APP Name	Pro	Con	Cost	Professional Benefits
Healthie	Single platform - scheduling, charting, billing, application, health records. Multi platform support (desktop, phone)	Vitamins, Minerals, Micronutrient info missing? Limited food database. Limited features of Client App: food database, tracking, activity drop outs.	$149/month - unlimited CMS or Enterprise pricing	White Labeling. Integrated system. HIPPA compliant.
My Net Diary	Intuitive UI, accurate data base, enables easy tracking, meal planning features. 1.8M verified foods, 21M users.	Some features require premium	$5/month or $59.99/year Client pays for App	Free for Professionals. Full features to interact with client and their data. Comprehensive platform for nutrition analysis, health metrics. No hidden costs.
Chronometer/ Chronometer PRO	Highly accurate nutrition tracking, micronutrient details, customize. Positive reviews. 1M+ foods, 10M users. Cleveland Clinic	Smaller food database, premium needed for advanced features. Scale only up to 250 clients	$9.99/month or $54.99/year Enterprise Pricing	Comprehensive platform for nutrition analysis. Ideal for working with clients on specific nutrition goals. Costs not published
Nutrition Maker/ Nutrition Now	Professional product - requires some hands on investigation	Integrated into the client platform (would augment or replace Healthy) App is free to clients	$75 for 100 clients or Enterprise prising	White Labeling. Automatic meal plans. Cost is based on the number of clients licenses. Very small user base
Ate Food Journal	Easy tracking - Uses photography to pas a feedback loop; journaling, focuses on mindful eating (vice counting)	Lacks precision on eating - macros so would be less effective to teach food science	Limited free features; requires a subscription	Ate Food Dashboard for professional access to client food data and logs. Encourages and builds healthy habits.
Nourishly	User Friendly Interface; Can link data to professional heath care providers	Can be a learning curve to use the platform; database limitations	$24.00/month or clinic and enterprise pricing available	Can access client food logs. HIPPA compliant
MyFitness Pal	Large food database, integrates with fitness apps, barcode scanner	Ads in free version, some inaccuracies	$19.99/month or $79.00/year	N/A

App	Pros	Cons	Pricing	Other
Lose It!	User friendly, barcode scanner, strong community. Exportable data	Limited micronutrient tracking & food database, some features require premium	$39.00/year	N/A
Macros First	Focuses on macros, simple interface, no subscription required for core features	Limited micronutrient tracking, smaller database	$11.99/month or $59.99/year	N/A
Levels	Focuses on glucose tracking, integrates with CGMs. Voice food logging	Expensive, not a traditional food tracker	Pricing varies - monthly subscription linked to CGM	N/A
Recovery Record	Designed for eating disorder recovery, supports mental health, used by professionals	Less focused on calorie/macros, niche audience	Offers premium features, specific pricing not available to the public	N/A
Lifesum	Combined food tracking and meal tracking for specialized diets - vegan and keto. Barcode scanning, integrates with fitness apps and holistic health	Limited free features, database limitations, no monthly subscription - pricing variability	$21.99/month or $99.99/year	N/A
HealthyifyMe	Calorie counter, exercise tracking, some cultural/unique foods. Personalized plans, can be integrated with personal coaches	Linked to a subscription with RDN	Pricing is highly variable and can be complex for users to understand	Required to use their RDN's as part of the subscription; HIPPA compliant

RANK	APP Name	Provider Analysis	User Base	Food Base	Ratings	UI	Cost to Biz	V&M/Micros	Use Case
	Healthie	Yes	*****	**	UNK	**	$0	UKN Micros	Short term analysis
	MyNetDiary	Yes	*****	*****	4.8	****	$0	Yes - All	Comprehensive & Accurate
	Chronometer Pro	Yes	****	***	4.6	****	Call	Yes - Most	Men/Accurate
	MyFitnessPal	No	***	****	4.7	****	$0	Yes - Most	Fitness community
	Lose It!	No	**	***	4.8	***	$0	UNK	Basic Weight Loss
	Levels	UNK	*	UNK	4.7	*****	Membership	UNK	Pre Diabetes, Diabetes
	Lifesum	No	*****	***	4.7	*****	$0	No Micros	Intuitive Eating

![MyNetDiary logo]

As a nutrition professional, you know the importance of tracking diet and exercise. Key features in a tracking app, such as database accuracy, quick data entry, and user-friendliness, are important considerations when finding the best app for your clients.

Additionally, user reviews provide valuable insights into app performance, highlighting ease of use, client adherence, and long-term success. These reviews help professionals assess whether users find the app intuitive and engaging enough to sustain long-term usage, ultimately promoting consistent tracking and better client health outcomes.

App Comparison Table

	MyNetDiary	MyFitnessPal	Lose It!	Cronometer
Costs				
Monthly cost, USD	8.99	19.99	—	9.99
Annual cost, USD	59.99	79.99	39.99	54.99
User Reviews*				
App Store	**4.4**	3.0	3.3	4.1
Google Play	**4.4**	2.9	3.9	4.2
Features				
Verified Foods Only	Yes	No	No	Yes
Food Database	1.8M (verified)	14M (crowdsourced)	50M (crowdsourced)	1.1M (verified)
Tracked Nutrients	107	20	29	96
Free Barcode Scanner	Yes	No	No	Yes
Ad-free Experience	Yes	No	No	No
Community	Yes	Forums	Yes	No
Working With Clients	Professional Connect	No	No	Cronometer Pro

* The average of all recent user reviews during the month of February, 2025

FREE VERSIONS - IPHONE

Scan code to download app and redeem promo code

MyNetDiary J7TY334LW7LK
Valid thru April 16, 2025

To redeem on iPhone or iPad:
① Open App Store ② Tap Account ③ Tap Redeem and scan code

MyNetDiary WAHAHLKJFNE6
Valid thru April 16, 2025

To redeem on iPhone or iPad:
① Open App Store ② Tap Account ③ Tap Redeem and scan code

MyNetDiary 6NJLH36NJW9E
Valid thru April 16, 2025

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MyNetDiary NRP3PPA3TEXJ
Valid thru April 16, 2025

To redeem on iPhone or iPad:
① Open App Store ② Tap Account ③ Tap Redeem and scan code

FREE VERSIONS - ANDROID

Scan code to download app and redeem promo code

MyNetDiary W2VN1UU1WF1NYBQK0G2BW0X
Valid thru December 31, 2025

To redeem on Phone or Tablet:
① Open Google Play Store ③ Tap Payments and Subscriptions
② Tap Account ④ Tap Redeem and scan code

MyNetDiary QDG6TUGV1PXQGFC4F0MJQLX
Valid thru December 31, 2025

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