

Nutrition Games



The Vitamin Wars of Don and Flip

Cost: Free

This interactive game book teaches children about vitamins and how they are an important part of a daily diet. Narrated by two goofy birds named Don and Flip, children will learn and be entertained by stories and arcade-style games.

Reference Guides



Leftovers

Cost: Free

This application is a reference guide for food safety. Organized by food items, this app allows the user to quickly determine storage times for room temperature, refrigerated and frozen food as well as reheating instructions and related foodborne illnesses and symptoms.



Farmers Market Finder

Cost: Free

This application allows the user to locate farmers markets in California. Over 2,700 farmers markets are in the database. Discover the location, hours and products sold based on information provided by municipal, county, state, federal government agencies and other non-profit market organizers.



Fresh Fruit

Cost: Free

This application provides the user with information about seasonal fruit, including nutritional information, country of origin and production history. Search the database of nearly 100 fruits by season, month, or fruit name.

Food and Fitness Trackers



MyFitnessPal

Cost: Free

MyFitnessPal allows users to set goals to lose or maintain weight in a healthy way. The app provides a place to track food intake and physical activity on a daily basis. Users can also input recipes and break them down by servings to determine nutritional value.



Pedometer

Cost: Free

With the help of this app, users can accurately track their daily step counts. The app features a distance meter, calorie counter, speed tracker and music player. The user can also set daily goals to increase physical activity.



iMapMyFitness

Cost: Free

This application allows the user to track physical activity a real time tracker. Turn on the GPS and take your mobile device with you, or enter your physical activity manually. Any type of exercise can be tracked. The app can also track weight and food and water intake

Making Healthier Choices



Good Food Near You

Cost: Free

GoodFoodNearYou helps you find the best food options at the most common restaurants near you. In one simple search, you get instant access to the menus and nutrition information for popular restaurants and grocery stores near your location.



Fooducate

Cost: Free

This application has a bar-code scanning feature that can be used to view nutritional value of foods. Warning of trans fats, sugar and controversial additives are included in nutritional information. It can also compare two items, and then offer healthier alternatives from its database.



Compare Chains

Cost: Free

This application provides up to date information of restaurant chains: menus and nutrition. Features include food comparisons across chains like Big Mac vs. Whopper, nutritional data and the ability to track food consumption. Pictures of foods are included.

Recipes and Cooking



Whole Foods Recipes

Cost: Free

The Whole Foods Market application allows you to build single or multi-course meals. Recipe options are built into the application, but can be filtered by selecting from categories listed. You can also search by diet type, such as dairy-free, gluten-free and high-fiber. Nutrition facts and food pictures are included.



Smoothie Selector

Cost: \$0.99

This application includes over 100 healthy smoothie recipes from editors of various magazines. Recipes include pre-workout, post-workout, weight loss, breakfast, health booster, meal replacements and dessert smoothies.

Physical Fitness Tutorials



Yoga HD

Cost: Free

A yoga application for users who seek perfection of body and mind. Yoga poses demonstrated in this application includes original names and a step-by-step guide to each pose. Voice instructions and special tunes are included.



Super Stretch

Cost: \$1.99

Super Stretch uses storytelling, animation and video examples to help kids make yoga part of their regular physical fitness. Children practice poses, collect 12 stars and get a team photo once they reach certain levels.



Gymgoal Lite

Cost: Free for limited feature version; full version \$2.99

Gymgoal has a database of 250 strength-training exercises and 24 cardio exercises with animated step-by-step instructions. This app is for anyone who wants to learn the proper technique for each exercise.

*References to non-UC products, services, or organizations do not imply university endorsement.