8 of the best healthy eating apps

Our pick of clever diet and nutrition apps can help you lose weight, manage allergies and reduce your alcohol intake

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1 SUGAR SMART

Weight gain, type 2 diabetes, heart disease, cancer – too much sugar plays havoc with our health. The government's Change4Life site includes the Sugar Smart app, which scans product barcodes, allowing users to see how much sugar is lurking in everyday food and drink. A can of cola, for example, contains a staggering nine cubes, which is well above the recommended daily allowance.

FREE



2 MYNETDIARY DIABETES TRACKER

Ranked the number-one diet app by one independent study*, MyNetDiary's Diabetes Tracker is for people with type 1, type 2, gestational and pre-diabetes. Features include blood glucose, medication and insulin tracking. A barcode scanner also tracks food and carbs. Detailed daily and weekly charts and reports help you to understand food and nutrition and manage your diet.

£7.99



3 KAFOODLE

Targeted at allergy sufferers, as well as those who want to maintain a healthy and balanced diet, location-based app Kafoodle allows users to search for a nearby restaurant to suit their specific dining needs. You can scan according to 14 key allergens – gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, sesame seeds, sulphur dioxide, molluscs, celery, mustard and lupin. The app also indicates restaurant hygiene.

FREE



4 HONESTLY HEALTHY

Based on Natasha Corrett's alkaline eating plan – that shuns acid-forming dairy, meat, sugar and coffee – the Honestly Healthy app has more than 40 recipes using plant foods and wholegrains. Search by mealtimes or choose one of the cleanses. A 'favouriting' option creates a shortlist of well-loved meals, including almond milk poached pears, and creamy broad bean salad. Buy extra seasonal recipe bundles for 99p.

£2.99



5 FOODSWITCH UK

Nutrition labels can be tricky to understand. Enter this handy app, which scans the barcodes of more than 90,000 packaged food and drink products. A simple traffic-light system tells you whether the product is high (red), medium (amber), or low (green) in fat, saturates, sugar and salt per 100g. It offers healthy alternatives and allows the user to share their choices with friends via email, Twitter or Facebook.

FREE



6 DELICIOUSLY ELLA

The *Deliciously Ella* blog has more than 80,000 subscribers and the app has proved just as popular. Hitting number one in the iTunes chart a week after its launch in 2014, it has more than 200 gluten-, meat-, dairy- and refined sugar-free recipes, from Ella Woodward's much-loved sweet potato brownies to superfood bread. There are also five detox plans – perfect for a cleansing start to the summer.

£2.99



7 DRINKAWARE

Reduce your alcohol intake by calculating units and calories with this easy-to-use, practical app. Over time, you'll be able to review your drinking patterns and set goals tailored to your existing habits. There's information about the health benefits of moderate drinking, while a cost-tracking feature allows users to see how much money they've saved by cutting back on the booze.

FREE



8 MYFITNESSPAL CALORIE COUNTER & DIET TRACKER

This app tracks calories, fat, protein, carbs, sugar and cholesterol. Its database of more than five million foods is the largest of any iPhone calorie counter. Even more impressive is the combined 200 million-pounds weight loss of its users. Receive goals based on your individual diet profile or enter your own goal to meet GP or nutritionist recommendations.

FREE

IT WORKS FOR ME

DRINKAWARE

Kirstin Chaplin, 46, writer

'I've been using DrinkAware since last October and I love it. It's encouraged me to drink less, especially midweek. The app tells you what level of risk you have because of your alcohol intake. One boozy session quickly puts you into the higher-risk category, even if you abstain for the rest of the week. It's helped me to keep my alcohol intake front of mind and now I always think twice before an extra glass.'

KAFOODLE

Becky Moring, 37, digital marketing executive

'I love trying out new restaurants, however, I'm gluten-intolerant. I'm also a vegetarian, so this limits my options even further. With Kafoodle, I just type in my intolerance and up pops a list of suitable places. I can also check to see which dishes will suit me. The app has menu information on nutritional values, so I know the fat, calorie and sugar content. If it wasn't for Kafoodle, I wouldn't have known that Pizza Express offers gluten-free pizzas.'

SUGAR SMART

Carole Edrich, 47, photographer

'Chemotherapy for breast cancer gave me side-effects including heat stroke and Chronic Fatigue Syndrome. My symptoms can be reduced to bearable levels by avoiding simple sugars and Sugar Smart's database helps me to shop quickly and accurately. Just by scanning the barcodes I can choose foods that won't make me ill.'

PHOTOGRAPH: GETTY IMAGES. NHS CHOICES. *AMERICAN JOURNAL OF PREVENTATIVE MEDICINE