

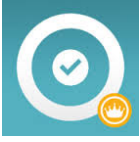











Apps and websites for carbohydrate counting

Apps

There are many different apps and websites to help with carbohydrate counting. Make sure you are using an **Australian** database because carbohydrate data is different across countries. Below is a list of useful apps and websites available on the iTunes App store (🍏) and on Android (🤖) where specified

	Calorie King Australia	Free Search 'Calorie King' 
	ControlMyWeight™ - Calorie Counter	\$5.99 Search 'Calorie King' (under iPhone apps) Choose Australian data in 'Settings' 
	Australian Calorie Counter – Easy Diet Diary	Free Search 'Easy Diet Diary' (under iPhone apps) 
	Australian Carb Counter – Traffic Light Guide to Food	\$9.49   Search 'Australian carb counter'
	Carb Counting with Lenny (Australia)	Free   Search 'Carb Counting with Lenny'

Websites

Recommended Australian websites:

- **Calorie King Australia** www.calorieking.com.au - the food database is free to use