

## Nutrition Assessment Friendly Apps- iPhone

### 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. RD Input

Description: Includes a variety of energy calculations (ex: Mifflin St. Jeor, Harris Benedict, etc.), the ability to calculate TF rates from a list of common formulas, manipulate fat, pro, and carb distributions for different calorie ranges, adjust TF rate and calories based on clinical judgement, and enter custom values or choose from an industry list of inputs (ex: Activity Factor).

(+): Quick and easy

(-): May overestimate needs



#### 2. VeggiEquations Clinical

Description: Assists with a variety of nutrition calculations: Harris Benedict, Mifflin St. Jeor, total energy needs, tube feedings, total parenteral nutrition, non-protein calorie to nitrogen ratio, BMI, IBW, % IBW, patient frame size, GFR, etc.

(+): Quick and easy, learn feature (shows equation and gives a description)

(-): May underestimate or overestimate needs



#### 3. Nutri Calc

Description: Calculates quick nutrition needs (ex: BMI, IBW, kcal needs (Mifflin St Jeor and Penn State, on or off ventilation), and protein needs), tube feeds, and parental nutrition.

(+): Quick and easy

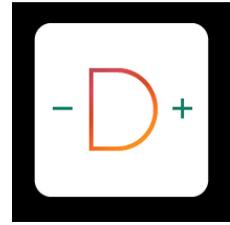
(-): May underestimate or overestimate needs



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#### 4. Dietitian's Calculator

Description: Automates a variety of calculations: macronutrient exchanges, exchange recall with macronutrient breakdown, BMI, IBW, energy needs (Harris Benedict, Mifflin, energy/kg), protein needs  
(+): Quick and easy  
(-): n/a



#### 5. BMI Calculator

Description: Calculates BMI  
(+): Quick and easy  
(-): Has advertisements



### 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. CamScanner

Description: Mobile scanner that scans docs into PDF to email, fax, print, or save.  
(+): Quick, easy, convenient  
(-): n/a



#### 2. Lab Values Medical Reference

Description: Provides common lab reference values.  
(+): Quick and easy  
(-): n/a



#### 3. Medical Dictionary

Description: Free medical dictionary with definitions and images.  
(+): Useful and informative  
(-): n/a

