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Cell Phone Diet

An NBC 7/39 Special Report

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SAN DIEGO -- Losing weight could be a snap, thanks to a new camera phone service and Web site called myfoodphone.com.

 [My Food Phone](#)

Participants of the program send pictures of the food they eat, along with a short description of the items, NBC 7/39 reported. A registered dietician monitors the information and sends participants comments and suggestions on how to improve on their next meal.

"It's going to make them accountable for what their eating and it makes journaling a lot easier because they're just going to take a picture of their food," said Robert Randolph, of Scripps Mercy Hospital.

The service costs about \$100 a month, NBC 7/39 reported. The program pinches the wallet more than waistline, according to one critic.

"I think that money would best be spent on some sort of maintenance program where there's direct feedback," said weight loss doctor Jeff Sandler. "It costs nothing to write down what you're eating."

You can use any brand of cell phone to utilize the service, as long as you have a camera phone.

If you sign up, be prepared to fill out a questionnaire with your height, weight and other medical information.

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