

Last Minute Mother's Day Gift Ideas - Especially if on Blood Thinners

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Independent iOS Developer, James Hollender has some last minute Mother's Day Gift Ideas, especially if she's one of the unfortunate ones required to take blood thinning medications. All are iOS apps. First is the Vitamin K app to look up many foods that contain this nutrient that counteracts the medication. Second is the iNutrients app that includes 10 different nutrients, but a much more complete list. Lastly is the "All iNutrient App" app bundle that contains the Vitamin K app plus 9 more.

Revere, Massachusetts - Independent iOS Developer, James Hollender has set it up so when you purchase all ten iNutrient apps as a bundle, you get the apps for half off the Regular purchase separately price. These apps include data from the USDA National Nutrient Database covering the following nutrients: Calories, Carbohydrates, Cholesterol, Fiber, Potassium, Proteins, Saturated Fat, Sodium, Sugars and Vitamin K. All ten apps are universal apps that can be used on the iPhone, iPad or iPod touch devices. The individual Vitamin K app and the iNutrients app are also good choices as inexpensive Mother's Day gift ideas.

1. iKals - iNutrient: Calories:

The iKals app provides information about foods and how they are rated for Calorie content. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in Calories all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Calories (500 - 1,181)
- * Dark Red = VERY HIGH in Calories (400 - 499)
- * Red = HIGH in Calories (300 - 399)
- * Orange = MODERATELY HIGH in Calories (250 - 299)
- * Yellow = MODERATE in Calories (200 - 249)
- * Light Green = MODERATELY LOW in Calories (150 - 199)
- * Green = LOW in Calories (100 - 149)
- * Cyan = VERY LOW in Calories (50 - 99)
- * White = EXTREMELY LOW in Calories (00 - 49)

2. iCarbs - iNutrient: Carbohydrates:

The iCarbs app provides information about foods and how they are rated for carbohydrate content. This is provided as a means to assist in deciding which foods to eat. If you are a bodybuilder, you probably want to have a high intake of carbohydrates, but on the other hand if you have diabetes you need to make sure you don't exceed your recommended daily amount of carbohydrates. The food servings are rated from EXTREMELY LOW in Carbohydrates all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Carbohydrates (Carbs) (45.01 - 166.46 g)
- * Dark Red = VERY HIGH in Carbs (30.01 - 45.00 g)
- * Red = HIGH in Carbs (15.01 - 30.0 g)
- * Orange = MODERATELY HIGH in Carbs (12.01 - 15.00 g)
- * Yellow = MODERATE in Carbs (9.01 - 12.00 g)
- * Yellow-Green = MODERATELY LOW in Carbs (6.01 - 9.00 g)
- * Green = LOW in Carbs (3.01 - 6.00 g)
- * Cyan = VERY LOW in Carbs (0.01 - 3.00 g)
- * White = EXTREMELY LOW in Carbs (0.00 g)

3. iCholesterol - iNutrient: Dietary Cholesterol:

The iCholesterol app provides information about foods and how they are rated for content of dietary cholesterol. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in cholesterol all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Cholesterol (151 - 641 mg)
- * Dark Red = VERY HIGH in Cholesterol (81 - 150 mg)
- * Red = HIGH in Cholesterol (51 - 80 mg)
- * Orange = MODERATELY HIGH in Cholesterol (31 - 50 mg)
- * Yellow = MODERATE in Cholesterol (21 - 30 mg)
- * Light Green = MODERATELY LOW in Cholesterol (11 - 20 mg)
- * Green = LOW in Cholesterol (6 - 10 mg)
- * Cyan = VERY LOW in Cholesterol (1 - 5 mg)
- * White = EXTREMELY LOW in Cholesterol (0 mg)

4. iFiber - iNutrient: Fiber:

The iFiber app provides information about foods and how they are rated for content of fiber. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in fiber all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Fiber (10.1 - 31.2 g)
- * Dark Red = VERY HIGH in Fiber (8.1 - 10.0 g)
- * Red = HIGH in Fiber (6.1 - 8.0 g)
- * Orange = MODERATELY HIGH in Fiber (4.1 - 6.0 g)
- * Yellow = MODERATE in Fiber (3.1 - 4.0 g)
- * Light Green = MODERATELY LOW in Fiber (2.1 - 3.0 g)
- * Green = LOW in Fiber (1.1 - 2.0 g)
- * Cyan = VERY LOW in Fiber (0.1 - 1.0 g)
- * White = EXTREMELY LOW in Fiber (0.00 g)

5. iPotassium - iNutrient: Potassium:

The iPotassium app provides information about foods and how they are rated for content of potassium. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in potassium all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Potassium (> 700 mg)
- * Dark Red = VERY HIGH in Potassium (501 - 700 mg)
- * Red = HIGH in Potassium (351 - 500 mg)
- * Orange = MODERATELY HIGH in Potassium (201 - 350 mg)
- * Yellow = MODERATE in Potassium (151 - 200 mg)
- * Light Green = MODERATELY LOW in Potassium (101 - 150 mg)
- * Green = LOW in Potassium (51 - 100 mg)
- * Cyan = VERY LOW in Potassium (11 - 50 mg)
- * White = EXTREMELY LOW in Potassium (0 - 10 mg)

6. iProteins - iNutrient: Proteins:

The iProteins app provides information about foods and how they are rated for protein content. This is provided as a means to assist in deciding which foods to eat. If you are a bodybuilder, you probably want to have a high intake of carbohydrates, but on the other hand if you are a vegan then you want to make sure you are taking in a sufficient amount of protein. The food servings are rated from EXTREMELY LOW in Proteins all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Proteins (30.01 - 51.89 g)
- * Dark Red = VERY HIGH in Proteins (20.01 - 30.00 g)
- * Red = HIGH in Proteins (15.01 - 20.00 g)
- * Orange = MODERATELY HIGH in Proteins (12.01 - 15.00 g)
- * Yellow = MODERATE in Proteins (9.01 - 12.00 g)
- * Yellow-Green = MODERATELY LOW in Proteins (6.01 - 9.00 g)
- * Green = LOW in Proteins (3.01 - 6.00 g)
- * Cyan = VERY LOW in Proteins (0.01 - 3.00 g)
- * White = EXTREMELY LOW in Proteins (0.00 g)

7. iSatFat - iNutrient: Saturated Fat:

The iSatFat app provides information about foods and how they are rated for content of saturated fat. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in fiber all the way up to EXTREMELY HIGH.

The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Saturated Fat (10.001 - 33.000 g)
- * Dark Red = VERY HIGH in Saturated Fat (5.001 - 10.000 g)
- * Red = HIGH in Saturated Fat (3.001 - 5.000 g)
- * Orange = MODERATELY HIGH in Saturated Fat (1.001 - 3.000 g)
- * Yellow = MODERATE in Saturated Fat (0.501 - 1.000 g)
- * Light Green = MODERATELY LOW in Saturated Fat (0.101 - 0.500 g)
- * Green = LOW in Saturated Fat (0.011 - 0.100 g)
- * Cyan = VERY LOW in Saturated Fat (0.001 - 0.010 g)
- * White = EXTREMELY LOW in Saturated Fat (0.000 g)

8. iSodium - iNutrient: Sodium:

The iSodium app provides information about foods and how they are rated for content of sodium. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in cholesterol all the way up to EXTREMELY HIGH.

The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Sodium (> 1,000 mg)
- * Dark Red = VERY HIGH in Sodium (501 - 1,000 mg)
- * Red = HIGH in Sodium (401 - 500 mg)
- * Orange = MODERATELY HIGH in Sodium (301 - 400 mg)
- * Yellow = MODERATE in Sodium (201 - 300 mg)
- * Light Green = MODERATELY LOW in Sodium (141 - 200 mg)
- * Green = LOW in Sodium (51 - 140 mg)
- * Cyan = VERY LOW in Sodium (11 - 50 mg)
- * White = EXTREMELY LOW in Sodium (0 - 10 mg)

9. iSugars - iNutrient: Sugars:

The iSugars app provides information about foods and how they are rated for content of sugars. This is provided as a means to assist in deciding which foods to eat. The food servings are rated from EXTREMELY LOW in sugars all the way up to EXTREMELY HIGH. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Sugars (40.01 - 166.46 g)
- * Dark Red = VERY HIGH in Sugars (30.01 - 40.00 g)
- * Red = HIGH in Sugars (20.01 - 30.0 g)
- * Orange = MODERATELY HIGH in Sugars (15.01 - 20.00 g)
- * Yellow = MODERATE in Sugars (10.01 - 15.00 g)

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- * Light Green = MODERATELY LOW in Sugars (5.01 - 10.00 g)
- * Green = LOW in Sugars (1.01 - 5.00 g)
- * Cyan = VERY LOW in Sugars (0.01 - 1.00 g)
- * White = EXTREMELY LOW in Sugars (0.00 g)

10. Vitamin K - oNutrient: Vitamins K1, K1D & K2:

The Vitamin K app provides information about foods and how they are rated for Vitamin K content. This is provided as a means to assist in deciding which foods to eat if you are using blood thinning medications such as Coumadin or Warfarin. The food servings are rated from NO Vitamin K all the way up to EXTREMELY HIGH in Vitamin K. The following colors help readily identify which is which:

- * Black = EXTREMELY HIGH in Vitamin K (700.0 - 1146.6 mcg)
- * Dark Red = VERY HIGH in Vitamin K (300.0 - 699.9 mcg)
- * Red = HIGH in Vitamin K (25.0 - 299.9 mcg)
- * Orange = MODERATELY HIGH in Vitamin K (20.0 - 24.9 mcg)
- * Yellow = MODERATE in Vitamin K (15.0 - 19.9 mcg)
- * Light Green = MODERATELY LOW in Vitamin K (10.0 - 14.9 mcg)
- * Green = LOW in Vitamin K (5.0 - 9.9 mcg)
- * Cyan = VERY LOW in Vitamin K (0.1 - 4.9 mcg)
- * White = EXTREMELY LOW in Vitamin K (0.0 mcg)

Also consider the single iNutrients app where you can record information once for all ten nutrients and you can create your own custom food definitions.

James Hollender:

<http://www.hollender.com/index.html>

All iNutrient Apps Bundle:

<https://itunes.apple.com/app-bundle/all-inutrient-apps/id917498465>

Vitamin K App:

<https://itunes.apple.com/us/app/vitamin-k-inutrient-vitamins/id393118621>

iNutrients App:

<https://itunes.apple.com/us/app/id580660547>

Life Inventory + iNutrients App Bundle:

<https://itunes.apple.com/app-bundle/life-inventory-+-inutrients/id917511270>

Life Inventory for iPad + iNutrients App Bundle:

<https://itunes.apple.com/app-bundle/life-inventory-for-ipad-plus/id917511236>

Based in Revere, Massachusetts, Indie developer James Hollender is a well seasoned Information Technology professional who has been familiar with Apple products since the days of the first Macintosh computer and has been involved with object oriented programming since the introduction of Java, culminating most recently in writing apps in Objective C for the iPhone, iPod touch and iPad. His innovative ideas have resulted in numerous suggestions and other awards including a commendation from The President of the United States. James Hollender has been involved writing iPhone and iPad apps with Foliage, Kronos, Olympus, Cross Country Automotive Services (now Agero), and Valmarc Corporation. Copyright (C) 2010-2016 James Hollender. All Rights Reserved. Apple, the

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