



description. The best feature of this program is that users are able to compare items for their health benefit, taste, and cost. While this app shouldn't replace the RD, it provides clients with additional knowledge at their fingertips to make educated choices while food shopping.

**4. Figwee Portion Explorer by Density Limit LLC for iOS (\$1.99):** This app boasts more than 28,000 images of numerous foods in various portion sizes. Users adjust photos to increase or decrease food quantity to observe changes in nutritional value. Going beyond comparisons to household items and the "size of the fist," this app provides real pictures with which clients can identify. This app is great in conjunction with other food-tracking tools or as a stand-alone tool to reinforce nutrition education. Because portion distortion acts as a major factor in overeating, Figwee Portion Explorer gives clients a necessary perspective on eating appropriately and warding off weight gain.

**5. Substitutions by Gormaya for iOS (\$0.99):** Substitutions is a wonderful app that reinforces the principles of recipe modification for dietary restrictions. This app offers nearly 60 suggestions for how to reduce sodium and fat in the diet to improve cardiovascular health, encourages clients to make better food choices, and helps foster confidence in cooking ability.

**6. Runmeter by Abvio for iOS (\$0.99):** Runmeter allows users to download running plans ranging from a beginner's 5 km to those for a seasoned marathoner. The app allows users to track time, location, distance, elevation, and speed. Unique attributes include enabling users to race against previous times and connect with Facebook so friends, family, and coaches can monitor their progress or send comments that are streamed live to the user during the workout. This app will challenge, support, and motivate clients to push past their physical limits no matter their level of fitness.

**7. All-In Yoga by Arawella Corporation for iOS and Android (\$0.99):** Sporting major bang for the buck, this app gives users access to more than 300 yoga poses and 30 breathing exercises for a minimal fee. It comes with 40 preconfigured programs as well as the option to customize workouts and is a great tool for its focus on fitness, strength, flexibility, and stress relief through the meditative and calming power of yoga.

**8. HeartWise Blood Pressure Tracker by SwEng LLC for iOS (\$0.99):** This popular app logs blood pressure and body weight, featuring the ability to generate charts and calculate other important cardiac indicators such as BMI and mean arterial pressure. Data can be exported to allow for personal and professional monitoring.

**9. Sleep Cycle by Maciek Drejak Labs for iOS (\$0.99):** A high-tech alarm clock that analyzes movement during sleep, this app wakes users at the optimal time in their sleep cycles (within a half-hour range) to feel most rested. As research indicates, poor sleeping habits correlate with hypertension, atherosclerosis, heart failure, and heart attack. This app helps ensure the best sleep possible to fend off chronic disease.

**10. LIVESTRONG MyQuit Coach by Demand Media for iOS (\$3.99):** Supported by experts in the smoking cessation field, this app offers a personalized plan for quitting that includes tracking cravings, motivational tips, progress charts, and access to a supportive community. Since smoking is a major contributor to cardiovascular disease, helping patients kick the habit reduces their risk of complications and premature death.

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Reference:  
1. Ranganathan N, Ranganathan P, Friedman EA, et al *Adv Ther.* 2010;27(9):634-647

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