

My Fitness Pal - Under Armour™

Version: no. 7.12

Last update: April, 2017

Date of review: April, 2017

Cost: Free, although significant cost to the Premium version (\$9.99 US a month or \$49.99 US a year). The free version includes a daily calorie goal and daily carbohydrate, fat and protein goals. The premium version provides nutrient analysis, allows exporting of data, no advertisements and daily macronutrient goals in grams.

Platform: Android and Apple

Purpose: Daily energy intake tracker, or diet diary.

Suitable for: A general, healthy population.

Clinical safety: Accuracy of the macronutrient goals for an individual remain uncertain. Doesn't appear to be much specialisation of goals to individual needs and requirements.

Pros:

- The appearance of the user interface
- Easy to use
- Basic education messages
- Links well with social and community chat forums

Cons:

- Doesn't appear to have any nutrition –related health experts on the panel of app developers
- Research appears to be conducted by the app developers
- Food database appears to be predominantly American and only provided in the premium version
- We query the accuracy of the energy, carbohydrate, fat and protein goals
- Commercial interests relate to selling Under Armour™ products



Dietitian recommendation:

My Fitness Pal has been a very popular health app for many years now, with the recent version under the commercial arm of Under Armour. An easy to use diet diary and energy tracker, however the accuracy and relevance of the carbohydrate, protein and fat goals are questionable and this app should be used in conjunction with medical and dietetic input.