











Apps and websites for carbohydrate counting

This information sheet lists different apps and websites that can help you with carbohydrate counting. Make sure you are using an **Australian** database because carbohydrate data is different across countries.

Apps

Below is a list of useful apps available on the iTunes App store  and on Android 

LOGO	NAME	SOURCE	NOTES
	CalorieKing (Food Facts) Food Nutrition Database	 	FREE Make sure it is the Australian version
	ControlMyWeight™ Weight loss Calorie Counter		FREE Choose Australian data in 'Settings'
	Easy Diet Diary Australian Calorie Counter	 	FREE
	Australian Carb Counter Traffic Light Guide to Food		Fee Associated

Website

Recommended Australian website:

- **Calorie King Australia** www.calorieking.com.au - the food database is free to use