





Operating Systems available today including Advantages and Disadvantages

Operating System	Type of Device	Price	Advantages	Disadvantages	Brand	Models
Palm OS 	Palms	\$\$-\$\$\$	Cheaper More programs available Sold in stores	No replaceable battery No voice recorders No new handheld devices introduced since 10/05	Palm	Zire, E2, T/X, T5 ^a & Lifedrive ^a
Windows Mobile 	Pocket PCs	\$\$\$\$	Replaceable battery Voice recorders	Shorter battery life Slower, more expensive Fewer programs available	Dell	Axim ^b
					Hewlett Packard	iPAQ
Either Palm OS or Windows Mobile	Smartphones	\$\$ - \$\$\$	Combines cellular & PDA technology Less to carry Some have push email Wide selection	Screens are smaller Additional charges Camera not appropriate in clinical settings	Palm	Treo
					Samsung	BlackJack
					Motorola	Q
RIM OS 	RIM Blackberries	?	Push email 24/7 contact Thumb board	No touch screen <i>Some</i> nutrition software? Additional charges	RIM Blackberry	Pearl Curve
Mac OS X 	iPhones	\$\$\$\$-\$\$\$\$\$\$	Combines phone, email, and iPod into one device Nice screen Latest technology	No third party applications?? Additional charges	Apple	iPhone

^aNo longer available from Palm's web site

^bNo longer available from Dell's web site

Table compiled by Peggy Turner, MS, RD/LD
www.pdaRD.com