

Welcome to Sweeteen Meal Planner!

The easiest way to manage diabetes meals and insulin

How it works in 3 steps:

1. **Pick your meal time** - Different meals need different insulin.
2. **Search and add foods** - Build your meal from our database.
3. **See your insulin needs** - Automatic calculation appears below.

Quick Tips:

- Breakfast needs more insulin (1.4x)
- Low GI foods = steadier blood sugar
- Add all foods you'll eat in one meal

Remember: This app only helps estimate the insulin level you may need. Always consult your doctor about your individual insulin ratios.

Meal Information

Pick your meal time: Different meals need different level of insulin.

Select Meal Type:

Breakfast



Food Selection

Add foods: Select from dropdown or click "Add Food".

Search Foods:

Type to search...

Add Food

Clear All

Selected Foods

Your meal: Selected foods appear here.

No foods selected

Meal Calculation

Your insulin: Calculated automatically when you add foods.

Select foods to calculate

Glycaemic Index Guide

GI Impact: Understand how foods affect your blood sugar.

Low GI (≤ 55) - Minimal blood sugar impact

Medium GI (56-69) - Moderate impact blood sugar impact

High GI (≥ 70) - Rapid blood sugar rise!