

Carb Counting Resources

	Book	Website	Phone App	Recipe Analyzer	Barcode Scanning
CalorieKing	✓	✓	✓		✓
MyFitnessPal		✓	✓	✓	✓*
MyNetDiary			✓		✓
Cronometer		✓	✓	✓	✓
Lose It!			✓		✓
Nutritionix		✓	✓		✓
Nutrition DATA		✓	✓	✓	
VeryWellFit.com		✓		✓	
Whisk (cooking app)			✓	✓	
SNAQ (food tracker & carb estimator using photos)			✓		

*Barcode Scanning available with paid subscription to MyFitnessPal

Food Scales

Ozeri ZK14 Pronto Digital Food Scale

Best Budget • Under \$10

Greater Goods Nourish Digital Food Scale

Best for Counting Macros • Under \$40

Etekciti Smart Food Nutrition Scale

Best App-Enabled • Under \$30

Adapted from: <https://www.verywellfit.com/best-food-scales-4173446>

Measuring Equivalents

3 teaspoons = 1 Tablespoon 4 fl ounces = ½ cup

4 Tablespoons = ¼ cup 8 fl ounces = 1 cup

16 Tablespoons = 1 cup 1 cup = ½ pint