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JUN 25, 2012

iCarbs Universal App Gets Featured on Great Apps Web Site

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Revere, Massachusetts – Revere, Massachusetts – Indie developer James [Hollender](#)'s iCarbs for iOS, a Health & Fitness [app](#) that lists the carbohydrate content of more than 1,100 [different foods](#), has been featured on GreatApps.com. Broken down into seven Categories or as a complete, alphabetical list with search function, users can lookup and record their daily intake of [carbs](#). Each listing includes nine pertinent facts about the food, and as of 3.0 allows users to create custom [serving sizes](#) for any item. The app is invaluable for dieters, diabetics, bodybuilders, and those with a need to monitor their intake of carbohydrates.

The app offers three different kinds of lookup: Search, Alphabetical, or Category. Users can enter any search term to query the database's 1,100 entries (some entries have multiple names). Alphabetical searches of the complete list is simplified through a thumb index, which opens any letter of the alphabet immediately. Finally, users can search alphabetically through any of seven category listings: Fast Foods; Fruits & Vegetables; Meat, Fish & Shellfish; Dairy & Eggs; Cereal Grains & Pasta; Sweets; and Snacks. The database is truly encyclopedic. For example, looking up "Milk" brings up more than 35 different listings.

Feature Highlights:

- * Lookup, customize, and record daily carbohydrate intake
- * Comprehensive database of foods based on the USDA National Nutrient Database
- * Lookup by Search, Category, or Alphabetical
- * More than 1,100 foods listed
- * Includes listings for Fast Foods

Having located the item sought, touching the listing opens a full page, including a photo of the food (some items), plus nine different entries. For example, touching the listing "Reduced Fat Milk," brings up a photo and the following nine entries: Full Name: Reduced Fat Milk, 2% Milk Fat; Weight: 244 grams; Common Measure: 1 cup; Carbohydrate Content: 11.71 grams (moderate-Code Yellow); [Calories](#): 122; Description: Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D; Food Group: Dairy and Egg Products; and USDA National Nutrient Database for Standard Reference: NDB ID: 01079.

Color-Coded Entries (Cooler the color, the lower the amount of Carbohydrates):

- * Black = Rated Extremely High in Carbohydrates (45.01 – 166.46 g)
- * Dark Red = Rated Very High in [Carbs](#) (30.01 – 45.00 g)
- * Red = Rated High in [Carbs](#) (15.01 – 30.0 g)
- * Orange = Rated Moderately High in [Carbs](#) (12.01 – 15.00 g)
- * Yellow = Rated Moderate in [Carbs](#) (9.01 – 12.00 g)
- * Yellow-Green = Rated Moderately Low in Carbs (6.01 – 9.00 g)
- * Green = Rated Low in Carbs (3.01 – 6.00 g)
- * Cyan = Rated Very Low in Carbs (0.01 – 3.00 g)
- * White = Rated Extremely Low in Carbs (0.00 g)

Touching the Record button on the top right to add an item to the user's daily [food intake](#), the carb-watcher can specify a serving size between .1 and 9.9 times the standard serving of 244 grams. New in version 3.0 of iCarbs is the ability to create custom [serving sizes](#) between 1 and 500 grams in 0.1 gram increments. Users can easily dial in the exact serving size using a slider and [buttons](#) for extra fine control of their selection. With the serving size adjusted, users just touch the Record button in the top right to have the revised entry added to their daily intake.

Records of servings are kept for a full year before being automatically deleted from the database. Recorded servings can be edited to change the date or number of servings. They can also be deleted if necessary.

In addition to helping users limit their daily carbohydrate consumption, the app includes five comprehensive articles to help the user get the most from the app: What Are Carbohydrates?, Carbohydrates & Diabetes, How to Use This App, Highest Protein Foods, and About this App. iCarbs – iNutrients: Carbohydrates is the second in a series of eight iNutrient [apps](#), all based on the USDA National Nutrient Database for Standard Reference.

The other seven [apps](#) are:

- * iCholesterol – iNutrients: Dietary Cholesterol
- * iFiber – iNutrients: Fiber
- * iKals – iNutrients: [Calories](#)

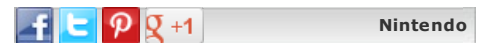
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At opposite ends of the spectrum, for bodybuilders, those looking to put on some serious muscle mass, iCarbs can help them revamp their [diet](#) to see the best results; for diabetics, needing to monitor blood glucose and insulin, iCarbs will help restrict their carbohydrate intake, which will lead to a long and healthy life.

"Now a Universal App, iCarbs – iNutrients: Carbohydrates 3.0 is the most comprehensive, authoritative, and convenient iOS app available for keeping a record of daily carbohydrate consumption," stated Indie developer James [Hollender](#). "And now users can create [serving sizes](#) for any of the 1,100 listings to suit their needs."

Device Requirements:

- * [iPhone](#), [iPad](#), or [iPod touch](#)
- * Requires iOS 4.2 or later (iOS 5 tested)
- * Universal app optimized for display on all [iOS devices](#)
- * 6.5 MB

Pricing and Availability:

iCarbs – iNutrients: Carbohydrates 3.0.1 is \$1.99 (USD) and available worldwide exclusively through the **App Store** in the Health & Fitness category.

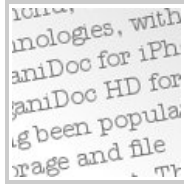
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Based in Revere, Massachusetts, Indie developer James [Hollender](#) is a well seasoned Information Technology professional who has been familiar with [Apple](#) products since the days of the first [Macintosh computer](#) and has been involved with object oriented programming since the introduction of Java, culminating most recently in writing [apps](#) in Objective C for the [iPhone](#), [iPod touch](#) and [iPad](#). His innovative ideas have resulted in numerous suggestions and other awards including a commendation from The President of the United States. James [Hollender](#) has been involved writing [iPad](#) apps with Foliage, Kronos, Olympus and Cross Country Automotive Services (now Agero). Copyright (C) 2010-2012 James Hollender. All Rights Reserved. [Apple](#), the [Apple](#) logo, [iPhone](#), and iPod are registered trademarks of [Apple](#) Inc. in the U.S. and/or other countries. Other trademarks and registered trademarks may be the property of their respective owners.

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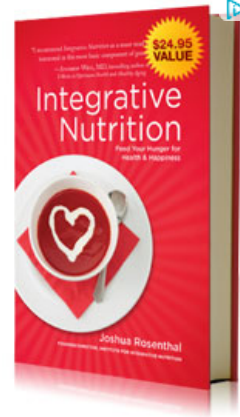
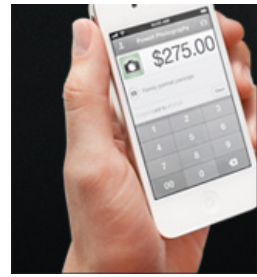
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New App for Diabetics and Bodybuilders Helps Keep Track of Carbohydrates

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iCals: iPhone iPad: Find Food Serving Calorie Content Based on USDA DB

Revere, Massachusetts - Revere, Massachusetts - Indie developer James Hollender today is pleased to announce iCals - iNutrients: Calories 3.0 for iOS, a major update ...

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iCarbs 2.4 for iOS Provides Helpful Information for Diabetics and Others

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iCarbs 1.8 Nutrient App Gives Vital Info for Bodybuilders and Diabetics

Revere, Massachusetts - Locally-based independent developer James Hollender has available his iCarbs app (version 1.8) for the iPhone, iPod touch and iPad. In the works ...

the works ...



iCarbs 1.2 Nutrient App Gives Vital Info for Bodybuilders and Diabetics

Revere, Massachusetts - Locally-based independent developer James Hollender today is pleased to announce his iCarbs app (version 1.2) for the iPhone, iPod touch and iPad ...

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