

**\IF YOU HAVE USED THESE APPS IN THE PAST,**



**You will Love  
BARITASTIC**



**WITH BARITASTIC, WE BECOME A TEAM IN YOUR JOURNEY TO  
LEARN ABOUT THE FOODS YOU ARE EATING**

**The app and all functions are free, you will be asked  
for a program code upon signing up.**

**Our code is – 68410**

Here is a link to Baritastic tutorial videos: <https://www.baritastic.com/blog/>

**Food logging on paper is also an option. Talk to your dietitian  
who can review the guidelines and provide a paper log.**