrition quizzes throughout March and all correct quizzes will be entered into a drawing for a weekly prize. Test your nutrition IQ while you eat and possibly win a prize!

Lack of time to plan or pack meals is probably the biggest reason people give as they are heading through the drive-thru to pick up their fast food. These apps can provide you with menu planning and nutrition information and make the task less daunting and more fun.