

Healthy Diet Chart

(Nizam Group)

Version: 1.0

Platform: Android

Last update: 16/10/2014

Date of review: May 2016

Cost: FREE



Purpose: This app says it is a self-monitoring tool providing nutrition analysis of commonly consumed foods and basic indication of recommended daily intake, based on requirements of 2000kJ/day. In reality it shows a selection of pictures under a range of meal names (breakfast, fast foods, vegetables, etc) with no guidance or analysis of portions, ingredients, preparation or suitability.

Suitable for: Not specified – likely for motivated adults

Clinical Safety: No safety alerts or encouragement to seek professional advice included

PROs

- Easy to use
- Colourful pictures & graphics
- No internet access required for use

CONs

- Only a select number / type of foods included
- Outdated interface & poorly written
- Excessive and irrelevant advertising
- Nutrition information is not consistent with NZ recommendations
- No evidence or expertise cited
- No online support / recommendation to consult with medical professionals

Dietitian Recommendation:

This app contains pictures of a (small) range of foods that could be eaten at different meal times or as part of different food groups – and that is all. There is no function or information about how pictures are to be used or interpreted, despite a page about energy and nutrient requirements (not referenced). It includes a very limited range of foods, many of which are not commonly consumed in New Zealand. We felt that this app was clunky and not very useful for anyone wanting healthy eating support.