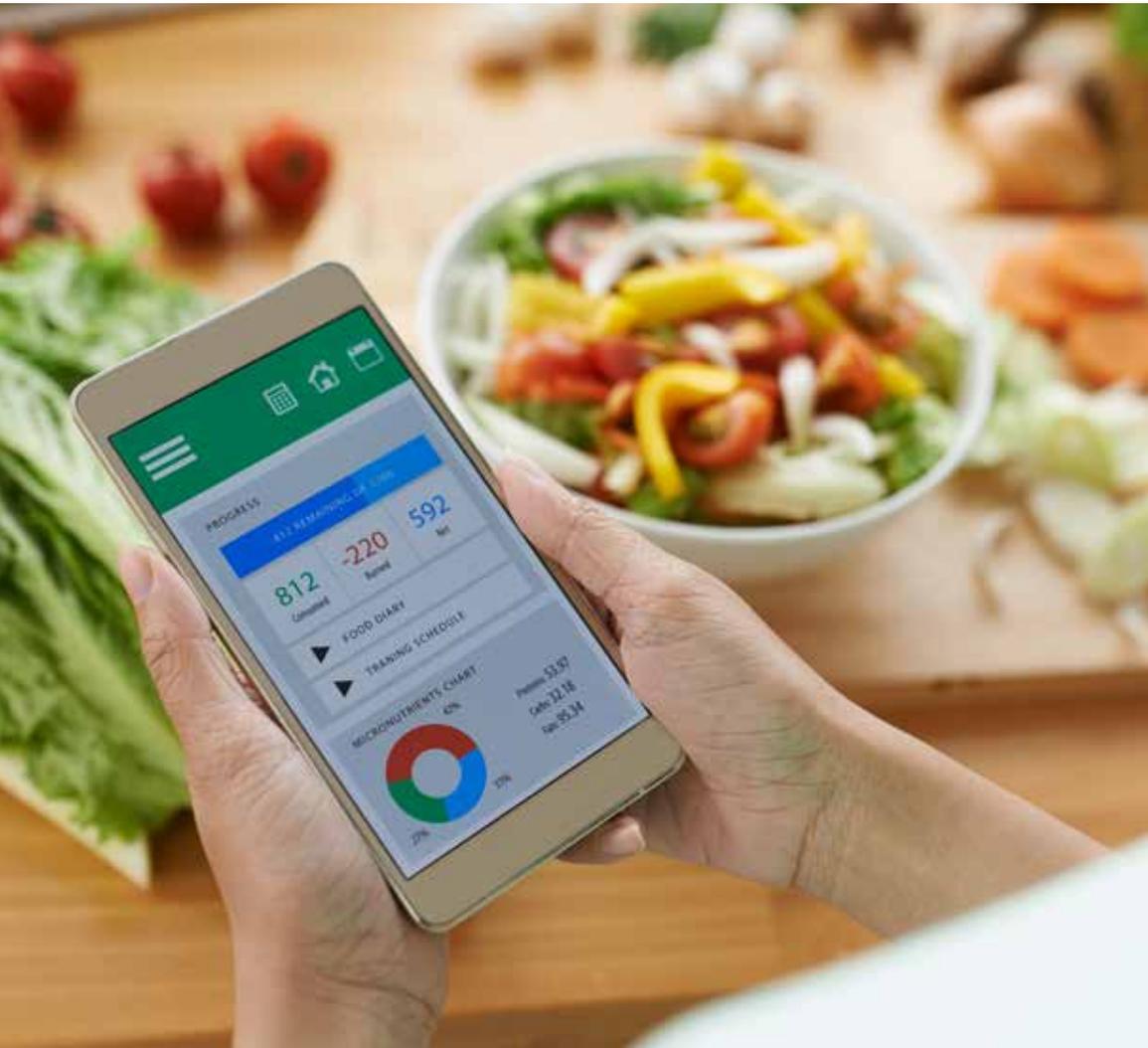# Make Healthier Meals with These Apps

You probably already use apps on your smartphone to play games, get driving directions, check the weather, and connect with friends on social media. Why not use them to improve your eating habits, too?

Smartphone apps can be handy, helpful tools for planning and cooking healthy meals. One scientific review looked at nine studies of specific diet and nutrition apps. The reviewers found that use of these apps was associated with consuming fewer calories, less fat, and more fiber.

With all the diet and nutrition apps now available how do you determine which meal planning and cooking apps are worth a try? We've identified some of the best ones below. The apps are available from both the iTunes App Store (iOS devices) and the Google Play store (Android devices). Check for compatibility with your smartphone or tablet.

Nutrition and cooking apps typically offer a basic version that's free or low-cost. Some require you to pay a one-time fee or sign up for a subscription to access the full range of features. Check the price in your device's app store.

And remember that an app is only a tool. It can't take the place of expert, personalized nutrition advice from your health care provider.

Calorie Counter and Food Diary by MyNetDiary

This app lets you track carbs, fats, protein, fiber, sugar, and various nutrients as well as calories. A study in the American Journal of Preventive Medicine compared 30 popular apps for weight loss. The iPhone version of this app ranked highest in the use of research-based strategies.

Fooducate

This app was a winner in the U.S. Surgeon General's Healthy App Challenge. Scan the barcodes on more than 250,000 food products, and this app displays a personalized nutrition grade (A, B, C, or D). It's a great tool to use in the supermarket.

Mealime

This app provides healthy meal plans tailored to your tastes, diet preferences, and food allergies. All the meals can be prepared in about 30 minutes or less. The app also creates neatly organized shopping lists for picking up the ingredients.

Yummly Recipes and Recipe Box

This app lets you search for recipes based on food likes, diet preferences, and food allergies. You can also organize them in a digital recipe box and create shopping lists.