



Sarasota Sports Medicine
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APPS WE LOVE AND USE DAILY

We're realists. We love health & nutrition, but we also love tricks and tools to make our life a little easier. Here are a few of our favorites...



CARB MANAGER



Whether you're living the Keto lifestyle or not, we LOVE Carb Manager to track macro and micronutrients. Cost is \$29.99 per year for the full version, but the standard version has more information than you could possibly imagine.



Track over 1 million foods

Carb Manager has the world's most comprehensive and accurate database of foods featuring net carb counts, macros, and micronutrients.



Delicious keto & low carb recipes

We've got 1,000+ exclusive low carb (LCHF) recipes from the Carb Manager test kitchen, over 10,000 user-submitted recipes, and 350,000+ web recipes.



Meal plans & shopping lists

Generate a personalized meal plan and shopping list based on your preferences and macros, or choose from one of our many curated meal plans for all diet types.



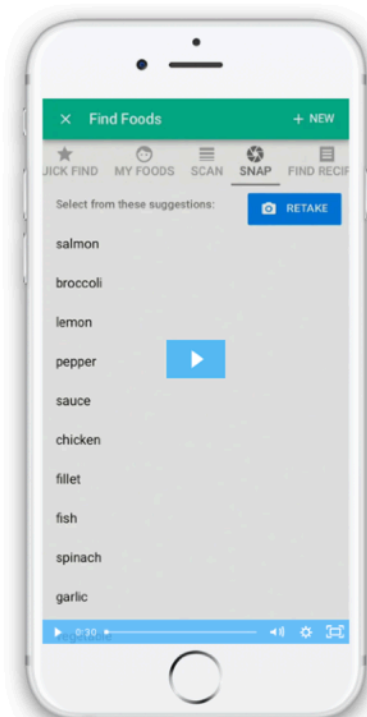
Connect apps & devices

We integrate with Fitbit, Garmin, and hundreds of other apps and devices via Apple Health and Google Fit.



Advanced features

Go way beyond the typical calorie counter: Track ketones, blood glucose, insulin, diabetes carbs, intermittent fasting, glycemic load, GKI, and much more.



SIFT

Taking the guesswork out of food labels.

Food labels are complicated and often designed to trick you.

In the U.S. alone there are nearly 100 different words used for sugar on our food labels, over 3,000 additives are approved for use in our food, and many ingredients that are banned in other countries due to health concerns are approved for use in the U.S.

Sift also lets you know if the ingredients in the food you scanned are allowed in the following diets:

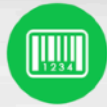


- ✓ Gluten Free
- ✓ Dairy Free
- ✓ No Sugar Added
- ✓ Soy Free
- ✓ Vegan
- ✓ 30 Whole Days
- ✓ FODMAP
- ✓ PALEO

Cost is \$2.99 per diet you select or \$39.99 per year. My only caution is this app is super addictive! It now takes me much longer to shop at the grocery store, but I'm fascinated by what I'm finding.



Know what's in your food.

Sift is easy to use. Simply snap the UPC barcode of any food product and we find the item in our database of over 400K products. We then translate the ingredients into simple terms and flag any ingredients that pose health risks or are banned in other countries.

-  Snap the barcode
-  Ingredients are translated
-  Risky ingredients are flagged