

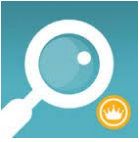


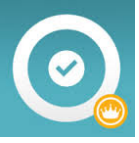








## Apps and websites for carbohydrate counting

This information sheet lists different apps and websites that can help you with carbohydrate counting. Make sure you are using an **Australian** database because carbohydrate data is different across countries.

### Apps

Below is a list of useful apps available on the iTunes App store  and on Android 

LOGO	NAME	SOURCE	NOTES
	<b>CalorieKing (Food Facts)</b> Food Nutrition Database	 	<b>FREE</b> Make sure it is the Australian version
	<b>ControlMyWeight™</b> Weight loss Calorie Counter		<b>FREE</b> Choose Australian data in 'Settings'
	<b>Easy Diet Diary</b> Australian Calorie Counter	 	<b>FREE</b>
	<b>Australian Carb Counter</b> Traffic Light Guide to Food		<b>Fee Associated</b>

### Website

Recommended Australian website:

- **Calorie King Australia** [www.calorieking.com.au](http://www.calorieking.com.au) - the food database is free to use