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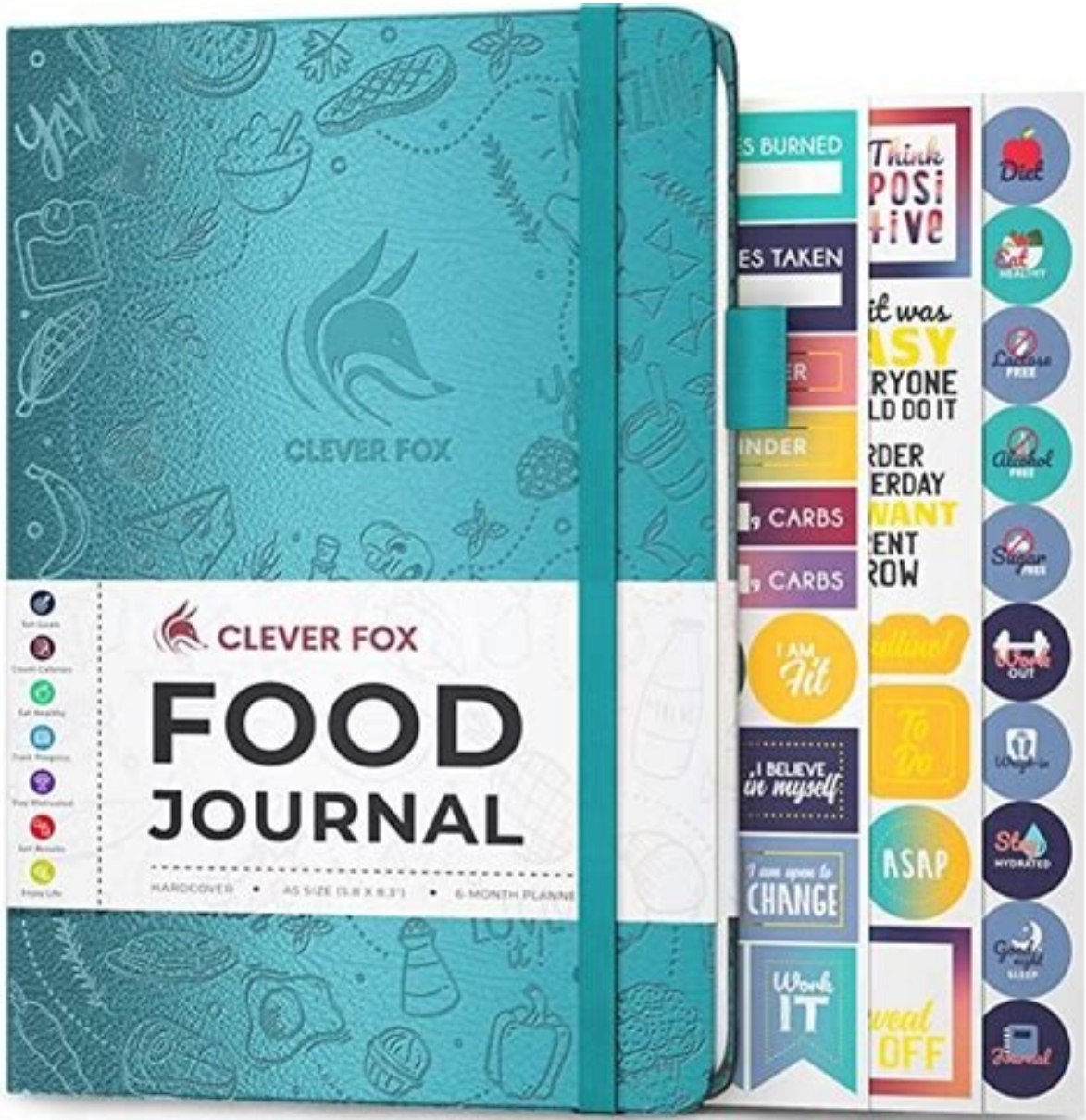
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Best food tracker for weight loss

How to track healthy eating. What to track when losing weight. What is the best free food tracker app to lose weight. Best free food tracker app for weight loss. Does food tracking help lose weight. Best food tracker app for weight loss.
Best free food tracker for weight loss.

Now, when I have friends starting to run and getting frustrated, I tell them to just stick to it, eventually, you'll get faster." Lori By clicking on the product links in this article, we may receive a commission fee at no cost to you, the reader. Sponsorships and affiliate commissions help support our research so we can help you find the best products. Read, full affiliate disclosure here. Technology has made dieting, meal prep, and food tracking simple and accessible to everyone. There are dozens of food tracking apps, calorie counters, and weight-loss apps available at the tip of your fingers. It can be hard to navigate which apps are actually useful and which are just cash grabs that will leave you frustrated, but we're here to help. We want to support you in your journey, not just with losing weight, but maintaining your weight loss and other fitness goals. So, we've done the research and gathered a list of the best food tracking apps to help you achieve your goals. As always, we encourage you to talk to your doctor or a registered dietitian before starting any diet plans. The Best Food Tracking Apps - Our Top Picks

Why Trust Us? ACTIVE.com's editorial team relies on the knowledge and experience of fitness and wellness experts including competitive athletes, coaches, physical therapists, nutritionists, and certified trainers. This helps us ensure the products we feature are of the highest standard. Collectively, the team has spent countless hours researching equipment, gear, and recovery tools in order to create the most accurate, authentic content for our readers. Customer satisfaction is also a key part of our review process, which is why we only feature products that are highly rated. More importantly, each member of our team is a fitness enthusiast.



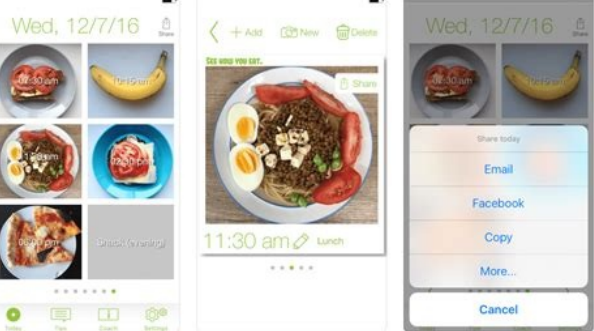
may be for our job, but it is also our passion. Therefore, we strive to bring you products that we trust and would personally use. Best Overall Food Tracking App - NoomSPECS Membership structure: Monthly fee with discounts for annual membership Diet plans: Normal diet, vegetarian, vegan, plant-based Free features: None Platform: App

START FREE TRIAL Noom is a unique food tracking app because it is based on a philosophy of changing your relationship with food. The app offers daily education about the psychology of bad eating habits and how they lead to negative associations that can cause yo-yo dieting or loss of your progress. This content is also personalized because you compared to yellow or green food. Noom offers you a plan based on your goal and chosen timeframe. The food tracking system in Noom is also unique because it is a color-coded system of red, yellow, and green foods that measures calorie density. For example, red foods are calorie dense which means a small amount will have a high calorie content compared to yellow or green foods. One thing to know about Noom is that it is all or nothing: You either pay the membership fee or you don't use the program. However, the subscription is free for 14 days, so you can make sure it's a good fit before you invest. What We Like Education-based to change your long-term relationship with food 1-on-1 coaching for free for 14 days

START FREE TRIAL MyFitnessPal offers one of the most complete free experiences of any food tracking app. The user interface is intuitive and easy to use, and the program can accommodate any diet plan or dietary restrictions you may have. With the free membership, you get access to the massive database of recipes, the calorie tracker, and preset nutritional information that is sourced from other users. You can also input your own customized meals that will then be saved to the database. MyFitnessPal's premium upgrade gives you access to more specific tracking like macronutrient information and calories burned through exercise, and it also eliminates the ads that make the free version possible. MyFitnessPal is best for people who need less structure and support and instead just want a system to track their nutrition. What We Like Easy to use Massive database of pre-programmed meals Free access to community forums What We Don't Like No macronutrient breakdown with the free version Ads in the free version

GET: MyFitnessPalBest App for Long-Term Weight Management - CronometerSPECS Membership structure: Free plan, premium membership upgrade Diet plans: Any Free features: Food log, biometric tracking, exercise log Platform: Website and app SIGN UP FOR FREE Our favorite feature of Cronometer is that it offers you all of the essentials of a food tracking app for free. You can log your food intake, and you exercise to see how many calories you've burned. Cronometer also syncs with Apple Health and Google Fit to track your biometric data. But if you're really into data tracking, the sky's the limit if you upgrade to the gold plan. With a paid membership you'll get access to long-term coaching, a shared recipe and food log, community food log, and a shared exercise log. What We Like Easy to use Paid membership is affordable and gives you health advice already using What We Don't Like No pre-structured diet plans Inputting the custom recipes can be tedious in the free plan BUY: CronometerBest for Weight Loss - WeightWatchers appSPECS Membership structure: Multiple plan options Diet plans: Any Free features: None Platform: App GET 3-MONTHS FREE WeightWatchers is one of the most recognizable names in weight loss, and their app offers the ultimate customized experience for members. There are no free features, but there are a variety of subscription options available, including a basic subscription that gives you a customized diet plan and access to the app, or an unlimited subscription that gives you access to all features of the program including one-on-one coaching. The standout features of WeightWatchers are the community and the structured plans. For most people, a support system is necessary to lose weight and keep it off. WeightWatchers has one of the most active community networks of any weight-loss plan or food tracking app. The structured plans also lay out exactly what you need to do to lose weight based on your goals. What We Like Highly customizable membership structure Very active communities online Structured individual plans

Platform: App GET NOOM FREE TRIAL MyPlate Calorie Counter is a fully free, but basic food tracking app. It is best for people who don't need a structured diet but instead want a simple way to keep track of their nutrition. There are diet plans available with the paid membership upgrade, however. There are also a few preset goals you can select from to help you lose weight. What We Like Easy to use Free access to most features What We Don't Like No diet plans available with the free version There are ads unless you purchase the premium version How to Choose the Best Food Tracking App for Your Personal Goals The first thing you need to ask yourself when you're choosing a food tracking app is, "What are my goals?" If your goal is to have a simple calorie counter, you likely won't need to pay for a premium service. If your goal is to change life-long habits and you know you'll need a structured program to stay on track, then a simple calorie counting app may not be enough. DietAfter you figure out your personal goals, you need to decide whether you have a specific diet in mind.



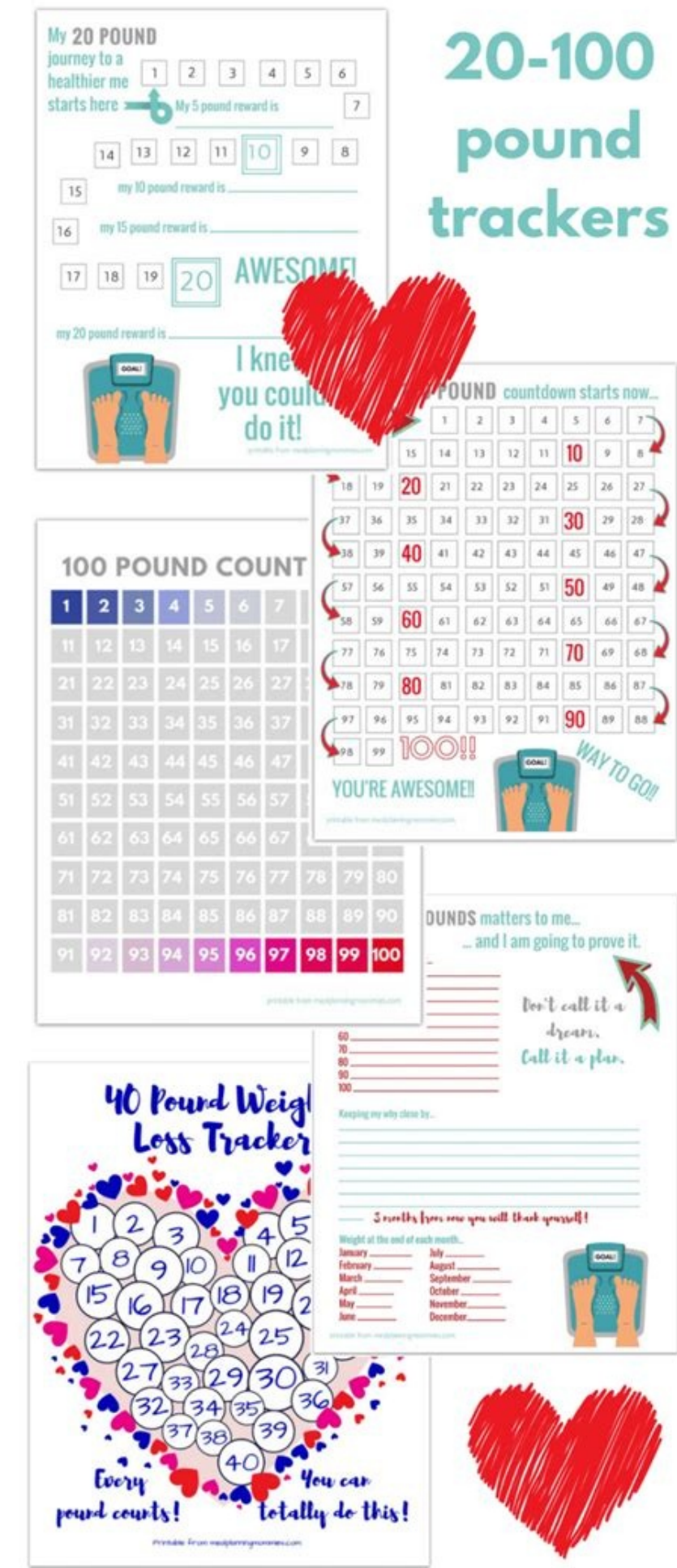
Food tracking apps offer a range of meal plan options and food choices like keto diet, vegetarian, pescatarian, vegan, etc. Apps that offer more specific diet plans will likely be more expensive. Another consideration is whether the app has an option to avoid any food allergies or intolerances. Cost You also want to go into your search knowing how much you're able to invest in a food tracking app. Some apps are expensive, offering premium membership features like an online community or one-on-one coaching to support you. These apps can have a monthly fee or a one-time program fee. On the opposite end of the spectrum are apps that give you free access to features like calorie calculators, but you may also have paid membership upgrades. FAQs About Food Tracking Apps What is the most accurate food tracking app? Most of the best food tracking apps are accurate in terms of calorie counting. However, the accuracy depends on how you use the app's features. Some apps have a database of nutrition information that has been input by users. If users input the wrong information, then the count won't be accurate. However, almost all food tracking apps give you the option of putting in your own nutritional information, which means it's up to you to be accurate. What is the easiest food tracking app? Many food tracking apps have a similar philosophy, but deciding which is the easiest to use depends on your preference. Some apps have a barcode scanner to get exact nutritional information from pre-packaged foods, while others allow you to input the actual ingredients of meals you're making and will calculate the nutritional information for you based on those ingredients. Whatever features you're looking for to make your life simpler, there is probably a food tracking app that can accommodate you. What is the best food tracking app? The best food tracking app is entirely dependent on your personal goals. If you want to simply count calories, the best app for you will be different than for someone who wants a structured plan to help them lose weight. Decide what your goals are first, then you'll be able to decide which app is best for you. How much do food tracker apps cost? There is a range of prices for food tracking apps.



Some apps offer access to most of their features with a free membership, others require you pay monthly to access the app at all. Costs for premium memberships can vary from \$9.99 per month to \$50 per month, all depending on what features you're looking for. If you've ever actively tried to lose weight, you know how important it is to track your progress. There's no shortage of options when it comes to weight loss apps. And in this article, I'm going to take a close look at a few of the best ones you can use for free. The Best Free Weight Loss Apps I tested seven popular and highly-rated apps — including Cronometer, MyFitnessPal and Lose It! — to find out which features of the apps you can access with a free account. See the table below for a quick overview of those features and which apps offer them. Then keep reading to find information on subscription options, availability and how to get started using each app. 1. Cronometer Best for Nutrient Tracking Free Features: Barcode scanner, calorie counter, exercise log, food diary, goal setting, nutrient tracker, progress chartsAvailability: iPhone or AndroidOptional Subscription: Gold Membership (\$49.99/year) The Cronometer app is simple to download and use whether you're an avid calorie counter or new to active dieting. What makes this app stand out is the amount of nutrient tracking information you can access with a free account. In addition to calories, the app monitors macronutrient goals and provides a nutrient summary including vitamins, minerals, carbohydrates, lipids and protein. If you're interested in keeping tabs on all of this and more, consider downloading Cronometer. To sign up, you'll be asked a few introductory questions including your gender, age, height and weight. Then you'll be asked to set a weight goal, enter an email address and create a password. Screenshots from Cronometer On the homepage, you'll see the date, your food diary and a breakdown of daily calories. It includes those consumed, those burned and those remaining. You can click the plus sign at the bottom of the screen at any time to add food or scan a barcode. The app also lets you add notes, adjust your biometrics and log your exercise. When you add food, you can indicate the amount and serving size, then see a summary of calories as well as a complete nutrient summary. You can also save foods and recipes in the "Foods" tab. In the "Trends" tab, you can see an overview of how many calories you've consumed in the past week and a nutrition report. The report shows you calories consumed, calories burned, calories remaining, micronutrients and more. In the "Settings" tab, you can manage your target goals, connect devices or health data and update other account/biometric information without having to upgrade to the paid membership. 2. Fooducate Best for Community Free Features: Barcode scanner, calorie counter, exercise log, food diary, goal setting, in-app community, in-app rewards, progress charts, reminders, water tracker, weight logAvailability: iPhone or AndroidOptional Subscription: Pro Membership (\$9.99/month, \$49.99/year or \$119.99/lifetime) If you need a community for support, Fooducate may be the best free weight loss app for you. The "Community" tab in the app allows you to see trending and recent posts from other Fooducate users. You can follow and message others on the app or start a discussion by writing a post or sharing a photo. Screenshot from Fooducate After you've downloaded the app, you'll be asked to create a profile, set your goals and make modifications to your diet plan. In the free version, you can add your target weight and a target date for achieving your goal. You can also see up to six months' weight loss progress. In addition, you can track your calorie intake, calorie quality, some nutrients and water intake up to a month in the past. Across the bottom of the app, you'll find a few different features including the "Food Finder" barcode and the main "Tracker" home tab. On this page, you'll see how many calories you have left for the day. You can also click the plus sign at the bottom to add water, food, exercise, mood, hunger, weight, sleep or additional notes. Unfortunately, the free version doesn't allow you to log body measurements. The "Recipes" tab comes with tons of trending, recent and "favored" healthy recipes from other users. You can also upload and share your own! The last tab, "Diet Tips," contains recent articles, references, tips and tricks shared by other Fooducate users. The app also allows you to choose how often you receive motivation notifications designed to help you achieve your goals: every meal, once a day, once a week or not at all. 3. My Diet Coach Best for Motivation Free Features: Barcode scanner, calorie counter, exercise log, food diary, goal setting, in-app challenges, in-app rewards, remindersAvailability: iPhoneOptional Subscription: Premium Membership (\$4.99/week after a one-week free trial) My Diet Coach is a fun way to stay motivated and engaged while counting calories and tracking your exercise. After you've downloaded My Diet Coach and set up your free account, you'll be asked to enter your current weight and goal weight. Once you've decided on a goal, you'll be asked to select or enter a reason why you want to achieve your goal. It may be "to feel good about myself," or "to improve the quality of my life." Then, you can choose to be reminded of your goal at a time and frequency that works best for you. Your goal weight and reason will also be displayed on the home page of your app alongside your avatar. Screenshots from My Diet Coach You can use the "Reminders" tab to control motivational reminders and set new reminders to drink more water, go to the gym and more. In the "Diary" tab, you'll be able to see a running count of daily calories consumed versus calories remaining. You can swipe up on the tab to see more detailed information including a daily nutrition distribution chart.

Once you decide on a goal, you'll be asked to select or enter a reason why you want to achieve your goal. It may be "to feel good about myself," or "to improve the quality of my life." Then, you can choose to be reminded of your goal at a time and frequency that works best for you. Your goal weight and reason will also be displayed on the home page of your app alongside your avatar. Screenshot from My Diet Coach You can use the "Reminders" tab to control motivational reminders and set new reminders to drink more water, go to the gym and more. In the "Diary" tab, you'll be able to see a running count of daily calories consumed versus calories remaining. You can swipe up on the tab to see more detailed information including a daily nutrition distribution chart.

FREE PRINTABLE weight loss trackers



Above that, you'll see options to log food and activities, scan a barcode and more. In the "Challenges" tab, you'll be able to set challenges for yourself and monitor your progress. The "Motivation" tab tracks your in-app points and provides a daily quote. It also displays motivational pictures that you take or upload and lets you customize your avatar. As you complete more activities in the app, you'll earn more points to unlock digital rewards that allow you to style your avatar. You can also click on your profile to connect to other health and fitness apps for free. 4. MyFitnessPal Best for Calorie Counting Free Features: Barcode scanner, body measurements, calorie counter, exercise log, food diary, goal setting, in-app challenges, in-app community, nutrient tracker, progress charts, recipes, reminders, water tracker, weight logAvailability: iPhone and AndroidOptional Subscription: Premium Membership (\$19.99/month after a one-month free trial or \$79.99/year) I used MyFitnessPal for calorie counting a few years ago, and I was happy to see the app is still easy to use and has some new and improved features. If you're looking for a simple calorie counter/food log, MyFitnessPal may be the best free weight loss app for you. Once you've created your account and answered a few questions about your body type, activity level and goals, you'll be ready to get started. You can start a one-month free trial of the premium features or simply click the "X" to continue using the app's free features. Based on your responses to those initial questions, you'll see your target amount of calories for the day across the top of the app on the home screen. It'll also display how many calories you've logged, how many you've burned from exercise and how many you have left for the day. You can scroll down to browse recent articles, fitness tips and healthy recipes from around the web. Screenshot from MyFitnessPal In the "Diary" tab, you can keep a log of your food, water and workouts for free. At the bottom of your daily entries, you can add food or exercise notes. You can also view a breakdown of your daily nutrition including calories, nutrients and macros. You can always click the plus sign to log your weight, food, water, exercise or add a new status. In the "Progress" tab, you can view charts tracking your steps, weight, neck, waist and hip measurements. In the "More" tab, you can adjust your profile information, upgrade to premium status and set goals for yourself. You can also add meals, recipes, foods, reminders, and you can link other apps or devices without having to upgrade. 5. MyNetDiary Best for Tracking Weight Free Features: Barcode scanner, calorie counter, exercise log, food diary, goal setting, GPS access, in-app community, nutrient tracker, progress charts, reminders, water tracker, weight log, recipesAvailability: iPhone and AndroidOptional Subscription: Premium Membership (\$8.99/month or \$59.99/year) Most of the apps on this list will keep track of your weight and help guide you to lose it, but MyNetDiary encourages you to weigh in daily and displays your weekly weight progress on the home page. If losing weight is your main motivator, MyNetDiary may be worth trying out. Once you've downloaded the app and created a free account, you'll enter some basic information. You can also import it from your phone's health app. Then, you'll need to create a goal weight, a target date and a weekly weight loss goal. Screenshot from MyNetDiary The "Coach" tab allows you to view progress charts and advice. You'll also find additional resources here including an app guide, tips and tricks. It also includes a library that contains articles specific to nutrition and weight loss along with how-to guides.



The plus sign in the center allows you to log any meal or snack, scan a barcode, add an exercise or log your water intake. When you track workouts, you can search for activities or add a custom workout. You can also link your phone's GPS to allow the app to track your run, walk, bike ride and more. The "Social" tab gives you access to forums used by other MyNetDiary members. Scroll down to check out the featured dietitian's blog or create your own personal blog to keep track of your journey. Click on the "Me" tab to update your account settings, measurements and personal information. You can even take and upload before and after photos! You can also link other apps and devices and import recipes directly from the web. The grocery check feature in this tab allows you to scan barcodes and quickly compare the nutritional value of foods while you're shopping. 6. Lifesum Best for Beginners Free Features: Barcode scanner, body measurements, calorie counter, exercise log, food diary, goal setting, progress charts, water tracker, weight logAvailability: iPhone and AndroidOptional Subscription: Premium Membership: \$14.99/quarterly, \$34.99/semiannually or \$49.99/annually. The app may offer discounts. If you're new to dieting or aren't sure how to approach weight loss, an app like Lifesum is a great place to begin. While a lot of its features are reserved for premium memberships (which we've seen as low as \$3.33/month with a discounted annual subscription through the app), its free "classic dieting" plan offers everything you'll need to get started. Once you've downloaded the app and created an account, you'll be asked to fill out the standard information and set a goal weight and target date. The app will also ask you to allow notifications so that it can help you stay motivated. Screenshot from Lifesum To get started, you can click the plus sign at the bottom of the screen. This will allow you to log your weight, water intake, exercise, breakfast, lunch, dinner or snacks. While adding food, you can search the app, scan a barcode or choose from a recent favorite. While you'll need to upgrade to get all the app's food insights, you can view calories, carbs, protein and fat for free. The "Diary" tab will keep track of your logged food, water and exercise. It'll also show a breakdown of your remaining calories, carbs protein and fat. In the "Me" tab, you can keep track of your favorite recipes, food, meals and exercises. Here, you can also check in on your goal weight progress over time. You can even log and track your waist measurement for free. Under "Statistics," you can view your average calorie intake. The "Recipes" tab is reserved for premium subscribers. Still, the other free features of the app allow you to track your basic calorie intake, weight loss and keep a log of your food, water and exercise. That makes it perfect for beginners! 7. Lose It! Best for Busy People Free Features: Barcode scanner, calorie counter, exercise log, food diary, goal setting, progress charts, reminders, weight logAvailability: iPhone and AndroidOptional Subscription: Premium Membership (\$39.99/year after a one-week free trial; promotional pricing is sometimes available.) If you're looking for a free weight loss app that you can use on the go, Lose It! may be worth your time. It's fast and easy to set up, and the free features are more than you'll need to begin tracking your calories, food quality and weight. Once you download Lose It! and set up your free account, you'll be able to enter your goal weight. Then, you can indicate how quickly you'd like to reach your goal (by losing 1/2-2 pounds weekly). From there, you can follow the tutorial to get started or skip it to begin exploring the app's features on your own. Screenshot from Lose It! The "My Day" tab shows a summary including your daily calorie budget and a weekly summary of your calorie intake. It even includes macronutrients! Scroll down to see featured articles in this tab. The "Log" tab is where you'll find your daily food diary and a breakdown of your daily calories/macronutrients. You can also swipe down to see a summary of the current week. Use the plus sign at the bottom of the app to log your weight, breakfast, lunch, dinner, exercise and snacks throughout the day. Beside each meal in your food log, you can click to add an entry or scan food with your camera. In addition to barcodes, the app can scan food items and make estimates on its nutritional value. The "Goals" tab includes a weight chart ranging from the past week to all-time. You can also see a chart depicting your future plans.

In the "Social" tab, you can view or share posts with your friends who are also using Lose It! Final Thoughts No matter which free weight loss app you download, be sure to consult with your doctor before making any major changes to your diet or exercise routine. While each of these apps recommends a number of daily calories, nothing replaces the advice of a trained medical professional. While all of these apps offer paid premium subscription options, you don't have to spend anything to begin tracking your weight loss or healthy eating journey. The free features available in each app are enough to help you begin counting calories, logging your food and tracking your progress. What's your favorite free weight loss app? Let us know in our Clark.com Community! Some of the best weight loss apps are completely free — including MyFitnessPal, Lose It!, and FatSecret.Share on PinterestWeight loss apps are programs you can download to your mobile device that provide an easy and quick way to track your lifestyle habits, such as calorie intake and exercise.Some apps have extra features, such as support forums, barcode scanners, and the ability to sync with other health and fitness apps or devices. These features aim to keep you motivated toward your weight loss goal.Many apps also provide specific support for people who follow diets like:Here are 12 of the best weight loss apps available in 2023 to help support your goals. Price: \$13 per monthiOS rating: 4.7Android rating: 4.0PlateJoy is a meal-planning app designed by dietitians.It's one of the most customizable meal planning apps, allowing you to set goals, such as weight loss, and even choose from several dietary patterns like:It also allows you to filter out ingredients that you prefer to avoid and offers the option to set different portion sizes for each person in your household. Using your responses from a brief questionnaire, the app creates a custom meal plan for you each week, including a curated grocery list. You can replace recipes on the meal plan with others and can even enter your own recipes into the app to keep everything in one place.The app also integrates with several grocery delivery services, allowing you to order your groceries online.

What's more, the app's digital pantry lets you keep track of ingredients you already have on hand.While the app typically costs \$13 per month, Healthline readers can access PlateJoy for \$5 per month. There's also a free 7-day trial for new members. Best weight loss app with coachingNoomPrice: \$70 per month or \$209 per yeariOS rating: 4.7Android rating: 4.2Noom is a popular weight loss app that helps users lose weight by making sustainable lifestyle changes.The app assigns a daily calorie budget based on answers to lifestyle- and health-related questions. It also factors in your current weight, height, sex, and weight loss goals.While the initial calorie recommendation tends to be low, you can adjust it to a more appropriate and realistic number. The Noom app allows users to track food intake using a database that includes more than 3.5 million foods. Users can also log:One of the key features of Noom is virtual health coaching. Noom coaches can provide accountability and help users set realistic weekly goals to keep them on track. Of note: The coaching feature works more like email than a live chat, so coaches may take a day or two to get back to you. Also, Noom coach training is not as rigorous as that of a registered dietitiana psychologist or other licensed healthcare professionalsNoom's effectiveness is also supported by research. One study of more than 500 adults found that food and exercise logging, along with coaching, through Noom was more effective for weight loss over 6 months than food logging or personalized coaching alone (1).However, keep in mind that Noom is still a calorie-counting tool.

Because calorie counting can increase the risk of disordered eating in some people, Noom may not be the right fit for everyone (2, 3).Noom costs \$70 per month or \$209 per year. Best weight loss app for communityWW appPrice: \$11.50-\$43 per monthiOS rating: 4.8Android rating: 4.6WW, formerly known as Weight Watchers, is a weight loss program that has been shown to be effective for weight loss (4, 5). WW uses a points system in which foods and drinks are assigned point values based on their nutrient content and calorie density. Most importantly, no foods are off limits.Based on the results of an online quiz, customers receive a daily PersonalPoints allotment and a customized list of zero-point foods.WW offers three plans, all of which provide access to the WW app. Depending on which plan you choose, WW costs \$11.50 to \$43 per month, though the company frequently offers monthly discounts to new customers. Using the app, customers can easily keep track of points, monitor weight trends, and log workout sessions. There's

The WW app offers:weekly workshopsocial networkings rewards system24/7 live coachingAnother benefit of the WW app is its large collection of more than 8,000 WW-approved recipes that you can search based on meal type and dietary requirements.Best weight loss app for activity trackingFitbit appWearable activity trackers offer a convenient way to keep tabs on your exercise habits and stay motivated to move more (6, 7, 8).Fitbit is a wearable technology company that offers a variety of fitness trackers and smartwatches to suit a wide range of budgets, style preferences, and health goals. While some offer more high tech features than others, Fitbit products are designed to be used alongside the Fitbit app. In the app, Fitbit users can view their daily health and fitness data, including their:step countmiles walkedheart ratesleep qualityThe app also allows you to manually log your:weightcurrent stress levelfood and water intakeOne of the strengths of the app is its community features, which allow you to connect with friends and family members and participate in community challenges. To help you stay motivated, you'll receive awards for achieving specific goals.

There's also the option to set a reminder to get up and walk every hour. For those who are interested in more detailed health insights, Fitbit Premium helps make your health data more actionable by providing: daily readiness scoressleep scores stress scoresTo get the most out of this app, you'll need to own a Fitbit, which can be costly. The app itself is free, with an option to upgrade to Fitbit Premium for \$9.99 per month or \$79.99 per year. Best user-friendly weight loss appMyFitnessPalCalorie counting may help some people lose weight (9, 10).MyFitnessPal is a popular app that integrates calorie counting and tracking macronutrients into its strategy for supporting weight loss.MyFitnessPal calculates your daily calorie needs and allows you to log what you eat throughout the day using a nutrition database of more than 11 million foods — including many restaurant foods, which aren't always easy to track.After you enter your food intake, MyFitnessPal provides a breakdown of the calories and nutrients you consumed throughout the day.The app offers several reports for viewing your data, including a pie chart that gives you a percentage breakdown of each of the three macronutrients you've consumed.MyFitnessPal also has a barcode scanner with the premium subscription, which makes it easy to enter the nutrition information of packaged foods.You can also track your weight, search for healthy recipes, and connect with other users to share tips and success stories. The app is free to download.

You can access some premium features, such as setting your own nutrient goals, for \$10 per month or \$50 per year. Get started at MyFitnessPalBest weight loss app for logging mealsLose It! AppLose It! is a user-friendly weight loss app focused on calorie counting and weight tracking.Lose It! generates your daily calorie needs and a personalized weight loss plan through an analysis of you:Once your plan is established, you can easily log your food intake in the app, which pulls from a database of more than 33 million foods, restaurant items, and brands.The app offers several features to make logging your intake even easier, including a barcode scanner and a customer recipe builder. It also saves foods that you frequently enter, so you can quickly select them from a personalized list. One unique aspect of Lose It! in comparison with many other weight loss apps is its Snap It feature, which allows you to track your food intake and portion sizes simply by taking pictures of your meals.Some research has shown that taking pictures of meals may help people keep track of portion sizes more accurately and observe trends in their dietary intake, both of which are helpful for promoting weight loss, though overall, the research is mixed (11, 12).Like some other apps on this list, Lose It! offers a community component, including challenges and forums. The company also encourages focusing on non-scale victories, such as lowering your cholesterol levels and feeling more energized.Best free weight loss appFatSecretPrice: free, optional premium subscription for \$6.99 per month, \$19.99 per quarter, or \$38.99 per yeariOS rating: 4.8Android rating: 4.6Whether you're trying to lose a few pounds or maintain your current weight, having a support system is incredibly helpful. In fact, research suggests that people who have social support tend to be more successful at losing weight and maintaining weight loss than those who do not (13).FatSecret understands the importance of community, offering a unique community chat feature. You can also join groups to connect with people who have similar goals. What's more, the free version of FatSecret gives you access to most of the app's features, including food tracking, exercise logs, a personal journal, and a large collection of healthy recipes. This is not the case with some other apps.The app is also unique in that it offers a professional tool that allows you to easily share your food, exercise, and weight data with a healthcare professional.

For those who want even more resources, FatSecret's premium subscription includes a water tracker, a meal planner, and custom meal headings. Get started with FatSecretBest no-diet weight loss appWayPrice: \$6.99 per month or \$49.99 per yeariOS rating: 4.2Android rating: N/AWay is a unique app that takes an antidiet approach to health, which may be best suited for individuals who find calorie counting and other common approaches to interfere with their relationship with food.The app asks new users questions designed to help them reflect on how eating foods make them feel. The goal is to foster a healthy relationship with those foods. There are more than 60 different activities that are broken down into three pathways:The Emotional Eats Pathway: This pathway reflects on how our emotions can affect our eating habits in a nonjudgmental way.The Body Feels Pathway: It observes body image as well as physical health overall.The Mindful Shifts Pathway: It asks questions about how we talk about ourselves when it comes to our lifestyle habits.Overall, the reviews on the app are positive, with some calling it a safe space and a refreshing change to the traditional health apps out there. However, some have written reviews that mention the format of the app can be a bit buggy at times.Keep in mind that while this app is about mindful eating, not weight loss, it's not designed to help individuals cut calories or implement new exercise habits. That being said, some research has found that actively dieting may actually make it difficult to lose weight due to changes in the body's metabolism, hunger, and fullness cues (14).So it's possible that using an app like Way may help certain people lose weight, but the app isn't designed for this purpose.Best weight loss app for nutrient trackingCronometerWhen you're trying to lose weight, it's not uncommon to focus only on calories. However, when it comes to eating for optimal health, it's important to consume an overall balanced diet that helps you meet your nutrient needs. Cronometer focuses on helping you obtain optimal nutrient intake while meeting your calorie goals. It tracks up to 82 micronutrients, so you can make sure you're meeting your daily vitamin and mineral needs.Like some other apps on this list, Cronometer features an extensive food database and a barcode scanner to make logging your meals a breeze. As a bonus, there's a pro version of the app that allows you to share your data with a registered dietitian or another health professional. The app is free to download, but you'll need to upgrade to Gold membership if you want to access certain features, such as:progress chartsdata trends recipe importerGet started at CronometerFooducateDeciphering nutrition labels and ingredient lists while grocery shopping can be overwhelming.Using an app like Fooducate may help you better navigate all the different products at the grocery store.Fooducate is a nutrition scanner that allows you to scan a food's barcode and receive detailed information about the food, including ingredients and nutrient composition. It lets you scan more than 250,000 product barcodes. One unique aspect of Fooducate's nutrition scanner is that it notifies you of less healthy ingredients that are commonly hidden in products, such as trans fats and high fructose corn syrup.Fooducate not only brings certain characteristics of foods to your attention but also gives you a list of healthier alternatives to purchase.For example, if you scan a specific type of yogurt that contains a high amount of added sugar, the app will show you lower sugar options to look for instead.The app is free to download, but keep in mind that certain features, such as micronutrient tracking and potential food allergy warnings, require in-app purchases. Best weight loss app for diabetesDiabetes Tracker by MyNetDiaryKnown for its original user-friendly calorie counter, MyNetDiary also offers Diabetes Tracker, an app specifically designed for people with diabetes and prediabetes. The app includes access to MyNetDiary's extensive food database and barcode scanner. It also provides total carbs and net carbs for each item logged, plus a running total of carb counts for the day, making it even easier to keep tabs on your carb intake.

Other notable features include: blood glucose tracking, including custom pre- and postmeal target rangesreminders to test blood sugar levelsinsulin and medication trackingA1C tracking (a measure of blood sugar control over 3 months)exercise trackingweight tracking The app also offers detailed charts and reports to help identify trends in your blood sugar levels. Just keep in mind that a subscription is required to access most of these features. Get started with Diabetes Tracker by MyNetDiaryBest habit tracker appStridesPrice: free, with in-app purchases costing \$4.99-\$39.99iOS rating: 4.8Android rating: not available on AndroidStrides is a customizable habit tracker that allows you to track any specific habit you'd like, such as drinking water or getting to bed earlier.You can even set up an ideal daily routine and tag certain habits or tasks to keep yourself organized and moving toward your goals. To check in on your progress, Strides offers weekly, monthly, and yearly reports. Unlike other apps on our list, Strides isn't specific to weight loss and doesn't focus on food or exercise logging. As a result, it's a good fit if you prefer to focus on lifestyle habits rather than calorie counting. The free version of the app allows you to track up to three habits.

To track more habits, make notes, or analyze more data, you can make in-app purchases of \$4.99-\$39.99.Several of the apps on our list offer a free version as well as an option to subscribe for access to premium features. FatSecret's free version is one of the best, as it allows users to access nearly all of the app's available features. Currently, the only tools that require a subscription are the meal planner, custom meal headings, and water tracker. If you're primarily interested in logging your food intake and exercise habits, the free versions of Lose It! and MyFitnessPal are also worth considering. What are motivating factors to lose weight?There are many reasons you might want to lose weight, and research suggests that these factors can change throughout your weight loss journey (15).That being said, research has found that physical appearance and self-esteem are two of the biggest driving factors for wanting to lose weight (15, 16).One small study also found that acknowledgment from a healthcare professional and comfort speaking with a doctor played a key role in participants' desire to lose weight (17).Other motivating factors supported by research include:health-related concernsillnessessocietal pressurebody dissatisfaction (18)Do weight loss apps really work?Research suggests that weight loss apps can be effective for weight loss and may even help improve lab values, such as triglyceride levels (9, 19).Still, keep in mind that the research is limited and inconclusive, with some studies showing no benefit of mobile apps for weight loss (20).Furthermore, several studies note that the effectiveness of weight loss apps largely depends on the individual's level of engagement with the app, which appears to be low in many instances (21, 22).For example, some factors have been shown to affect users' level of engagement, such as:agehealth literacycysocioeconomic statusother disparities In turn, these factors could make weight loss apps less effective for certain populations (22).Finally, keep in mind that while calorie counting can be effective for weight loss, it can also increase the risk for disordered eating in some individuals (2, 3).If you're looking to lose weight, there's no shortage of apps to choose from. These apps can help support your diet and weight goals, offering tools in the palm of your hand, such as:nutrient trackinggoal settingmeal planning Still, keep in mind that while they have several possible benefits, weight loss apps can be time consumingoverwhelmingproblematic for your mental well-beingMany apps offer a free version or free trial, and we recommend experimenting with a few to see which one, if any, works best for you.