App Review

App Review: NKF Food Coach

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Do your patients want to know what to order at restaurants? Are they unsure of which foods to choose at the grocery store? Do they want to know more about National Kidney Foundation (NKF) events and disease education? The NKF Food Coach app can answer all these questions and more! This app, from the National Kidney Foundation, works on its own and in conjunction with the My Food Coach by NKF website. The app is geared for people living with diabetes, hypertension, or chronic kidney disease.

Key Features:
• Find foods that meet individualized guidelines for a disease condition
• Explore recipes that are hypertension, diabetes, kidney, and osteoporosis friendly
• Can help users lose weight
• Make better choices when dining out or shopping at the grocery store
• Build a library of personal food favorites
• Connect with a Registered Dietitian for personalized support and recommendations

The user can customize the NKF Food Coach app in the user profile section by choosing disease condition, gender, height, weight, birthdate, and activity level. The disease conditions are comprehensive with multiple sub-conditions within each main condition. For example, the user can choose chronic kidney disease stages one through five and on dialysis with elevated or normal serum potassium. Users can also select weight control or general health.

Once the disease condition and preferences are selected, customized guidelines are calculated. These guidelines are used throughout the app to assist patients to make better food choices. On the app’s home page the user can choose from three categories: Search Food Options, Get Health Resources, or My Saved Items.

In the Search Food Options category, the user can choose between recipes, restaurants and packaged goods. Recipes are listed in alphabetical order and there is a search bar to find a desired recipe. Once a recipe is selected the user will be alerted to whether or not that recipe meets his or her guidelines. Users can also view nutrition facts to see the macro and micronutrient content. There is also a GPS feature to help search for nearby restaurants. Users can select a restaurant, review the menu and choose a food item. Once the food item is selected an alert will prompt the user as to whether or not this choice meets his or her guidelines. The format is the same in the last option, packaged goods.

In the second category, Get Health Resources, Kidney Related News, NKF events, Education on Kidney Disease, and Connecting with a Dietitian are listed. Connecting with a dietitian is a great feature of this app as users are able to grant access to a dietitian to review the food items and recipes they choose. The last category, My Saved Items, allows the user to see all of the food items, recipes, and menu choices he or she has favored.

This app is full of great resources that should enable your patients to make better food choices at home, in the grocery store, and when dining out. One last feature of the app is the weight log where users can track their weight and body mass index. Best of all: this app is FREE and available on iPhone and Android.


My Food Coach by NKF website.
https://myfoodcoach.kidney.org/signin

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