

Nutrition Facts

(Yuku)

Version: 2.2.2 (Android)

Review date: June 2016



Cost: FREE

Platform: Android only

Purpose: Gives macronutrient and micronutrient breakdown of various foods, including amino acids, vitamins, minerals and trace elements.

Suitable for: Nutrition educated people that require extensive information on nutritional content of foods. May be useful for those with pathologies requiring specific nutrition knowledge, for example potassium content in foods for renal patients, and phenylalanine for PKU patients.

Clinical Safety: Low risk.

Pros:

- Uses the USDA National Nutrient Database
- Many products included

Cons:

- Requires significant nutrition knowledge and literacy
- Does not use a New Zealand food database and common NZ brands are not present
- Search engine is pedantic and requires exact spelling
- Search engine is not helpful, for example, when searching 'milk' you get 53 non-milk related options first – such as mashed potatoes and breast milk.

Overview: This app may be of use to a certain subset of the population that are very nutrition literate and have a specific need for micronutrient breakdown of foods. May be of benefit to dietitians for micronutrient breakdown however the lack of NZ-based foods limits this.

There are better apps available that are easier to use; not recommended.
