

# Food Grading Apps

Helping shoppers find "better-for-you" products!



OptUP

## OptUP - Kroger

OptUP is a new app that makes better-for-you shopping simple! With easy-to-understand nutrition scoring and healthier recommendations based on what you tend to buy, it's easier than ever to track your nutritional progress.



## Shopwell

ShopWell is a free website and app that scores foods on how well they meet your unique needs. With easy-to-understand nutrition information and personalized food scores, ShopWell gives you easy tools to find better products for you and your family.



## Spoon Guru

No matter how complex your dietary requirements, Spoon Guru quickly and easily finds everyday food that matches your unique profile. With a barcode scanner, recipes, and product search, this is the world's leading safe, accurate and easy to use food search & discovery app.



## Fooducate

Fooducate's goal is to help people improve their health through better food. The Fooducate app has helped millions of Americans learn what's really in their food and lose weight by tracking the quality of their calories.



## Monash University FODMAP Diet

Researchers at Monash University have developed a diet and corresponding app to assist in management of the gastrointestinal symptoms associated with Irritable Bowel Syndrome (IBS). The Monash University Low FODMAP diet works by restricting foods high in some carbohydrates called FODMAPs.