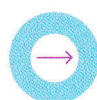


Digital Kitchen

A crop of apps and Web sites is making healthy eating easier—and much more fun.



FINDING FRESH SNACK ideas can be tiring. Learning to cook new foods can be daunting. And grocery shopping while also trying to navigate nutrition labels? Don't get us started. Meet three new tools that can help you overcome these common hurdles to a better diet.

—KATE ROCKWOOD

Shop smarter with... FOODUCATE

What if a nutrition label could be as simple as a letter grade? That's the idea behind Fooducate, a free mobile app that makes it a cinch to compare items on supermarket shelves. Inspiration struck founder Hemi Weingarten when he noticed glow-in-the-dark yogurt in the family's groceries. "My wife had bought the stuff for our kids," he says. "The yogurt had red dye #40 in it, which is a petroleum-based synthetic dye that's come under all sorts of criticism and

has been banned in some European countries. The thought of feeding that to our family turned my stomach." With Weingarten's app, you can scan the bar codes of yogurts in the dairy aisle and learn that one outscores the others because it has less added sugar and fewer dyes. In the frozen pizza section, one brand may score high for its organic ingredients, while another falls short thanks to trans fats. Each product is rated based on its nutrients, as well as where those nutrients come from. (A cereal earns high marks for containing fiber—and higher marks if that fiber is derived from whole grains.)

Cook smarter with... GOJEE

You know the benefits of eating a wide variety of fruits, vegetables, and grains. But knowing how to prepare those less-familiar foods may be another story. Gojee.com helps you put new ingredients to good use.

Take a few seconds to type in your dislikes or allergies, and the ingredients you have on hand. The site then serves up recipes pulled from top food bloggers across the Web (along with lush photos guaranteed to whet your appetite). That slightly intimidating bunch of chard could become a swiss chard gratin; a curried red lentil, swiss chard, and chickpea soup; a rainbow chard salad with oranges and cipollini onions; or chard, dill, and feta bundles wrapped in phyllo dough. You can also enter a list of foods in your pantry, and Gojee will try to find a recipe that incorporates the bulk of them. Goodbye, lone carrot in the bottom of your vegetable drawer. Hello, home-cooked deliciousness.

Snack smarter with... LOLLIHOP

Eating every few hours is a good way to keep your energy levels steady—but not if your go-to snacks are loaded with salt, sugar, and saturated fat. (According to a 2010 study published in the *Journal of Nutrition*, 24 percent of the calories Americans consume come from between-meal nibbles.) Sign up at lollihop.com and discover a world of healthier options. For \$19 to \$23 a month, the site will send a shipment of at least eight wholesome, individually packaged snacks to your door. Staff nutritionists handpick items for flavor and quality (all ingredients must be organic and minimally processed), and also provide a detailed nutrition profile of your box's themed contents (February was Heart Healthy, for example, and March is Back to Basics, with a focus on essential nutrients). Once you've savored the offerings, you can provide feedback to help Lollihop tailor your future deliveries ("More protein, please!") or stock up on a snack you loved through the Web site's online marketplace. Past crowd-pleasers include Bella Viva Orchards' dried Bing cherries, Kate's Handle Bar (with dark chocolate, oats, and almonds), Inka Corn (roasted and slightly salted kernels), and omega-3-rich Giddy Up & Go Granola, studded with sesame, pumpkin, and sunflower seeds.