

# Sugar Level



How food I consume **affect** my body?



Can I **improve** by diet?



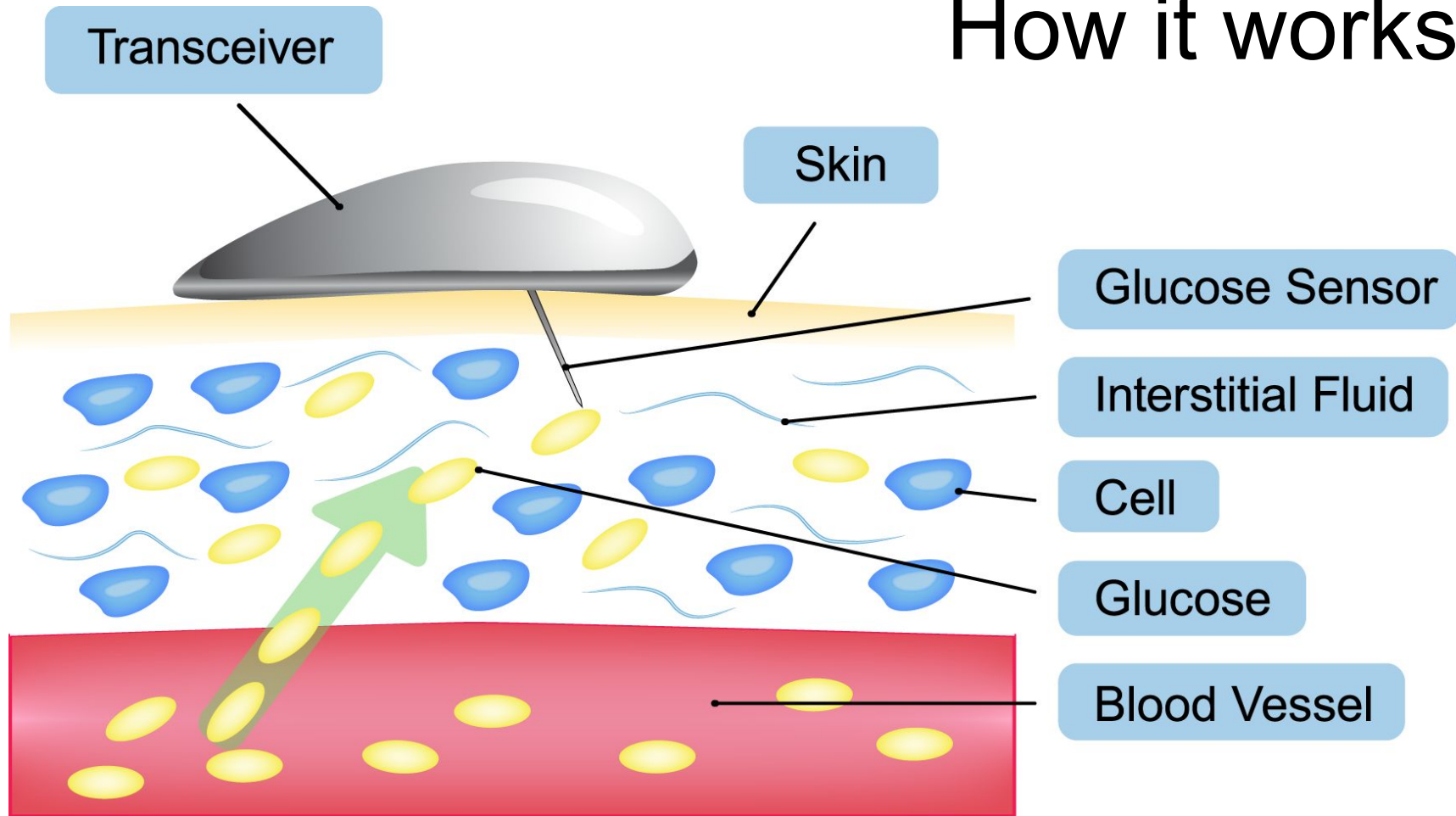
Which products are **better** for me? What should I avoid?

To answer on this questions I did an experiment **tracking** and **analysing** the glucose level in my blood.

I inserted the sensor (**Freestyle Libre**) into my arm for **two weeks**. The sensor tracked the glucose level each **15** minutes automatically. I also could trigger measurement manually to increase accuracy. **Everyday** during this experiment I left notes with all food and drinks I consumed.



# How it works...



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