

Meal Information

Select Meal Type:

Afternoon Snack



Food Selection

Search Foods:

Type to search...

Add Food

Clear All

Selected Foods

You have selected the following foods:

strawberries - 6g carbs
sweet potato - 20g carbs
sports drink - 6g carbs
beets - 10g carbs

Meal Calculation

Total Carbs: 42g

Meal Glycaemic Index: 58.0

*Insulin Needed: 3.36 units
(afternoon snack factor: 0.8)*

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!