## Welcome to Sweeteen Meal Planner!

The easiest way to manage diabetes meals and insulin

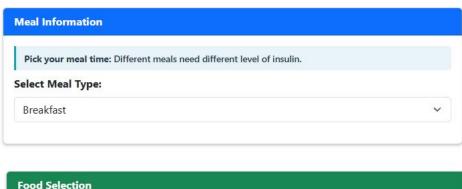
### How it works in 3 steps:

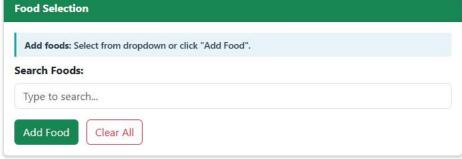
- 1. Pick your meal time Different meals need different insulin.
- 2. Search and add foods Build your meal from our database.
- 3. See your insulin needs Automatic calculation appears below.

### 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.





## Your meal: Selected foods appear here. No foods selected

# Your insulin: Calculated automatically when you add foods. Select foods to calculate