MyNetDiary

Healthcare Professional Guide

Overview

Launched in July 2007, MyNetDiary has helped over 2.5 million people work toward their weight goals, providing online services and mobile apps for diet and exercise management.

MyNetDiary is built on a solid, scientific foundation that follows the guidelines, recommendations, and equations of the Academy of Nutrition and Dietetics, Institute of Medicine, American Diabetes Association, the American Heart Association, and the United States Department of Agriculture (USDA).

On the surface, MyNetDiary does the same tasks as other calorie counting websites and mobile apps, but what makes MyNetDiary different is its comprehensiveness combined with casual simplicity and ease of use, enabled by state-of-the-art technology and years of research powering MyNetDiary under the hood.

MyNetDiary is so easy, helpful, and such a pleasure to use that people keep using it, for months and years to lose and maintain weight.

MyNetDiary is loved by its users! MyNetDiary PRO for iPhone and MyNetDiary for iPad apps have a stellar 5-star rating, all other apps have strong 4.5 star ratings.

The combination of nutritional science, ease of use, and comprehensiveness is the winning magic of MyNetDiary.

This guide provides an in-depth look into MyNetDiary features and its applications in professional practice.

Reviews by Healthcare Professionals

Two representative reviews succinctly highlight the quality and value of MyNetDiary.

Instructor

by Schaufty - June 12, 2012

I taught nutrition at the college level for 30 years. I worked for Nutrisystem as a counselor and have been a private weight loss and eating disorder counselor for 25 yrs. I love love love this app. I have downloaded several apps, but this is the only one I use. I used to spend hours going over clients logs, now this app does all the work for me. I make all clients download it on our first meeting. I cannot imagine a better app. My clients also adore it!

Great app

by Peggy15754 - May 28, 2012

Extensive food and exercise database. Love the graph and goal setting features. Since adding ability to access database when not connected to Internet, near perfect app. I am a nurse practitioner and recommend MyNetDiary to my patients for diabetes regulation, weight loss, and nutritional awareness.

The Science Behind MyNetDiary

As mentioned above, MyNetDiary follows the guidelines, recommendations, and equations of the Academy of Nutrition and Dietetics, Institute of Medicine, American Diabetes Association, the American Heart Association, and the United States Department of Agriculture (USDA).

- Basal Metabolic Rate is calculated following predictive equation suggested by Mifflin, MD; St Jeor, ST; Hill, LA; Scott, BJ; Daugherty, SA; Koh, YO. It has been demonstrated to be 5% more accurate than Harris-Benedict Equation.

- Weight maintenance calories are calculated per Estimated Energy Requirements formulas provided by the Food and Nutrition Board of the Institute of Medicine of the National Academies.

- MyNetDiary calculates target daily calories assuming that deficit of 3,500 calories compared to EER is needed to lose one pound of weight. For example, to lose one pound in a week, the person with EER of 2,000 calories would need to achieve daily calories deficit of 500 calories compared to his/her EER, so MyNetDiary would recommend 1,500 as the target daily calories. Although the latest research (e.g. Energy balance and its components: implications for body weight regulation by Hall et. al.) demonstrates that the 3,500 calories per pound rule of thumb is not quite accurate, it works well in practice.

- MyNetDiary calculates target daily calories for up to 2 lbs/week weight loss rate. If you recommend your patient or client a different daily calorie target, it is possible to enter target daily calories manually, overriding MyNetDiary's calculations.

- MyNetDiary uses The Compendium of Physical Activities Tracking Guide, prepared by Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. Healthy Lifestyles Research Center, College of Nursing & Health Innovation, Arizona State University. Retrieved April 5, 2012 from the World Wide Web.

- For each food, MyNetDiary calculates Food Score. The methodology was published in the June 2009 issue of the Journal of the American Dietetic Association, in the article *Modeling Expert Opinions on Food Healthfulness: A Nutrition Metric* by Jolie M. Martin, MBA, PhD; John Beshears, AM; Katherine L. Milkman; Max H. Bazerman, PhD; Lisa A. Sutherland, PhD, and used by MyNetDiary with permission. The study distills expert knowledge of leading U.S. nutrition experts into a simple nutrition metric, to help compare foods and make more healthful food choices.

Features Guide

The Best Food Database

While tracking a diet, most time is spent entering foods, and this is where MyNetDiary shines.

MyNetDiary provides the best and easiest food entry service. MyNetDiary instantly searches in the food database as a user types - similar to Google Instant - saving time searching for foods. MyNetDiary also provides intelligent favorites and barcodes scanning options on iPhone and Android.

To save time entering food nutrition facts, MyNetDiary is equipped with a comprehensive food database.

The sources of data are food vendor's web sites, product nutrition labels, and the USDA food database. MyNetDiary food database contains US, Canadian, UK, and Australian foods.

As a reference point, a well-known food database provided by CalorieKing has about 50,000 US foods and about 19,000 Australian foods, according to [Wikipedia](#).

There are over 185,000 verified foods in the database. MyNetDiary PhotoFood Service, available on the iPhone Pro app, helps MyNetDiary grow and update the database steadily and ensure its high-quality. **MyNetDiary staff adds or updates several hundred foods each day, including weekends.**

MyNetDiary also provides an option to use an additional 300,000 "contributed" foods that is provided by users but are not quality assured. Such foods are clearly identified in the database

Flexible Planning

Diet planning with MyNetDiary can be as easy as entering a target weight and target date: MyNetDiary will calculate daily calorie allowances based on EER, assuming 3,500 calorie deficit for losing one pound of weight, as described in *The Science Behind MyNetDiary* section above.

The default macronutrient allowance percentages are based upon mid-point of Acceptable Macronutrient Distribution Ranges. For adults over 18 years, this means sourcing 27.5% of energy from fats, 20% from proteins, and 52.5% from carbs. This default macronutrient ratio can be customized.

The MyNetDiary AutoPilot option can automatically lower the calorie and macronutrient allowances while preserving the ratio when user loses weight. Users can also override daily calories, or choose how many pounds per week he/she wants to lose, or choose target date for her target weight. MyNetDiary will recalculate the plan automatically and warn the user in case the plan is unrealistic.

Daily and Weekly Analysis

The Daily Analysis box on the website and Daily Analysis screen in mobile apps show one's daily energy balance, estimating how much weight he/she is losing (or gaining) each day.

For each day, it compares key nutrient totals with recommendations based upon DRIs by Academy of Nutrition and Dietetics and AHA, and the Dietary Guidelines for Americans 2010, helping you eat more healthfully.

It also provides tips and recommendations on good eating habits, helping a user be more successful.

MyNetDiary PRO for iPhone provides Weekly Analysis, calculating expected and actual weight loss and suggesting possible explanations for differences (if any). Weekly Analysis also calculates weekly averages for nutrients required on Nutrition Facts labels and suggests good food sources in case of deficiencies.
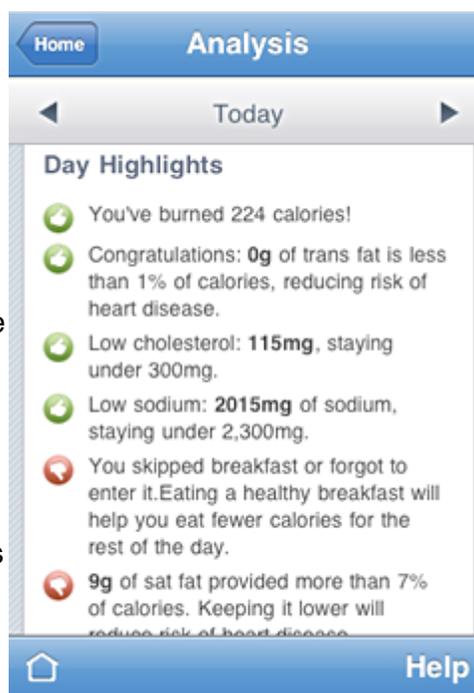
Charts and Reports

For longer term analysis, MyNetDiary provides charts and reports. The following time periods are supported: weekly, monthly, 3-months, 6-months and 1-year.

The following chart types are available for MyNetDiary Maximum subscribers and in PRO apps: body weight, food calories, macronutrient composition, all body measurements, and more.

Charts and reports can be printed, exported to Excel (CSV format), or securely shared via the MyNetDiary Community.

Barcode Scanner

For fast food entry, MyNetDiary apps for iPhone and Android provide a barcode scanner. When one enters daily foods, tap the scanner button to activate it and scan the barcode.

Barcode scanner in MyNetDiary PRO for iPhone works on any iPhone or iPod Touch with a camera. MyNetDiary Free for iPhone scans barcodes on iPhone 3GS, 4, and 4S. MyNetDiary Pro for Android scans on most Android phones with autofocus (requires free Barcode Scanner app download).

Weight Gain Management

Although MyNetDiary is most frequently used for weight loss, it works equally well for weight maintenance and weight gain.

Online Community and Forum

The MyNetDiary website provides an online Community for its subscribers and free members, for peer support and motivation. Community features groups and teams, as well as a forum for all its users.

The community is supported by a registered dietitian (RD) and a certified diabetes educator (CDE). A special "Ask a Dietitian" area covers over 200 topics.

MyNetDiary published over 20 articles, written by Katherine Isacks, MPS, RD, CDE. The articles provide information and tips on diet, nutrition, and weight loss, helping in selection of a good diet, identifying more healthful foods, and overcoming typical hurdles of weight management.

MyNetDiary also has a popular blog and Facebook page, both providing well-researched, evidence-based, high-quality information about diets, weight management, and healthful eating.

Optional Information Sharing

Through the website Community tools, it is possible to enable secure diary information sharing, specifying groups and/or individual who can access a member's diary, such as health care professionals, trainers, family members, and friends. The following information could be

selectively enabled for sharing: personal textual profile, "before" and "after" photos, personal blog, day energy balance, weight plan, weight chart, all other charts and reports. Sharing is controlled by the user via the community profile.

Diabetes Tracking

As MyNetDiary provides comprehensive food tracking, many of its users are people with diabetes who useit to track carbs and exercise. As they were asking about extending MyNetDiary to help people track blood glucose and insulin, MyNetDiary recently added comprehensive diabetes tracking tools to the website and prepared a special mobile app for iPhone that can work as a standalone or synchronize with the website.

MyNetDiary allows tracking blood glucose, insulin, medications, blood pressure and more, specifying multiple target ranges and threshold values for blood glucose, assigning multiple labels to readings and entries. MyNetDiary counts total carbs, net carbs, and Diabetes Carbs Count. Diabetes Carbs Count is the advanced carb counting method used by the International Diabetes Center: TOTAL CARBS - ½(TOTAL FIBER if ≥ 5 grams) - ½(TOTAL SUGAR ALCOHOLS if ≥ 5 grams).

MyNetDiary Diabetes Tracking is available on the website for MyNetDiary Maximum members.

MyNetDiary Diabetes Tracker for iPhone was released in July 2012 and available on the iPhone App Store

Learn more about website diabetes features and about the Diabetes Tracker for iPhone.

Please note that MyNetDiary is not a medical device. MyNetDiary diabetes tracking currently is not integrated with blood glucose monitors, as this would make it a Class 2 Medical Device and require FDA review and approval.

To the best of our knowledge, all mobile diabetes trackers integrated with BG monitors are quite limited in the areas of carbs tracking, exercise tracking, medications, charts, and reports.

Compared To Other Calorie Counters

Here are some of the more important differences between MyNetDiary and free calorie counters:

- Better, more reliable food database. Some free calorie counters advertise having over a million of foods in their databases. The caveat is that they rely on user entries, which often are not accurate or not complete. There are not a million foods in the world, and such databases simply have many duplicates and out-of-date foods. MyNetDiary provides a high-quality 185,000 food database, entered and maintained by MyNetDiary staff. As mentioned above, MyNetDiary provides an option to use additional 300,000 "contributed" foods, which are entered by users and not quality assured. Such contributed foods are clearly indicated.

- More nutrients - free calorie counters typically track a limited number of nutrients - up to 8 or 10. MyNetDiary supports over 35 macro- and micro- nutrients.

- MyNetDiary is easier to use - it searches as you type and remembers your previous foods. This is the key to long-term, repeated use and success.

- Daily and weekly analysis, encouraging healthful behaviors.

- Optional diabetes tracking.

- Many other tools and time-savers, such as Food Score display, PhotoFoods service, nutrient targets planning, customizable macronutrient ratios, and more.

Users Love MyNetDiary

MyNetDiary is not just a big checklist of features; MyNetDiary is loved by its users! On the iPhone, MyNetDiary PRO has a stellar 5-star rating. On Facebook, MyNetDiary has an active community, with over 22,000 "Likes."

Once again, the ease of use in MyNetDiary helps users stick to their diets long-term, and they don't get bored and overwhelmed with the mundane daily work of tracking foods and exercise. The "diet" becomes a permanent lifestyle change. This is critical for long-term success of our users and your patients.

Wonderful

by Guzzielover - May 30, 2012

I wish that I had this 20 years ago. Would have made life so much easier. Have lost 39lbs since the first of November with minimum effort. I love this app! The longer I use the happier I am with it. I have a few friends using it now. For the first time in my life I feel in control of food instead of the other way around. This app gives me all the information and knowledge that I need to be successful. I intend to use it the rest of my life. I love it!

Better Than Any Diet - This Works!

by haldejong - June 12, 2012

At 62 yrs, I have tried many diets to lose my 40 extra lbs. Nothing worked long range until I found this program. With MyNetDiary I finally made a lifestyle change to healthier foods & smaller portions. I can see the effects of my choices on calories & nutrition. I'm eating less & eating healthier. My expectations of weight loss are more realistic & I have been achieving them. The features incorporated into this program are amazing & keep me motivated to maintain this lifestyle change. I use this program to log all that I eat, my exercise, sleep, & daily weight. I am on track to lose 40 lbs in 30 weeks. This program has literally changed my life.

Love the Charts

by Waitlossgyrl - June 17, 2012

I love this app and use it all the time. The calorie counter and food diary are very easy to use. I like that it gives variety of ways to document serving sizes and that very accurate measurements are allowed. I love that I can display my weight loss data in a variety of ways. I can see trends by various time periods such as by month or six months or a year, which helps me to see that my overall trend is weight loss and that a lot of apparent setbacks are just temporary blips. This has helped me to focus on general, permanent lifestyle change and slow weight loss instead of always striving for rapid weight loss. I am losing weight very gradually... just two lbs a month, and have been for a year. Being able to the chart whenever I feel impatient helps me to see the value of gradual lifestyle change and gives me the faith that I will reach my goal. Slow and steady wins the race!

Concise and Precise

by Dark Pool - June 17, 2012

It's easy to use all day long. It only takes a few seconds to post each meal. Everything they say about this app is true.

MyNetDiary Efficacy

In the fall of 2010, MyNetDiary conducted a statistical analysis of efficacy. An average active member lost **over 27 lbs**, or 12 percent of their body weight, in seven months, or at average pace of **1.4 lbs per week**. Full information, including our definition of "active" member, and assumptions are provided at http://www.mynetdiary.com/mynetdiary_efficacy.html.

Several dozen success stories from members using MyNetDiary are published at http://www.mynetdiary.com/success.do

Product Availability

MyNetDiary is available online, providing affordable subscriptions (as low as $5/month) and free accounts. Free accounts, while having limited functionality, are comparable or better than other free and most paid services.

MyNetDiary also provides a number of mobile apps, all of which can synchronize with a user's online account, providing the convenience and flexibility of using the website at home or office, or the mobile apps on-the-go. Features of mobile apps vary by platform.

- **iPhone**: Calorie Counter PRO by MyNetDiary
- **iPhone**: Calorie Counter by MyNetDiary (free)

- **iPad**: MyNetDiary - Food Diary for iPad
- **Android**: Calorie Counter PRO by MyNetDiary
- **BlackBerry**: Calorie Counter by MyNetDiary (free, requires MyNetDiary Maximum subscription)
- **iPhone**: Diabetes Tracker by MyNetDiary