

Do you know what's in the food you're eating? You can look at the label of course but who can make sense of what the ingredients really are or how much you should consume? Foodvisor is an easy way to see exactly what's in the bowl of cereal, protein bar, or half a grapefruit. And it does it in an interesting way: using machine learning and a photo you take with your phone.

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0-8 Jamey Tucker/whatthetech.tv

ON-CAMERA TEASE

IF YOU'RE WATCHING WHAT YOU'RE EATING, YOU NEED TO KNOW WHAT YOU'RE EATING. HOW DO YOU KNOW WHAT'S IN THIS STUFF? I'M JAMEY TUCKER COMING UP WITH A SMARTPHONE APP THAT CAN LITERALLY WATCH WHAT YOU EAT.

ANCHOR INTRO

DO YOU KNOW WHAT'S IN THE FOOD YOU EAT? IF YOU'RE WATCHING WHAT YOU EAT, THE NUTRITIONAL INFORMATION ON THE SIDE OF THE BOX OR WRAPPER CAN HELP, BUT TRYING TO UNDERSTAND IT CAN BE DIFFICULT FOR MOST OF US.

FORTUNATELY, AN APP CAN HELP YOU WATCH WHAT YOU EAT BY ACTUALLY WATCHING WHAT YOU EAT. OUR CONSUMER TECHNOLOGY REPORTER JAMEY TUCKER HAS FOUND A SMARTPHONE APP THAT CAN RECOGNIZE YOUR FOOD WITH JUST A PHOTO.

PACKAGE SCRIPT

If it's packaged food you can get the nutritional information but what about this? when you fix something at home there are no bar codes or labels, what's in this? this app called Foodvisor for iPhone and Android devices can tell you.

Take a photo with your camera and Foodvisor uses artificial intelligence to recognize the food and tell you what it is. There's no barcode for hard-boiled eggs for example. Foodvisor doesn't need one. It shows the calories, vitamins, and minerals and records it for your daily intake. For packaged foods, like this protein bar, breakfast cereal, and almond milk, you'll need to scan the barcode. Save it to record your meals.

That's all good but what do with that information?

Foodvisor asks what you want to accomplish with your diet. Lose weight, gain muscle....And how fast you want to see results, and how committed you are.

It then creates a diet and exercise plan to reach your goals. A premium version of Food Visor comes with a real live nutritionist to answer questions and provide encouragement. Over 200 recipes that match your diet and articles that can help.

The free version is limited. And if you want all of the features it's \$59 for three months. There is a 2-week free trial, just don't forget to cancel if you don't want to pay the full price after the trial is over.

I'm Jamey Tucker and Foodvisor is the app of the day.

ANCHOR TAG

FOODVISOR IS ONE OF THE TOP-RATED HEALTH AND DIET APPS IN BOTH APP STORES WITH OVER 56-THOUSAND REVIEWS.

WEB STORY

It's swimsuit season but it's not necessarily too late to start a weight-loss or muscle-building program for the summer. There are dozens (if not hundreds) of fitness and diet apps in both app stores that are all packed with information and encouragement.

One of the top-rated diet and health apps is "Foodvisor" which keeps track of everything you eat, right down to the count and the amount.

Foodvisor can scan barcodes of food products to display exactly the calories, vitamins, and minerals in them. There are plenty of diet apps that can do that though. Foodvisor can also show you the nutritional information in foods that have no barcode, like bananas, and other fruits and vegetables.

Using the smartphone camera, take a photo of the food and Foodvisor uses machine learning and A.I. to recognize what's on your plate. This allows the app to list the nutritional value of the food and whether it's good or bad for you. It even gives the food a rating on a scale of good/bad.

The premium version also has hundreds of recipes, informational articles, and a live nutritionist who can answer questions via chat messages.

The free version of Foodvisor has very limited information and features. The premium version is \$59 for 3 months. It offers a free 2-week trial of the premium version.

It's available for iPhone and Android devices.