

## 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:

Add FoodClear 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 ( $\leq 55$ )** - Minimal blood sugar impact

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

**High GI ( $\geq 70$ )** - Rapid blood sugar rise!