

Nutrition Assessment Friendly Apps- Android

Formulas

1. Nestle Healthcare Product guide

Description: Provides a detailed overview (ingredients, product features, and complete nutrient profiles) of the nutrition products Nestle offers

(+): Easily accessible, frequently updated

(-): Technical glitches



2. Abbott Nutrition Product Guide

Description: Provides updated product information and resources for health professionals using Abbott Nutrition products.

(+): Easily accessible, frequently updated

(-): Mandatory update every 90 days, doesn't include all new Abbott products, and technical glitches



Assessment tools

1. Mifflin St. Jeor Calculator

Description: Calculates resting metabolic rate using Mifflin St. Jeor equation.

(+): Quick and easy

(-): n/a



2. BMR Calculator

Description: Calculates basal metabolic rate with Harris Benedict or Mifflin St Jeor.

(+): Quick and easy

(-): n/a



3. BMI Calculator

Description: Calculates BMI.

(+): Quick and easy

(-): n/a



4. Tube Feed Calculator

Description: provides instant calculations of calories, protein, free water and total volume in over 30 popular enteral nutrition formulas (continuous up to 125mL/hr and bolus)

(+): Quick and easy, created by an RD

(-): Fee to download- ASPEN provides a free tube feed calculator app



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5. Mobile TPN Calculator

Description: Assists Dietitians in preparing TPN orders.

(+): Quick and easy

(-): May underestimate or overestimate needs



Food Information

1. USDA Foods

Description: Mobile USDA food database. Provides full nutritional information for over 8000 foods and has the ability to adjust for portions and combine foods to calculate meal calorie counts.

(+): Accurate, quick, and easy

(-): n/a



2. USDA Foodkeeper

Description: Contains information on food preparation and storage.

(+): Accurate and quick resource

(-): Limited food list



Miscellaneous

1. Medical Dictionary

Description: Free medical dictionary with definitions and images.

(+): Useful and informative

(-): n/a

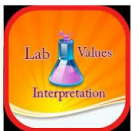


2. Lab values

Description: Provides lab values and interpretation.

(+): Quick and easy

(-): Contains ads



3. IDDSI

Description: IDDSI framework- includes descriptors, IDDSI food texture, and drink thickness tests.

(+): Quick and user friendly

(-): n/a



4. CamScanner

Description: Mobile scanner that scans docs into PDF to email, fax, print, or save.

(+): Quick, easy, convenient

(-): n/a



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