



# Diabetes Online Resources

Below are some apps for Android and/or iPhone as well as some online resources that you may find helpful for weight loss, tracking blood sugars, meal planning and more. These are just a few of the wide selection available, please share if you know any other great ones and we'll add them to our list!

## Apps for Weight Management

Lose it!

- Free weight loss app for iPhone or Android
- Enter or scan in the foods you eat to keep track of them

MyFitnessPal

- Free weight loss app for iPhone or Android
- Also available online through a laptop or tablet

iNutrition

- Guide to nutrition information and recipes for iPhones only

Fooducate

- For iPhone or Android
- App for learning about foods, and what is in your foods
- Looks "beyond the calories" and gives foods an "A to F" grading based off of many factors such as food additives as well as nutritional profiles

Calorie King

- Computer or Tablet
- Restaurant guide with estimated calories and nutrition information for popular items, can also be used to look up nutrition fact on many foods

Choosemyplate.gov

- Government's website with dietary recommendations and guides to follow.

# Apps for Recording blood Sugars

## Glooko

- iPhone or Android, \$59.95 per year
- Can sync some glucometers to the app, or just use to record glucose, visit <https://www.glooko.com/compatibility/> to see if your glucometer is compatible
- Also can record lifestyle context such as diet and exercise

## Glucose Buddy

- Android or iPhone
- Notifications and reminders for taking and recording blood sugars
- Track blood sugar, blood pressure, weight, carbs and more

## Diabetes App

- iPhone only
- Track blood sugar, blood pressure, water intake and more

## OnTrack Diabetes

- Android only
- Medication reminders as well as recording blood glucose



# Apps for Meal Planning

## Diabetes Recipes Free

- Android market only
- List of recipe ideas

## University of Illinois Recipes for Diabetes

- Recipes with Carb counts and nutrition facts

## Emeals

- Android and iPhone as well as desktop friendly
- Meal planning service, low monthly fee \$5-7/month
- Various options including diabetic, low carb, portion control, Mediterranean, and gluten free.
- Weekly shopping lists and menus