

Best... healthy eating apps

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If you're looking for help to eat a more healthy, balanced diet, or to lose weight in a sustainable, healthy way, there are various apps which can help you set and track your healthy eating goals. Here are some of the top apps and links to where you can download them.

It's worth noting the NHS website [Better Health](#) is a good place to start for general healthy eating advice, including a [BMI healthy weight calculator](#).

The NHS website [Eat Well](#) section also includes lots of helpful tips on how to eat a healthy, balanced diet.



NHS Food Scanner

The NHS Food Scanner app allows you to scan food or drink barcodes to quickly access nutritional information, such as levels of sugar, salt and saturated fat.

Download Links:

[Google Play \(Android\)](#)

[iTunes \(Apple\)](#)

NHS Weight Loss Plan

A 12 week plan to help you lose weight, with weekly healthy eating guides, a BMI Calculator, and daily diary to monitor your food and calorie intake.

Download Links:

[iTunes \(Apple\)](#)

[Google Play \(Android\)](#)

MyFitnessPal: Calorie Counter

A highly rated app which includes a food diary, meal planner, and goal setting and tracking. Also includes workout routines and fitness tracking.

Download Links:

[Google Play \(Android\)](#)

[iTunes \(Apple\)](#)

Calorie Counter - MyNetDiary

A simple and easy to use food tracking app, including calorie counter with barcode scanner, food and calorie tracker, and recipe ideas.

Download Links:

[Google Play \(Android\)](#)

[iTunes \(Apple\)](#)

Weight Watchers

Customised nutrition plans focusing on healthy eating to lose weight. Includes barcode scanner, recipe ideas, and food, exercise, weight, water and sleep tracking.

Download Links:

[Google Play \(Android\)](#)

[iTunes \(Apple\)](#)

Calorie Counter +

Track your calories to help you achieve your weight loss goals with a barcode scanner as well as other tools such as a food diary and exercise tracker.

Download Links:

[Google Play \(Android\)](#)

[iTunes \(Apple\)](#)

Noom: Health and weight

Builds you a custom game plan to help you build healthy habits faster. Noom takes a holistic approach to health and weight loss. It incorporates the psychology of weight loss to include personalised coaching, food logging, exercise tracking, and behaviour change strategies.

Download links:

[Google Play \(Android\)](#)

[iTunes \(Apple\)](#)

Last updated November 2023

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- [▶ Where to find reliable health information online \(England, Wales, Scotland\)](#)
- [▶ Best....apps for managing your medication](#)
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