



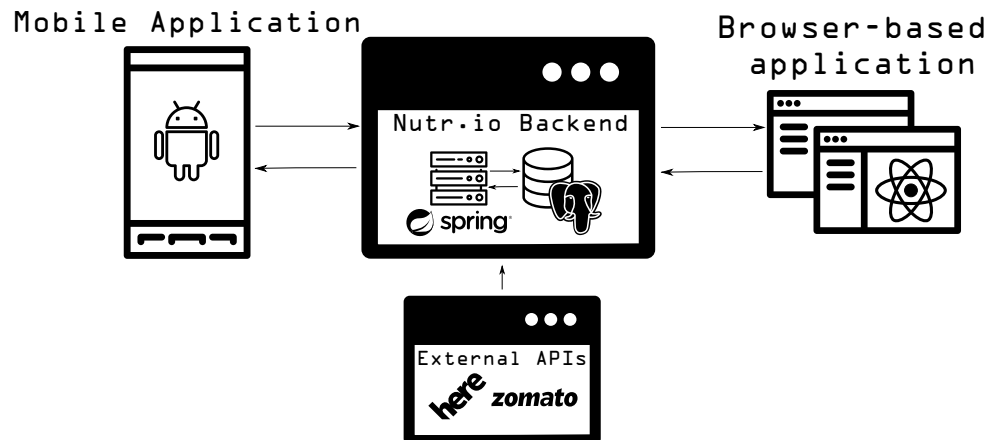
## Introduction

- The idea that every field of study can be digitalized in order to ease monotonous tasks is continuously growing in the modern world.
- One of those tasks is the measurement of carbohydrates in meals, which is used to administer the correspondent amount of insulin.
- Most nutritional applications do not provide data for restaurants' meals - resulting in faulty carbohydrate counts and therefore the administration of an incorrect insulin dose.
- This is the gap this project aims to fulfill.

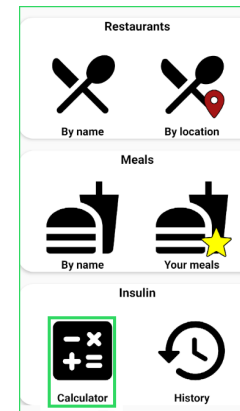
## Objective

- To design a system that helps individuals with type 1 diabetes easing difficult carbohydrate measurement situations, specifically in restaurants.

## Methods



## Results



- The insulin calculator is the main feature of the mobile application. The result is based on a insulin profile, set by the user, and the shown inputs.

Add a meal +

Hamburger ×

Current blood glucose 120

**CALCULATE**

**Results**  
You need to inject 2.07 insulin doses

OK

## Conclusions

- Over development, the group concluded that there are no databases that provide accurate information about restaurant menus or meals' nutritional information.
- To overcome this, Nutr.io utilizes precise and manually inserted nutritional information about ingredients and meals, which are labeled by cuisines.
- Pairing this source with upcoming inputs from users, the information is progressively tuned, resulting in an increasing nutritional accuracy.

## References



- Diabetes UK - Learn about carb counting
- <http://tiny.cc/PS-G06-Carbs>