

## App Review: Fast Food Calorie Counter

Mobile devices and smart phones in particular are all about making lives easier for those of us using them. Hey, it's why we carry them right? It is always refreshing to see a software developer design their applications with that in mind. **Fast Food Calorie Counter** by Concrete Software is one such application.

Most of us live active and busy lives, juggling school, work, and more work in some cases. This type of schedule makes it very difficult to eat healthy, and we inevitably turn to fast food for our nutrition. As most of you know this isn't always the best idea. The menus are generally loaded with fat, calories, and carbs making it very difficult for those of us trying to watch what we eat. **Available for \$4.99**, this little app has a database of all the major fast food restaurants, (41 to be exact) and their menus. In this current version there are 4,700 items listed and it appears to be pretty exhaustive and current. When you open up the application you are presented with a nice clean interface that shows all the restaurants in a grid that can be scrolled up and down.

Click on the restaurant of your choice and you are shown their menu items. By default they are listed by categories alphabetically, so beverages would be first followed by breakfast and so on. Luckily you have the option to sort every item alphabetically with 3 button clicks. Just press the menu button, choose sort, then the method of choice. You also have the option to search for menu items by typing in the name.

The app runs cleanly and appears to have a very small foot print. The only quirk I've discovered thus far was that when using the onscreen keyboard to search your entries aren't registered, so your results don't show up. Also, when you close your keyboard your search results disappear. The search option only works in landscape mode with the hard keyboard. Strange but minor enough to overlook. Hey, that's what updates are for.

If you're on the go and you really need a way to watch how many calories you're shoving down your pie hole this is the app for you. It's definitely worth the price, and I would even pay double for it. **Fast Food Calorie Counter**

### About the Author

Calorie calculator - Diet and nutrition - msnbc.com

Would Requiring Nutrition And Calorie Labeling In Restaurants Make

Recommended Calorie Breakdown Calculator - Nutrition .BizCalcs.com

Fast Food Nutrition Facts - Calories , Carbs, Protein, Fat Grams

Nutrition : Determine Your Calorie Needs -- familydoctor.org

My Calorie & Nutrition Counter - Free software downloads and

Intelligent Eating: Benefits of low- calorie high- nutrition ( New  
Nutrition Menu

Fast Food Restaurants & Nutrition Facts Compared

Sky-High Calories in Some Restaurant Meals - Healthy Recipes

Source: <http://productsherbal.com>