

Calorie Counter & Diet Tracker

(Spark People)



Version: 4.11 (Android)

Review date: June 2016

Cost: FREE

Platform: Android, iPhone, website

Purpose: Self-monitoring diet and exercise tracker. Forums provide a motivating environment for discussing challenges and successes with the application. Many articles were written by a resident dietitian

Suitable for: Motivated individuals seeking better wellbeing and weight loss.

Clinical Safety: Low risk.

Pros:

- Social support
- Many articles written by professionals in the field
- Experienced dietitian on SparkPeople team
- Allows you to set goals
- Large food database
- Incentives for users to review previously entered nutritional information, read articles, record food, exercise and drink water
- Lots of different exercise options
- Frequent prompts to record food and beverage intake
- Option for graphical display of data

Cons:

- Items can be entered by users and may be inaccurate or not complete
- Cannot change measurement units when entering some foods – many in ounces, not grams
- Unclear serving sizes
- Requires internet connection
- Unclear which articles were written by professionals and which were written by non-professionals

Overview: While this app is well designed and has great community support. However, many key New Zealand food items were difficult to find. When entering foods into diet records, the default setting was often in ounces and could not be changed to grams or were simply listed as per serving but no indication of the serving size was given and could make results inaccurate.
