

Things to Look for when Selecting a Smartphone App

1) Carbohydrate Counting

- Listing of net carbohydrates or number of carbohydrates in a food or recipe, as well as the fibre

2) Blood Glucose, Medication, Insulin Dosage and Activity Tracking

- Logbook to track and monitor blood glucose readings, medications, insulin dosage, carbohydrate intake and activity tracking
- Capacity to set targets for blood glucose levels and compare with logs
- Alarm reminder for taking medications, insulin and blood glucose meter readings

3) Large Food Database

- Broad list of foods from restaurants, fast food restaurants and international foods
- Presentation of foods in common serving sizes and ability to adjust portion sizes easily

4) Personalizing Capabilities

- Ability to save favorites and add your own foods/recipes

5) Frequently Updated Database

- Ability to add new foods to database as they become available and updating nutritional information for foods that may have changed

6) Ease of Use and Convenience

- Ability to easily export logbook data through email and sync with desktop computers



Examples:

- GlucoGuide (free)
- Diabetes GPS (free)
- OnTrack (free)
- Glucose Buddy (free)
- Nutrition Menu (\$0.99)
- CalorieKing Food Search (Free)

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