

Nutrition-Related Programs, Applications, & Databases for your PDA Compiled by Dina Aronson, MS, RD, LDN

Application Name	Web Site	Operating System	Description	Price
USDA Nutrient Database 15	www.nal.usda.gov/fnic/foodcomp/srch/search.htm	Palm™ OS	The original nutrient database.	free
BMI Calc	hin.nhlbi.nih.gov/bmi_palm.htm	Palm™ OS	Refer to a body-mass index on your Palm™.	free
ATP III Cholesterol Magmt Tool	hin.nhlbi.nih.gov/atpiii/atp3palm.htm	Palm™ OS	Interactive guideline tool assists in implement-ing the ATP III Guidelines at the point of care.	free
The OEI Guidelines: Obesity Tool	hin.nhlbi.nih.gov/obgdpalm.htm	Palm™ OS	BMI, CHD risk factors, determine tx need, wt loss goals, tx & f/u, recommendations, more.	free
WeightCalc	www.mysporttraining.com/wc.htm	Pocket PC	Measure weight, body fat percentage, more.	free
Nutritional Foods Pocket Directory Database (PC)	www.pocketdirectory.com/software/product.aspx?idProduct=32004&selPld=2	Palm™ OS	Food & herb nutrient database. Requires DataView (free) download to view.**	free
Herbal Zone	www.freewarepalm.com/medical/herbalzone.shtml	Palm™ OS	Information and implications for 100 commonly used herbs.	
Recipes From InteliHealth 1.0	download.cnet.com/downloads/0-10124-100-8334526.html?tag=st.dl.10000-103-1.lst-1-12.8334526	Palm™ OS	Browse healthy recipes on your Palm™.**	free
STAT Growth Charts	www.statcoder.com/growthcharts.htm	Palm™ OS	Electronic version of the CDC growth charts.	free
MedMath and MedCalc	frontpage.auburn.edu/pharmacy/pcs/pda/results/...resultsmedmath.htm or resultsmedcalc.htm	Palm™ OS	MedMath has 24 formulas, MedCalc 64. It's up to you. BMI, Corrected Calcium, BEE, more!	free
Easy Health	www.goodtogosoftware.com	Palm™ OS	Track your intake with a detailed food log (kcal, micronutrients, macronutrients), with a CUSTOMIZABLE(!) database of 2400+ foods**	\$9.95
PDA Cookbook	www.wakefieldsoft.com/pdacookbook/	Palm™ OS Pocket PC	Refer to recipes, menu planner, and shopping list. Plus version includes desktop software.**	\$9.99; \$19.99 / +
Fast Food Finder	www.I3solutions.com/L3Prod_L3FF.htm www.I3solutions.com/L3Prod_L3FFPPC.htm	Palm™ OS Pocket PC	Look up nutrient content of most fast food items – over 700 items.	\$14.95
Pocket Cook	www.pocket-cook.com/	Palm™ OS Pocket PC	Plan meals using database of recipes; quickly create shopping lists from your chosen recipes. Add your own recipes w/ the deluxe version.**	\$14.95 \$19.95/dlx
NutriCalc	nutri.calc.info/ncmain/	Palm™ OS Pocket PC	Track diet; analyze nutrient content of foods and meals; customize food database.**	\$14.99
Eat It!	www.schereronline.net/en/eatit/	Palm™ OS	Calculate nutrient intake for 1100+ foods.**	\$15
KidNorms	www.medical-data-solutions.com/kidnorms.htm	Palm™ OS	For pediatrics: Comprehensive database of normal values indexed by age.	\$17.95
Riley Kidometer	www.kidometer.com/	Palm™ OS	For pediatrics: Database of age-based normals, (labs, vitals, growth); kcal/protein reqs; age-specific feeding recommendations	\$17.95
Diet with UltimateCalorieMeter	ultimategcaloriemeter.tripod.com/UCMII/	Palm™ OS	Track nutrient content of meals; calculate BMI, weight & exercise goals.**	\$19.56
MiniRD	www.mjasw.com	Palm™ OS	Perform BEE, IBW, BMI, micronutrient conversion, lab corrections, PRO req, UUN.	\$19.95
Diet & Exercise Assistant	www.keyoe.com/	Palm™ OS Pocket PC	Set nutrition & weight goals and monitor progress; track nutrient intake; search for food items; calculate dietary intake & exercise (calories burned).**	\$19.95; \$29.95 w/ desktop
eDiet Manager	www.pilotgear.com/software/showsoftware.cfm?prodID=42865	Palm™ OS	Set fitness and weight loss/gain objectives; track and analyze daily records; create personal diet profiles; manage diet.**	\$19.95
NutriLog	www.I3solutions.com/L3Prod_L3NLP.htm www.I3solutions.com/L3Prod_L3NLP.PPC.htm	Palm™ OS Pocket PC	Track nutrient consumption; has 31 nutrients and thousands of foods based on USDA database; w/Pro version, use with desktop PC.	\$19.95; \$29.95Pro
Doctor's Orders	home.fuse.net/damiltech/	Palm™ OS	Track weight, nutrients, blood pressure, medication, healthcare management.**	\$19.99
RMRDiet	www.rmrsoft.com/palm/diet.htm	Palm™ OS	Monitor food intake, weight, and exercise as part of a combined weight loss program. **	\$20
Glucopilot™	healthetech.com/corp/consumer/glucoipilot.jsp	Palm™ OS	Diabetes management application that helps enhance diabetic control by tracking blood glucose, insulin, and carbohydrate intake.**	\$29
MyBody Suite	www.I3solutions.com/L3Prod_L3MB.htm www.I3solutions.com/L3Prod_L3MBPPC.htm	Palm™ OS Pocket PC	MyDiet, PersonalTrainer, NutriData, and HealthCalc – 4 programs to track health progress (available separately as well).**	\$29.95 or separately
NutriCounter	www.nutricounter.com/palm.htm	Palm™ OS	Enter in foods and get analysis for kcal, fat, sat fat, chol, Na, carbs, sugar, fiber, protein.	\$39
BalanceLog	healthetech.com/corp/consumer/balancelog.jsp	Palm™ OS	Track kcal, nutrients, and exercise against nutrition and wt management goals; comes with 4000+ foods and 300+ exercises.**	\$49
NutriTEK	www.palmgear.com/software/showsoftware.cfm?prodID=40754	Palm™ OS	A professional's guide to effective nutritional therapy.	\$49.95
EnteralCalc	www.enteralcalc.com	Palm™ OS only; Pocket PC soon	Patient tracking and history; customizable formula databases; caloric/protein req. Rate/Volume/Calorie/Protein calculations.	\$79
P-21 Palmtop Dietary Computer with Software*	www.dietarysoftware.com	Comes with Palm™ Pilot IIIe	Perform BEE, IBW, enteral formulas, Fick, weight change, BMI, Catabolic Index, renal & diabetic exchanges, ht/wt tables, MeQ conversions, TPN, and more.	\$229
DSI Software only*	www.dietarysoftware.com	Palm™ OS		\$99
Nutrition Rx*	www.hightechnutrition.com	Palm™ OS Pocket PC regular PC	Patient assessment, enteral and parenteral, BMI, DBW, nitrogen balance, hematologic calculations, meal patterns.	\$149.99
Nutrition Toolbox*	www.nutrition-toolbox.com	Pocket PC	Adult/pedi assessment, enteral/parenteral calcs, labs, design diabetic & renal meal plans.	\$179
Nutrition Assistant*	www.compu-cal.com	Palm™ OS	Calculate exchanges, kcal needs, ht/wt tables, IBW, enteral formulas, renal ex-changes, BMI, anthropometrics, TPN/related measurements, renal kinetics, growth charts, more.	\$199.99

*Cannot download; must order. Shipping cost reflected in total price.

** Suitable for personal use or for clients/patients. Not a tool for a dietetics practice.

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