

*pdaRD.com's Software List: Products Designed for Personal Use or for Clients as a Motivational Tool*

Application Name	Web Site	Operating System	Description	Price
Recipes From IntelliHealth	<a href="http://www.intelihealth.com/IH/ihtIH/WSIHW000/325/29786.html">www.intelihealth.com/IH/ihtIH/WSIHW000/325/29786.html</a>	Palm™	Browse healthy recipes on your Palm™.	free
Easy Health	<a href="http://www.goodtogosoftware.com">www.goodtogosoftware.com</a>	Palm™	Track your intake with a detailed food log, nutrient analysis, and customizable 2400+ food database.	\$9.95
PDA Cookbook	<a href="http://www.wakefieldsoft.com/pdacookbook">www.wakefieldsoft.com/pdacookbook</a>	Palm™ Pocket PC	Refer to recipes, menu planner, and shopping list. The Plus version includes desktop software for easy data entry, flexible printing, import, export and more on your PC.	\$9.99; \$19.99 for + version
Pocket Cook	<a href="http://www.pocket-cook.com">www.pocket-cook.com</a>	Palm™ Pocket PC	Plan meals using database of recipes; quickly create shopping lists from your chosen recipes. Add your own recipes with the deluxe version.	\$14.95 deluxe-\$19.95
NutriCalc	<a href="http://nutricalc.info/ncmain">http://nutricalc.info/ncmain</a>	Palm™ Pocket PC	Track diet; analyze nutrient content of foods and meals; customize food database.	\$14.99
Eat It!	<a href="http://www.schereronline.net/en/eatit">www.schereronline.net/en/eatit</a>	Palm™	Calculate nutrient intake for 1100+ foods.	\$15
Ultimate CalorieMeter	<a href="http://ultimatecaloriemeter.tripod.com/UCMII">http://ultimatecaloriemeter.tripod.com/UCMII</a>	Palm™	Track nutrient content of meals; calculate BMI, weight & exercise goals.	\$19.56
Diet & Exercise Assistant	<a href="http://www.keyoe.com">www.keyoe.com</a>	Palm™ 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 includes desktop version
eDiet Manager	<a href="http://www.pilotzone.com/palm/preview/306798.html">www.pilotzone.com/palm/preview/306798.html</a>	Palm™	Set fitness and weight loss/gain objectives; track and analyze daily records; create personal diet profiles; manage diet.	\$19.95
NutriLog	<a href="http://www.l3solutions.com/L3Prod_L3NLP.htm">www.l3solutions.com/L3Prod_L3NLP.htm</a> <a href="http://www.l3solutions.com/L3Prod_L3NLPPC.htm">www.l3solutions.com/L3Prod_L3NLPPC.htm</a>	Palm™ Pocket PC	Track nutrient consumption; has 31 nutrients and thousands of foods; Pro version allows use with desktop PC.	\$19.95; \$29.95 for Pro version
Weight By Date Mobile	<a href="http://www.weightbydate.com/mobile_overview.htm">www.weightbydate.com/mobile_overview.htm</a>	Palm™ Pocket PC	Track daily meals, exercises, body measurements, notes, etc. <b>(Pocket PC users can use alone; Palm users need to buy Pro Version + Mobile)</b>	\$19.95; \$54.95 for Pro
Doctor's Orders	<a href="http://home.fuse.net/damiltech">http://home.fuse.net/damiltech</a>	Palm™	Track weight, nutrients, blood pressure, medication, healthcare management.	\$19.99
RMRDiet	<a href="http://www.rmsoft.com/palm/diet.htm">www.rmsoft.com/palm/diet.htm</a>	Palm™	Monitor food intake, weight, and exercise as part of a combined weight loss program.	\$20
Pocket Diet Tracker	<a href="http://www.pocketdiettracker.com">www.pocketdiettracker.com</a>	Pocket PC	Keep track of your daily food intake and exercises; features a customizable nutrient database.	\$24.95
My Sport Training	<a href="http://www.mysporttraining.com">www.mysporttraining.com</a>	Pocket PC	Track cardio and strength workouts, includes reports like 3D charts. Add Food module for add'l \$6.95.	\$24.95
BalanceLog	<a href="http://www.healthetech.com/balancelog">www.healthetech.com/balancelog</a>	Palm™	Track calories, nutrients, and exercise against nutrition and weight management goals; comes with a database of 4000+ foods and 300+ exercises.	\$49 for Win + Palm; \$29 for Palm
MyBody Suite	<a href="http://www.l3solutions.com/L3Prod_L3MB.htm">www.l3solutions.com/L3Prod_L3MB.htm</a> <a href="http://www.l3solutions.com/L3Prod_L3MBPPC.htm">www.l3solutions.com/L3Prod_L3MBPPC.htm</a>	Palm™ Pocket PC	MyDiet, PersonalTrainer, NutriData, and HealthCalc – 4 programs to track health progress (available separately as well).	\$29.95 (or sep'ly for less)
NutriCounter	<a href="http://www.nutricounter.com/palm.htm">www.nutricounter.com/palm.htm</a> <a href="http://www.nutricounter.com/pocket-pc.htm">www.nutricounter.com/pocket-pc.htm</a>	Palm™ Pocket PC	Enter in foods and get analysis for kcals, fat, sat fat, chol, Na, carbs, sugar, fiber, protein.	\$39.95

**TIP:** Before you buy any software for your Palm or Pocket PC, always download a trial version first to see if you like it.

**TIP:** Some companies offer student and/or bulk discount pricing. Contact the company for more details.

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*List compiled by Dina Aronson, MS, RD. For more information, please visit [www.pdaRD.com](http://www.pdaRD.com).*