

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 s) 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

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