

GoMeals **Healthy Eating. Easier.**

Let's face it. Making healthy food choices is important and can be challenging. And if you have a health condition, such as diabetes, nutrition information is critical. Now with GoMeals, it's never been easier to make smart food decisions, at home or on the go.

Introducing GoMeals – a personal all-inclusive meal tracking application for your iPhone.

It's a nutrition database, meal tracker, and restaurant locator; all in one, easy-to-use app.

GoMeals makes it easy to find what you're looking for.

First, tap on the "Find Restaurants" button. Let's say you want to grab a bite to eat close to home. GoMeals quickly shows you the restaurants in your area, and you can easily see where they're located on a map.

Let's check to see if something on the menu sounds good for dinner tonight.

Tap on the menu button, and GoMeals displays a list of what's available at that restaurant. Mmmm...Salmon and a salad sounds good. Just select the items within the app, along with your beverage, to see the total nutritional value for that meal in carbs, proteins, fats, and total calories. And, by adding each meal or snack to your daily "Plate," you can easily view what you've eaten and track the nutrition values throughout the day.

And there's more! If you are preparing a meal at home, GoMeals makes it easy to add individual ingredients to your Plate so you can keep track of the nutrition values of a particular meal, even if you are not at a restaurant.

With a huge database of foods, you can custom build almost any meal, track the nutrition values and even save it as a "Favorite" to use again later.

GoMeals. Making healthy food choices just got easier!!