

Vitamins & Nutrients: The exact contents of foods revealed

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Which fruit contains the most vitamin C? Which vegetable is packed with iron? Baliza GmbH today announces Vitamins & Nutrients 1.1, its new universal app for iPhone and iPad. Featuring a comprehensive filter function, Vitamins & Nutrients knows the nutritional value, vitamin, mineral and trace elements of the most important foods, and provides you with that information at the touch of a button. The entire body of nutritional information is displayed in a clear and adaptable table.

Nuremberg, Germany - More and more people are taking vitamin pills these days. The reason for this is because they fear they have too low an intake of nutrients. A balanced, varied diet has everything that a human body requires, and so it's worth taking a closer look at a person's diet. Vitamins & Nutrients, the new universal app for iPhone and iPad, allows you to do just that.

The app has information on the 700 most important and basic foods that fall into the categories of, for example, 'fruit', 'vegetable', 'fish', 'meat and sausages' or 'dairy products:'

- * New app: Vitamins & Nutrients
- * Universal app for iPhone, iPod touch and iPad
- * Nutritional information database for food
- * Search criteria for specific analyses
- * Additional information for vegetarians
- * Links to wikipedia articles
- * Shopping list and function for adding comments
- * Language support: English, German and Dutch
- * Requires iOS 5 or newer
- * Price: \$1.99

For each foodstuff, the app offers you detailed nutritional information, given in 100 grammes, 3 ounces or per serving. You only need a quick glance to discover the energy value or protein content of an item, or find out its vitamin, mineral and trace element contents. The entire body of nutritional information is displayed in a clear and adaptable table.

Vitamins & Nutrients has information on the following topics:

- * General nutritional information: Energy value, protein, carbohydrates, roughage, total sugar content, fats, saturated fats, monounsaturated fatty acids, polyunsaturated fatty acids, cholesterol
- * Minerals and trace elements: calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium
- * Vitamins: vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, folate, vitamin B12, vitamin C, vitamin D, vitamin E, vitamin K

Vitamins & Nutrients - Sorting based on nutritional content, locating by means of criteria:

The Vitamins & Nutrients app doesn't simply list the information. It also makes it easy to use the data to some handy additional functions. It's easily possible to sort foods according to certain nutritional characteristics. In this way you can quickly find and identify foods with the highest calcium content, or fruits with the highest vitamin-C level.

Alternatively you can use the 'locating by means of criteria' function. This allows you to

create your own criteria, according to which the relevant foodstuffs will appear in a listed format. So for example, you could search for foods rich in calcium and magnesium but low in cholesterol.

The search criteria can be combined with one another, as well as be used with a certain group of food or indeed all foodstuffs. Meat, fish, eggs and milk can all be excluded according to personal preference.

Tanja Credner, chief executive of Baliza GmbH, says of the app: "It was important for us that every user can acquire the information that is especially important to him or her both quickly and easily. We didn't want to develop an app where someone would lose interest amid thousands of data entries and results."

It's also easy to add a comment on any food product and to rate them according to your personal tastes. If you happen to be on holiday, you can look up the foods name in German, Spanish, French or Dutch. And for anyone who requires further information on specific foods, Vitamins & Nutrients provides links to corresponding Wikipedia articles.

Device Requirements:

- * iPhone, iPod touch, and iPad
- * Requires iOS 5.0 or later
- * Universal Application
- * 19.5 MB

Pricing and Availability:

Vitamins & Nutrients 1.1 is \$1.99 USD (or equivalent amount in other currencies) and available worldwide exclusively through the App Store in the Health & Fitness category.

Baliza:

<http://www.baliza.de/en/>

Vitamins & Nutrients 1.1:

<http://www.baliza.de/en/apps/nutrients.html>

Purchase and Download:

<https://itunes.apple.com/app/vitamins-nutrients/id621496642>

Screenshot 1:

http://www.baliza.de/_pics/Screen1-en-i5.png

Screenshot 2:

http://www.baliza.de/_pics/Screen2-en-i5.png

Screenshot 3:

http://www.baliza.de/_pics/Screen1-en-Pad.png

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