

Meal Information

Select Meal Type:

Dinner



Food Selection

Search Foods:

Type to search...

Add Food

Clear All

Selected Foods

You have selected the following foods:

apple - 15g carbs

Meal Calculation

Total Carbs: 15g

Meal Glycaemic Index: 36.0

Insulin Needed: 1.80 units (dinner factor: 1.2)

Glycaemic Index Guide

Low GI (≤ 55) - Minimal blood sugar impact

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

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