Fooducate

Almost everyone has experienced standing in an aisle, trying to decide which loaf of bread or box of cereal to buy. With such boundless varieties of foods to choose from, deciphering the healthy from the unhealthy can make anybody’s head spin. Tempting health claims and fancy packaging can confuse any customer, and makes finding healthy food a daunting task. Choosing something that is healthy for you or the family is not easy, but luckily, there is an app to help customers navigate the grocery store aisles.

The Fooducate app, developed by Fooducate LTD, acts as a personal food guide by helping users determine the nutritional quality of food. Through a system of algorithms, Fooducate allows users to input food or scan in a bar code to determine the nutritional “grade” of a specific food item. Foods are graded from “A,” healthiest choice, to “D,” least healthy choice. Product grading is determined by its nutrition content, the ingredients, and the manufacturing process.

Fooducate’s sleek, user-friendly interface allows users to search a food item with ease. A picture of the item appears along with its food grade and rational. Fooducate is easy to use, and does not take long to get used to the app’s layout. When users look up a food item, the app shows the designated food grade for the product and the rational for the grade. The app also provides a list of healthy alternatives for similar products.

Fooducate is available free for both android and Apple devices. Users can unlock diet specific features by purchasing the premium version of the app on Android systems. Premium features includes diet specific results, such as food allergies, heart healthy diets, and carbohydrate control for diabetics to name a few.

Although this app is helpful, there are some disadvantages. Nutrition information on the app is generally accurate; however, since app users can post food grades prior to administrative approval, product grading may not be accurate. Another disadvantage is the inaccuracy of some nutrition information and ingredients listed. Many companies change product formulations frequently, affecting the nutritional content and ingredients in the product. Thus, nutritional grades may reflect outdated product formulations. There are also multiple entries for the same product, and duplicates may have more than one nutritional grade for the same product, which can confuse users.

A key disadvantage to the Fooducate app comes from the product alternatives suggested by the app. Some of the healthy alternatives suggested may not be available at nearby stores; however, developers are working to correct this. As well, foods suggested by the app may not be cost-friendly, especially for shoppers on a budget.

Overall, Fooducate is a great tool and is perfect for on-the-go use. It is a helpful way to navigate the different foods available at grocery stores. Ultimately, Fooducate should be used as a guide. With some accuracy errors, users should still look at nutrient information and product ingredients for themselves whenever possible. The combination of the app and personal reference is an ideal combination. http://www.fooducate.com/

RPG Executive Committee Nominations

Get involved, build a strong network and make a difference!

Renal Dietitians Dietetic Practice Group (RPG) is seeking candidates for 2015-16 Officers. Join other RPG members who are passionate about their work and future of dietetics. Serving on the executive committee is a great way to have input on decisions that affect the direction of the RPG.

The following positions are open for nominees:

- Chair-elect (3 year term)
- Treasurer (2 year term)
- Nominating Committee Chair-elect (2 year term)

Term begins June 1, 2015

Detailed job descriptions for these positions are available upon request by e-mailing helpU@renalnutrition.org. Please notify the RPG nominating committee of your interest by September 6, 2014.

We look forward to hearing from you!

Nominating Committee:

Chair-Valarie Hannahs, MS, RD, LD
rpgnominatingcom1@gmail.com

Chair-elect-Connie Cranford, MS, RD, LDN
rpgnominatingcom2@gmail.com