



Interactive Nutrition Resources

Mobile Apps

Navy Operational Fitness and Fueling System (NOFFS) Mobile Apps

Four free apps are available from NOFFS for iPhone, iPad, and iPod (Android versions are in development). Access all four apps by searching for “NOFFS” in your phone’s app store, or visit:

http://www.navyfitness.org/fitness/noffs/noffs_system_overview/applications/.



NOFFS

The exercises in the NOFFS program are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. In addition to exercise programs, this app, as well as the three listed below, include fueling and regeneration components.

Strength

Three training phases in this series will help build total work capacity and improve cardiovascular fitness.

Endurance

In this app, exercises are designed to break through training plateaus and decrease injuries associated with endurance training.

Sandbag

This app includes a training plan that can be completed with limited equipment. Exercises will develop strength and power needed to meet performance demands in any environment.

Health Information at Your Finger Tips - CDC 24/7 App Centers for Disease Control and Prevention

The tablet application provides access to important and timely health information. Through the app, you can access health articles, journals, features on diseases, prevention tips, and timely health updates that correspond to health concerns and events. It also provides easy access to social media so you can share stories, links, podcasts, and videos.

http://www.cdc.gov/mobile/Applications/CDCGeneral/promos/ipad_promo.html



Body Mass Index (BMI) Mobile App

National Heart, Lung, and Blood Institute - National Institutes of Health

With this smartphone app, you can calculate your BMI and access important health information. To get the free app, search “My BMI Calculator” in your phone’s app store or go to http://www.nhlbi.nih.gov/health/educational/lose_wt/bmitools.htm.





My Dietary Supplements (MyDS) Mobile App
National Institutes of Health Office of Dietary Supplements

MyDS is a free mobile app that gives you an easy way to keep track of the vitamins, minerals, herbs, and other products you take. It offers access to science-based, reliable information on dietary supplements, in English and Spanish, as well as general information about the Office of Dietary Supplements. Access MyDS at <http://ods.od.nih.gov/HealthInformation/mobile/AboutMyDS.aspx>.



Interactive Websites

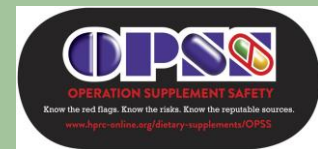
SuperTracker: My foods. My fitness. My health.
Food and Drug Administration

SuperTracker is a personalized nutrition and physical activity plan. You can track foods and define nutrition targets. You can also track physical activities to benchmark individual fitness and monitor progress over time. The tracker provides tips and support to help you make healthier choices, develop nutrition and fitness goals, and find out what and how much to eat. Personalize your experience by creating a profile at <https://www.supertracker.usda.gov/default.aspx>.



Operation Supplement Safety (OPSS) Campaign
Human Performance Resource Center

OPSS allows service members and retirees, their families, healthcare providers, and DoD civilians to get the scoop on dietary supplements. Access information at <http://hprc-online.org/dietary-supplements/opss>.



Food-a-Pedia
Food and Drug Administration

Food-A-Pedia is a mobile tool that provides you with quick access to nutrition information for over 1,000 foods, including calorie amounts, contribution of a food to the five food groups, and number of “extra” calories in a food from fat, added sugar, and alcohol. Find Food-a-Pedia at <http://www.supertracker.usda.gov/foodapedia.aspx>.



Online Calorie Counter
Thecaloriecounter.net

The Calorie Counter is an online calculator that helps you track the amount of calories you consume through food and drink and burn through your basal metabolic rate and exercise. The website will also help calculate your BMI and gauge an ideal body weight. Find the Calorie Counter at <http://thecaloriecounter.net>.

