Diabetes Apps, Games, and Websites

The following are apps, computer programs, and games that are available to help you with your diabetes care. This list is not comprehensive and is always changing. Please do an extensive search and review of a product before purchasing, to see what is new and what will fit your lifestyle the best.

**Carbohydrate Counting**

- **Calorie King: (FREE).** App version of book. 260 fast food chains/restaurants; 70,000 foods.
- **Calorie Counter** by FatSecret (FREE). Get nutrition information quickly and keep track of exercise and weight. Available only for Android.
- **Carb Counting with Lenny the Lion (FREE):** Provides pictures of foods and fun games for learning about carb counting. You can also add your favorites to the database. Games online as well. [www.lennydiabetes.com](http://www.lennydiabetes.com)
- **Restaurant Nutrition (FREE):** Over 250 restaurants and 60,000 food items. Gluten free menu indicator. Available for android and Iphone.
- [www.recipenutrition.com](http://www.recipenutrition.com)- analyze recipes, build recipes, change ingredients in a recipe and see the nutrition label change.
- [www.fooducate.com](http://www.fooducate.com)- Helps you identify which foods are high in sugar, fat, and unnecessary ingredients. Includes tips and information about gluten and allergies.
- [www.caloriecount.about.com](http://www.caloriecount.about.com)- input a recipe and see the nutrition facts label. Over 250,000 foods in the database.

**Glucose Monitoring**

- **MySugr (FREE):** Turns recording your food intake, blood sugar, and activity into a game. Regular and junior app available.
- **Go Meals (FREE):** Linked with the calorie king database. Food tracker with 40,000 common foods and 20,000 restaurant menu items. Activity tracker and blood glucose tracker as well. Use as an app or online at [www.gomeals.com](http://www.gomeals.com)
- **Bant (FREE):** Enter readings with a single swipe, and share information with your diabetes management team. IPhone only.
- **Dbes (FREE):** Manage your insulin, insulin pump, medications, and diet. You can even send reports directly to your doctor.
- **Dlife (FREE):** Track blood glucose levels, exercise, and food intake. IPhone only. Lots of information, recipes, and resources also available at [www.dlife.com](http://www.dlife.com)
- **Diabetes Buddy ($6.99)/Diabetes Buddy Lite (FREE):** Helps manage your diabetes by tracking factors that influence blood sugar levels, monitoring fluctuations in blood sugar levels, planning ahead accordingly, and sharing your data with your doctor. Food database of over 200,000 foods.
• **Glooko (FREE):** App able to download any meter right to phone. Can send email from phone with PDFS of download. Cable and adapters $39.95 from Amazon. If you switch meters, you can still use this.

• **Glucose Buddy (FREE):** Users can manually enter glucose numbers, carbohydrate consumption, insulin dosages, and activities. Then, you can view all of your data on your free glucosebuddy.com online account.

• **LogFrog DB ($2.99)/LogFrog DB Lite (FREE):**
  o Log and track glucose, carbs, exercise, and A1C values
  o Set daily reminders for insulin/BG checks
  o Set BG target ranges
  o Graph/export BG data

• **Track3 ($4.99):**
  o Food database of over 80,000 foods
  o Track glucose, insulin, and exercise
  o Adjust serving sizes to see the exact amount of carbs in your meal

• **WaveSense (FREE):**
  o Logbook by time of day
  o Trend charts
  o Email reports
  o Carbohydrate/insulin tracking
  o Tag unusual circumstances

• **Myfitnesspal (FREE):** Huge food database, label scanning, and recipe builder. Can also use online at www.myfitnesspal.com

**Games**


• [www.dbaza.com](http://www.dbaza.com)- diabetes education for kids grades K-7. Some games are online, others are on a CD-Rom available for purchase

**Social Networking/Support**

• [www.starbrightworld.org](http://www.starbrightworld.org)- for teens ages 13-20 who have a chronic medical condition. Also available to siblings of a teen with a chronic medical condition.

• [www.diabeticconnect.com](http://www.diabeticconnect.com)- interact with others who have diabetes.

• [www.typeonenation.org](http://www.typeonenation.org)- JDRF’s online community for kids with Type 1 Diabetes.