SUGAR FREE Girl

10 FOOD JOURNAL APPS THAT TRACKS SUGAR



MY FITNESS PAL

My Fitness Pal will keep tab on blood pressure, hip, waist and thigh circumference, fat percentage & blood sugar –pretty much whatever you want!



MY PLATE

My Plate's daily nutrition charts and graphs will help you track calories and sugar consumption!



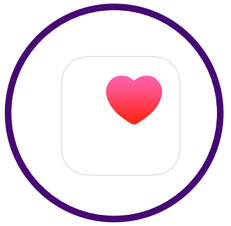
LOSE IT

Lose it will perfectly match you with a personalized daily calorie budget and weight loss plan!



FITBIT

Fitbit analyzes your exercise habits, heart rate, sleep, then tracks your sugar and carbs intake!



IOS HEALTH

IOS Health App easily measures your blood glucose and keep records of your weight and reproductive health!



HEALTH EQUALS WEALTH

Health Wealth helps you set your health goals!



HEALTHTRAC

This app allows you to easily and conveniently track your daily progress, weight, exercise, sleep, meals and other metrics



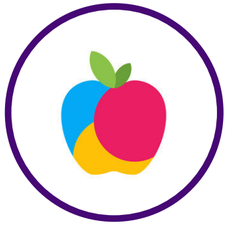
FOODUCATE

Fooducate can scan & grade your foods while keeping on track of your calories, macros, and workouts!



FATSECRET

Fat secret is an easy to use calorie and sugar counter app - effective for weight loss and dieting!



YAZIO

Yazio provides recipes and tips on how you can stay sugar track!