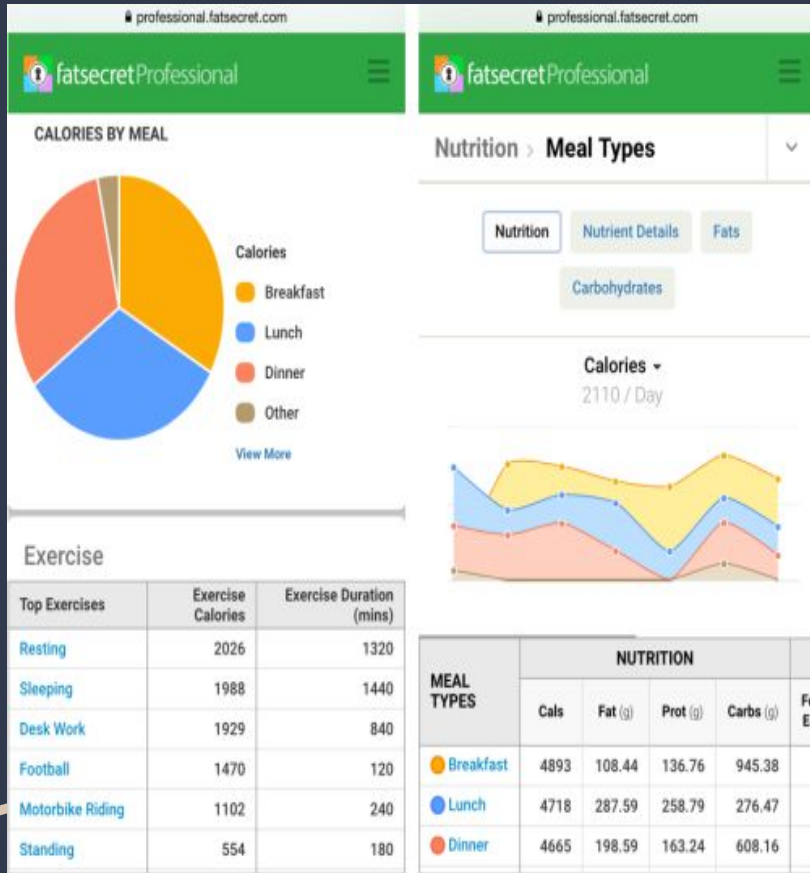# FatSecret Professionals App

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What is FatSecret Professionals?

- A calorie counting app that is used to help individuals with diet and weight loss.
- Some unique features this app contains are:
  - Food tracking by creating a food diary
  - Image recognition of foods, where users can take pictures of their food, meals, and products and track their nutrition
  - Exercise tracking
  - Diet calendar to view previous daily calories consumed
  - Detailed reports and goals for all calories and macronutrients
  - Photo album for storing pictures of meals
  - Recipes and meal ideas can be accessed
  - Sharing data with healthcare professionals for free
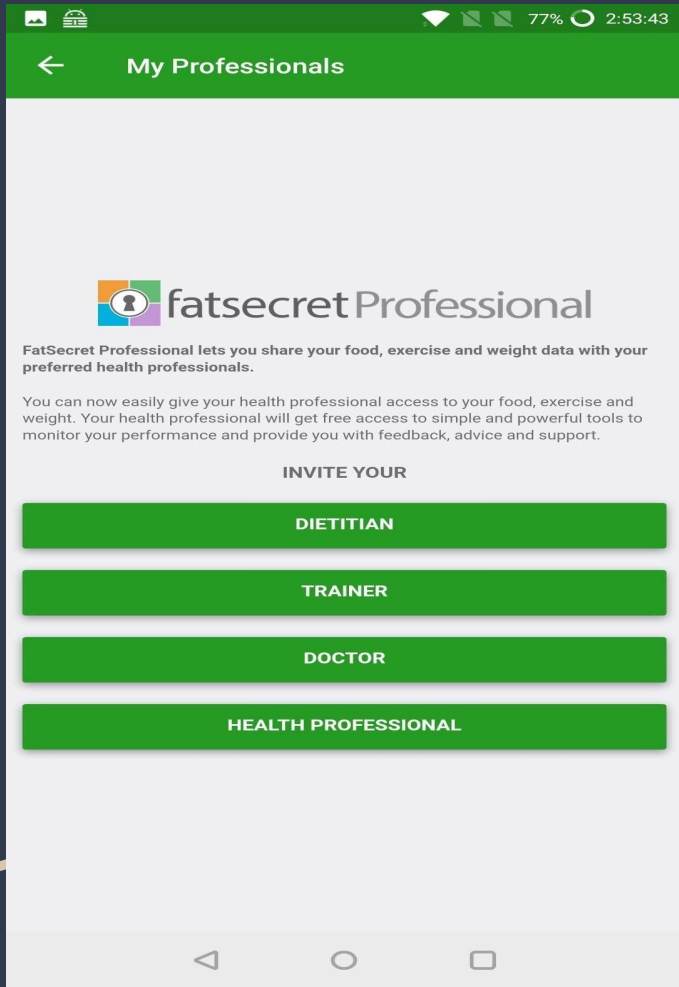
The "My Professionals" Function

- A unique feature that this app contains is the ability to share users nutrition tracking results with healthcare professionals.
- By using this function, users can send their progress to dietitians, trainers, doctors, or other healthcare professionals for free.
- This function helps healthcare professionals give feedback, advice and support on their clients progress.

Social Media & Social Support

- Like minded users can interact with each other, share recipes and track progress
- Share pictures of food
- Share weight loss stories
- Share weightloss pictures
- Unlike other forms of social media, users use the app to track diet and exercise & want to share progress
- " Did you eat reminders"

Pros

- The app is completely free
- Accessible through multiple iPhone models, Ipads, BlackBerry's, Androids, and Windows operating systems
- The food tracking database includes foods that can be searched from different restaurants, supermarkets, or popular brands
- The app has a barcode scanner component to verify the accuracy of certain products and foods.
- Apple watch compatibility
- Ability to track exercise as well as nutrition
- Easy to navigate

Cons

- Not suitable for someone who isn't familiar with technology
- Have to subscribe to membership for full features $38.99 per year
  - To plan goals
  - Create custom meals
  - Track water intake
- Time consuming to log food intake for each meal

Is FatSecret Professionals a reliable source?

- **Yes, we think this app is reliable based on:**
    - Fatsecret Platform API
    - It contains the "#1 nutrition database in the world" used by more than 10,000 developers, in more than 50 countries.
    - Developers JAVASCRIPT API and REST API, Forum and Libraries
    - "Most popular and trusted database" - does not state where the information is coming from
    - Contains nutrition label data and foods from popular restaurants to provide accurate nutrient and calorie tracking

Would we recommend this app?

- Yes, we would recommend this app because:
  - It is a reliable source
  - The app makes it easy for users to share results with healthcare professionals, so this would be a beneficial tool to use with future clients
  - The app makes it simple to log data and track progress
  - It provides a strong support system for users to help keep them on track

Questions

References

- Your Key to Success. (2019). Retrieved December 15, 2019, from https://www.fatsecret.com/.