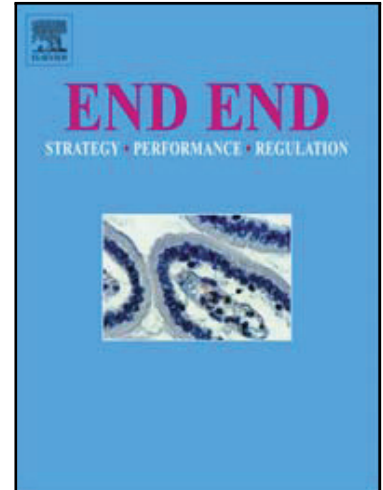


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The use of a food logging app in the naturalistic setting fails to provide accurate measurements of nutrients and poses usability challenges



Juliana Chen BSc (Adv) MND, APD , William Berkman MND ,
Manal Bardouh MND, APD , Ching Yan Kammy Ng MND, APD ,
Margaret Allman-Farinelli PhD, FDAA

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Highlights

- Matching food items and estimating portion sizes were challenging in the app
- Energy-dense and nutrient-poor foods were most commonly omitted from MyFitnessPal
- Logging was perceived as time-consuming and motivation for long-term use was poor
- Participant recording in MyFitnessPal underestimated mean energy intake by 1863kJ
- Dietetic involvement is necessary for supporting more effective use of MyFitnessPal

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