App Review: Kidney Diet Foods Checker

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The Kidney Diet Foods Checker is a convenient app designed to simplify management of the renal diet, a task that can be overwhelming and daunting for most individuals. Mark Patrick Media created this app in February 2013, with the needs of the patient in mind, to help them follow their renal diet and make the healthiest choices. With information on just over 6,000 foods, the app allows users to search between similar foods so they can be informed consumers when shopping.

The user-friendly layout provides for people with limited technology knowledge the ability to navigate through the app. The browse tab breaks up food choices into 23 categories based on the type of food/beverage desired; i.e vegetables, cereals, bread, fish, snacks, desserts etc. This tab further breaks down into subcategories until the desired specific food/drink choice is found. Upon selecting a food choice, the app provides that food’s nutrient break-down (carbohydrates, protein, fat, phosphorus, potassium, water, and serving size). Also, from this screen, the user is able to mark a food as a “favorite” which saves the food in a separate tab for quick access. The other option to find foods is by doing a key word search, which identifies matches within the apps preprogrammed database of foods. Finally, due to its simplicity, first time users of the Kidney Diet Foods Checker app are able to easily navigate through the app, which eliminates the need for a tutorial.

Despite the many positive attributes, there are a few limitations with this renal friendly app. One is that the user is neither able to add foods to a calendar to track their daily intake, nor keep a log of their dietary regimen. Adding these features to the app would be beneficial to allow users to track the trends of their oral intake, and better understand the actual nutrients they are consuming. Another addition to the application that would benefit the user is an option to search common restaurants for a quick reference when eating out. Finally, the app would better support individuals by detailing the sodium content in food, and also by allowing serving sizes to be adjusted based on actual food portions consumed.

The Kidney Diet Foods Checker has a comprehensive database of food items to help individuals manage their renal diet plan. The most helpful part of the app is the provision of nutrition information in each of the food items, particularly phosphorus, which can be difficult to find on labels or in nutrition ingredients. The app, which can be downloaded for a $1.99 one time fee, is a great and inexpensive way for individuals to make educated decisions in regards to their kidney diet.


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