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## APP OF THE WEEK



### TRAFFIC LIGHT FOOD TRACKER

WHILE the food industry has been reluctant to heed a push for foods to be labelled with the traffic light system, the Obesity Policy Coalition's new app allows shoppers to track fat and sugar content of food themselves.

The app gives foods a traffic light rating based on the amount of total fat, saturated fat, sugars and sodium per 100g — green for low, amber for medium and red for high. The idea is for users to limit the number of red lights in their shopping trolley and replace them with products with green lights.

The process is a little onerous, with users having to locate the nutrition information label on the packaging of the food product, then enter the amounts of total fat, saturated fat, sugar and sodium per 100g to receive traffic light ratings. However, they can then save the product name and details in an online "pantry" for future reference.

**Specifications:**  
**COST:** Free  
**COMPATIBLE WITH:** iPod, iPod touch, iPad  
**REQUIRES:** iOS 3.2 or later