

Meal Information

Select Meal Type:

Lunch

Food Selection

Search Foods:

ch

Add FoodClear All

Selected Foods

You have selected the following foods:

brown rice - 23g carbs

cherries - 12g carbs

Meal Calculation

Total Carbs: 35g

Meal Glycaemic Index: 52.2

Insulin Needed: 2.80 units (lunch factor: 0.8)

Glycaemic Index Guide

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!