

Smartphone applications and websites for healthy living



Cooking



Big Oven. More than 350,000 recipes, with the ability to add your own. Offers measurement unit conversions, menu planner, grocery lists, and recipes using ingredients on-hand. *Free for iPhone and Android.*



Epicurious. More than 30,000 professional recipes from Bon Appétit, Gourmet, and Self magazines, chefs, and cookbooks. *Free for iPhone, Android, and Blackberry.*



Food On The Table. Helps you find healthy recipes, create grocery lists, and locate nearby grocery stores. *Free for Android.*



Forks Over Knives. More than 180 hearty meals from more than 20 leading chefs, with new recipes added weekly. All recipes fit the whole-food, plant-based lifestyle that a growing number of health professionals recognize can help prevent and even reverse chronic ailments like heart disease and type 2 diabetes. *For iPhone and Android with fee.*



How to Cook Everything. Based on the best-selling cookbook, it includes more than 2,000 recipes plus reference information. *For iPhone with fee.*



Quick and Easy Recipes from SparkPeople. Detailed and easy to follow healthy recipes that take 30 minutes or less to make. Nutritional breakdown of all recipes. *Free for iPhone, Blackberry, and Android.*

Nutrition



Chemical Cuisine. From the Center for Science in the Public Interest, deciphers ingredients in a majority of foods eaten daily including factory-made and processed foods. *Free for iPhone and Android.*



Eat This, Not That! Restaurant. Based on the book, assists with making healthier substitutions when dining out. *For iPhone and Android with fee.*



Fooducate. Scan barcodes on food packaging for a detailed analysis of nutritional content. Highlights trans fats. *Free for iPhone and Android.*



Rise 1:1 Nutrition Coach. Send pictures of your meal to a real nutrition coach and they'll give you feedback and tips. Nutrition coaches are registered dietitians. *For iPhone with fee.*



ShopWell. Barcode scanner scans food labels to create grocery lists, find healthier alternatives, and determine whether food you've chosen is a good match for your dietary needs. *Free for iPhone.*

Fitness and Healthy Living



Calorie Counter and Diet Tracker by My Fitness Pal. Food diary, food database, monitors progress, measures activity, can add friends and track and support each other's progress. *Free for iPhone, Android, and Blackberry.*



Pedometer++. Records pace, distance, calories burned, elevation, and heart rate. Creates map of route. Set goals and checks progress. Tracks 12 activities. *Free for iPhone.*



Runtastic. Track stats for more than 20 activities (running, walking, cycling, skiing, etc.), view fitness logs, set training goals, upload to your computer, link account to myfitnesspal.com. *Free for iPhone and Android.*



Nike + Training Club. More than 100 workouts by Nike master trainers. Create Nike+ profile, add friends, and train anywhere. *Free for iPhone, Blackberry, and Android.*



iPhone Health App. Application already installed on iPhones to help track activity, nutrition, sleep, and mindfulness habits. Also tracks body measurements, lab results, vitals, and health records.



S-Health App. Samsung/Android application with nutrition diary and pedometer, and exercise section for running, cycling and hiking, which superimposes your progress onto maps.

Websites



Choosemyplate.gov. Articles, recipes, and healthy-living ideas, plus Supertracker, a program to help you plan, analyze, and track your diet and activity. Sign up for daily or weekly emails.



Youtube.com. Videos on recipes, workouts, and much more.



Pinterest.com. Upload, save, sort, and manage images — known as pins — and other media content, such as videos, through collections known as pinboards. Search "Healthy Recipes" and "Exercise" for a variety of ideas. *Free but registration required.*



CalorieKing.com Online health and wellness club centered on healthy eating and exercise, with an extensive library of recipes.



Centralcoastymca.org/monterey-peninsula/youth-programs
Check out the YMCA Youth Program website for membership information and physical activity programs, such as summer day camps, after school programs, youth sports and more!