Tips for Teens: Healthy Eating Made Easy

iPhone and Android Apps

Fooducate is an easy-to-use app that allows you to scan the barcodes of your favorite foods to learn about their nutritional quality. Each food, from bananas to granola bars to cheeseburgers, gets a grade from A to D and explains why each is a healthy, or not so healthy, choice. You can also use the "Diet Tidbits" feature to stay informed about nutrition in the news--- like how much sugar is really in that Starbucks® Frappuccino. (Free)

Waterlogged is a simple app that helps you keep track of the amount of water you consume each day. Water is the best choice for staying hydrated --- keeping track of your water intake can help you *avoid soda and other sweetened beverages*, which contain massive amounts of sugar and extra calories. Don't like the taste of plain water? Try adding sliced lemons, strawberries, or cucumbers for added flavor. (Free)

MyFitnessPal is perfect for those looking to track *nutrient intake, portion control, and exercise* all in one place. It personalizes the number of calories you should aim for each day and allows you to record your meals and physical activity to help you reach your goals. (Free)

It can be hard to decode nutrition labels when it comes to added sugar. Invert sugar, high fructose corn syrup, brown rice syrup are just a few of the names to look out for. The American Heart Association recommends limiting daily added sugar to *no more than 6 teaspoons for females and 9 teaspoons for males.* **Sugar Rush** makes it easy to determine the amount of added sugars in packaged foods – just scan the barcode! (Free)

Kurbo uses a "stop light" system of grading foods and allows users to set goals and track their daily intake. Green light for foods like fruits and vegetables – eat lots of these. Yellow light for foods like lean protein and whole grains – healthy, but watch the portion sizes. Red light for foods that should make you stop and think – try to eat these foods only on occasion. Kurbo offers a one week free trial, but requires a monthly subscription after that. Subscriptions are fairly expensive ($210 for 3 months), but include one-on-one video coaching, daily text motivation, and games.