



Change is not just about thinking... it is about doing!

Healthy Habits (for the iPhone) helps you put your good intentions into action! Most of us know what we want to change... we often even know how to do it. The problem arises because we don't put that knowledge into action.

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 [healthyhabitsoverviewtour.pdf](#)
(1.63 mb)

Submitted by

 **Jo M**
Redmond, WA

Other information

Date entered: December 28, 2011

First Place - Nutrition/Healthy Eating

The GoodGuide app can be used while shopping to instantly reveal whether a food product is healthy and produced by green or socially responsible companies. The app's barcode scanning feature lets you quickly access GoodGuide's science-based health, environment and social ratings for over 30,000 foods found in grocery stores. Individuals interested in making small changes can use the app to find healthier alternatives to foods they typically buy. Additionally, GoodGuide's personalization features enable you to choose the issues you care about most - like nutritional value or

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Attached files (1)

goodguide mobile apps.pdf (68.8 kb)

Submitted by

Sheila V

Other information

Date entered: December 20, 2011

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Find safe, healthy, green & ethical products based on scientific ratings.

How it Works

Video Introduction

Purchase Analyzer

Your Personal Filter

Transparency Toolbar

Mobile App

High Rated

6.8

Aquaphor Baby Gentle Wash &

Low Rated

4.2

Curls Peek-A-boo Tearless

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feature lets you quickly access GoodGuide's science-based health, environment and social ratings for over 30,000 foods found in grocery stores. Individuals interested in making small changes can use the app to find healthier alternatives to foods they typically buy. Additionally, GoodGuide's personalization features enable you to choose the issues you care about most - like nutritional value or controversial ingredients - to further customize your experience. By making information about consumer products transparent, GoodGuide's mission is to help you shop your values wherever you shop. The app is available for free on your iPhone, iPod Touch, or Android phone.

First Place - Fitness/Physical Activity



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Submitted by

 **Charles T**
Boston, Massachusetts

Other information

Date entered: December 23, 2011

Lose It! is a mobile application and website that has helped millions of users lose more than 7 million pounds since it was created in 2008. Lose It! combines a medically sound approach to weight loss, mobile technology, social networking, and game dynamics to create a truly engaging way for people to become more healthy.

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Lose It! helps users make healthy choices by setting a clear calorie budget, by permitting users to track their fitness and activity level, and by providing them insight into their nutrition (including a great 'MyPlate' report on Loseit.com as well a set of badges that reward users for their adherence to MyPlate fruit and vegetable guidelines). In addition, Lose It! integrates with wireless devices such as the Fitbit tracker and Withings wireless scale, making it easy to track your activity and weight change without entering any data in Lose It!. Sharing is easy- you can have reports emailed daily or weekly, share your progress on Facebook or Twitter, or download your data as a comma separated file.

Lose It! is simple and fun to use, but includes great features:

- Simple, attractive, streamlined interface
- Comprehensive database of foods and activities
- Quickly add new foods or exercises to the database
- Setup recipes for more complicated foods
- Quickly add to your log with previous meals, my foods, and other shortcuts
- Track nutrients such as protein, fat, carbohydrates, and more
- Works with or without a network connection
- No advertisements

In addition, set up a free Loseit.com account to gain access to features and capabilities that no other weight loss application has:

- Log your food and exercise on Loseit.com

First Place - Nutrition/Healthy Eating

Share More info



SCAN barcode automatically!

0:00 YouTube

Attached files (1)

fooducate-prandinfographic.zip (136 kb)

Submitted by

Hemi W

Other information

Date entered: December 07, 2011

Fooducate is a free mobile app (Android, iPhone) that empowers supermarket shoppers to make healthy choices effortlessly. The app enables consumers to automatically scan the barcodes of food products, and instantly see how nutritious they really are – knowledge that is leading to changes in their purchase decisions. Fooducate's scientific algorithms generate a letter grade (A, B, C, or D) for each product scanned, along with brief explanations and warnings about its nutrients and ingredients. Users are just one click away from viewing similar, but healthier alternatives. The