

## The Lunchbox Nutritionist

Kathleen Searles MS, RD, LDN



With kids back in school, afternoon activities, business travel, and the start of football season, September is one busy month! While most of us hate to say good-bye to summer, fall can be a time for new beginnings and experiences. One of my new beginnings is my first "smart" phone! It is fun (mostly!) to learn about how this phone can keep the world at my fingertips. This month's newsletter is just right for those of you already experienced with using your phone. It focuses on some of the apps you can use to track your progress on your path to healthier living. Maybe one (or more!) of these food, fitness, or cooking apps will be just right for you!

To your health,

- Kathleen Searles, MS, RD, CSSD, LDN

### Food & Nutrition Log Apps:



My Fitness Pal - Free

- Over 2 million foods in database
- Allows you to set goals and desired calorie goal
- Tracks your calorie intake and calorie / activity burn
- Keeps track of what has been eaten on a regular basis, saving time because you do not have to "search" for the food every time you need to add it
- You can add "friends" who can then view your progress (without seeing your actual weight), and you can leave encouraging words and comments for each other
- Only tracks calories and does not track macro

### Sports Nutrition Corner

Could one of your new experiences this fall be running? The "[Couch to 5 K](#)" app can get you there! A number of my clients have found this app helpful in transitioning to a more active lifestyle. Remember that there are still a lot of warm days in September, so whether you are running, playing soccer, or hitting the gridiron it is important to drink plenty of fluids and include some salty snacks like pretzels.

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### Apps for Fitness:



See Me Get Fit - Free

This app is great for the "visually motivated" who likes to track progress with more than just the number on the scale. You hear the term often: "Muscle weighs more than fat", but when changing

and micronutrient intake (i.e. grams of carbohydrates, protein, and fat)

- Easy to track notes and make additional comments

**Fooducate** - *Basic version is free, but there are additional features with a \$4.99 upgrade*

- Fooducate helps you lose weight, eat real food, and track your progress
- Unique feature that grades your food and explains what is in each product, and even offers healthier alternatives
- Provides GMO information
- Scan a bar code of your food and you will instantly learn about the pros and cons of the food item
- Analyzes information found in the nutrition panel and ingredient list
- This app is unique because it not only helps track your calories, but really helps you understand the quality of the calories you are consuming

**My Net Diary HD** - \$9.99

- Over 510,000 foods in database
- Easy and fast to use
- Built in barcode scanner
- Tracks calories as well as micro and macronutrient intake (i.e. grams of carbohydrates, protein, and fat)
- Send a picture of a food not in the database and the application will update itself for you
- Works offline without internet and syncs to the “cloud” when internet is available
- Access diary online
- Not easy to email report to dietitian, however during session meeting you can log into website and view journal

**FitDay** - *Free*

- Food and fitness tracker with an app and web based system
- Easy to create custom foods
- Tracks calories, carbohydrate, protein, and fat intake
- Allows you to log in online you can view reports and see “pie charts” showing percentage ratio of carbohydrate, protein, and fat intake
- Does not send reports to dietitian, but you can log into web based version during nutrition sessions to review

**Lose It** - *Basic version is free, but there are many enhanced features with premium upgrade*

- Food and fitness journal that connects with the

your body is a goal, you want to see results, and all too often people fall into the rut of using the “scale” to measure success. See Me Get Fit allows you to track your progress with photos, so that you can really see the changes going on with your body!

**Nike + Running** - *Free*

Easy to use app that uses your iPhone’s GPS to record distance, pace, and time. This app will “talk to you” every mile giving you an update on how things are going. You can track your progress, view for past pace and distance history, track calories burned...all while listening to your music while you run! You can add friends to motivate and inspire each other with a little healthy competition.

**iWOD** - *Free*

Created by CrossFit enthusiast to help keep fitness fun! This app delivers a Workout of the Day, Lift Logs, Fitness Timers and more.

### Apps Galore: More Apps to Keep You Healthy!



#### Food Allergy and Sensitivity Apps:

- mySymptoms Food Diary - \$2.99
- Allergy Mate - \$1.99
- Food Allergy Detective - \$3.99

#### Eating Disorder and Recovery Apps:

- Recovery Record - Eating Disorder Management - Free
- Rise Up: Overcome Your Eating Disorder- Free
- Mindful Delight - A No-Diet Eating and Awareness Tracker - Free
- Apps for Diabetes and Heart Disease**
- iCookbook Diabetic - Free
- mySugr, Diabetes Manager - Free for basic version
- Cholesterol Down by Dr. Janet Brill - \$2.99
- Eating for a Healthy Heart: The Video Guide - \$4.99
- Figure facts Heart Health - \$2.99

### Recipe of the Month: Apple Cheddar Panini

- people you need to reach your goals
- Sends weekly reports to dietitian of food and exercise log
- Extensive database of foods
- Recipe builder, so that you can add and customize personal recipes
- Connects social media accounts such as Facebook and Twitter
- Premium upgrade will connect with other health and fitness apps and will link to enhance your experience with apps such as Nike+Fuelband, Fitbit Tracker, .Nike+Running App, MapMyFitness, and more

#### Evernote - Free

- This is an non- traditional use of the business friendly app “Evernote” but is a very effective and easy way to track food intake
- Notes can include text or images (take pictures of amount eaten or nutrition label of new food)
- Tags can be used to organize journal in an easy, sharable notebook for anyone to review
- Does not calculate calorie intake or exercise calories burned

#### Apps for Cooking:



**All Recipes - Your Kitchen Inspiration - Free**  
 With over 45,000 member tested recipes, this app is a must have! You can search recipes based off of the ingredients you have on hand, specific dietary restrictions such as gluten-free, low carb, or low sodium. All recipes come with estimated prep time as well as reviews from other members. There is a “Pro” version with enhanced features for only \$2.99.

#### FoodGawker - Free

Allows you to search for your favorite recipe...with your “eyes”. This app is a companion to the website [www.foodgawker.com](http://www.foodgawker.com) and will showcase new recipes everyday through food photos. The food photos and recipes are submitted by individual blogs, therefore not



<http://www.usapple.org/>

Servings: 4

If you don't have a panini press, just use a non-stick skillet to make these tasty sandwiches. Just about any cheese can be substituted for Cheddar.

#### Ingredients:

8 slices whole-grain bread or gluten-free bread

1/4 cup low-fat honey mustard

2 crisp apples, thinly sliced

8 ounces low-fat cheddar cheese, thinly sliced

cooking Spray

#### Method:

1) Lightly coat panini press with cooking spray. Preheat panini press on medium heat. Lightly spread honey mustard evenly over each slice of bread. Layer apple slices and cheese over 4 slices of bread, using about 3 - 4 apple and 2 ounces of cheese for each sandwich. Top each with remaining bread slices. Grill each sandwich for 3 to 5 minutes or until cheese has melted and bread has toasted. Remove from pan and allow to cool slightly before serving.

2) Prep Time: 10 Minutes

3) Total Time: 20 Minutes

Nutrition Information: Calories: 280, Total Fat: 6g, Saturated Fat: 2.5g, Calories from Fat: 190, Protein: 18g, Carbohydrates: 43g, Cholesterol: 10mg, Dietary Fiber: 12g, Sodium: 570mg

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all recipes will be suited for all nutrition and diet needs. However this is a fun app to explore new ideas! I guess you could say Food Gawker is like the “Pinterest” of all things food!

**Spinning Meals - \$1.99**

If you struggle with “what’s for dinner” every week, this may be a fun app to use! With one simple spin the app will generate your dinner “menu” and will even supply you with the corresponding recipes and shopping list!

**Quote of the Month:**

“If you want to sail your ship in a different direction, you must turn one degree at a time.”

- Brian Tracy



**About Kathleen Searles, MS, RD, LDN**

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school. Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.