

Let's Talk About...

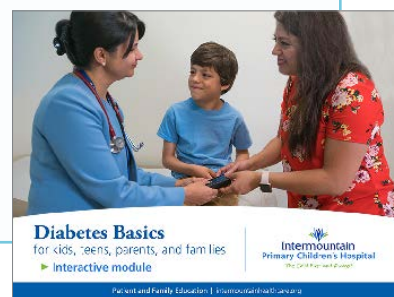
Diabetes: Electronic resources



Taking care of your diabetes can seem complicated, especially at first. There's a lot you need to know and do. Electronic resources — websites, mobile apps, online games — can help a lot. This handout lists some of the best tools to help you with your diabetes care. **Your provider will circle one or two items that best fit your situation and needs.**

Primary Children's Hospital. Learn about nutrition, carb counting, and insulin dosing on your computer, tablet, or phone.

Go to [intermountainhealthcare.org/primary-childrens/programs-specialties/endocrinology/diabetes/patient-resources](https://www.intermountainhealthcare.org/primary-childrens/programs-specialties/endocrinology/diabetes/patient-resources) and scroll down to "Newly Diagnosed," then click **Carb Counting Module**.



Counting carbohydrates

- **CalorieKing Food Search app for iOS:** Quick nutrition facts for over 70,000 foods, including items from 260 fast food restaurant menus.
 - Website: [calorieking.com](https://www.calorieking.com)
 - Mobile app: FREE
- **Carb Counting with Lenny the Lion:** Pictures of foods, nutrition information (and ways to add your favorites to the list), and games for practicing carb counting.
 - Website: [lenny-diabetes.com](https://www.lenny-diabetes.com)
 - Mobile app: FREE
- **Restaurant Nutrition app for Android:** Information for over 250 restaurants and 60,000 food items. Gluten free menu indicator.
 - Mobile app: free
- **MyFitnessPal:** Information for over 4 million foods, including items from most fast food and chain restaurant menus.
 - Website: [myfitnesspal.com](https://www.myfitnesspal.com)
- **Calorie Counter by FatSecret:** An Android application to help track your meals, exercise and weight.
 - Website: [fatsecret.com](https://www.fatsecret.com)
 - Mobile app: FREE
- **SuperTracker:** Track your food and activity, analyze and build recipes, and check the nutrition in your favorite foods.
 - Website: [supertracker.usda.gov](https://www.supertracker.usda.gov)
- **Fooducate:** Helps you learn which foods are high in sugar, fat, and unnecessary ingredients. Includes tips and information about gluten.
 - Website: [fooducate.com](https://www.fooducate.com)
 - Mobile app: FREE
- **Calorie Count:** Enter a recipe and see the nutrition facts label. Over 250,00 foods in the database.
 - Website: [caloriecount.about.com](https://www.caloriecount.about.com)
 - Mobile app: FREE

Monitoring blood glucose

- **MySugr:** Makes a fun game out of recording food intake, blood glucose, and activity.
 - Website: mysugr.com
 - Mobile app: FREE
- **Go Meals:** Linked with the Calorie King nutrition information, helps you track activity and blood glucose readings.
 - Website: gomeals.com
 - Mobile app: FREE
- **Bant:** Enter readings with a single swipe, and share information with your diabetes management team. iPhone only.
 - Mobile app: FREE
- **Dbees.com:** Manage your insulin, insulin pump, medications, and diet. You can even send reports directly to your doctor.
 - Website: dbees.com
 - Mobile app: FREE
- **dLife:** Track blood glucose levels, exercise, and food intake. Includes information about managing diabetes, recipes, exercise tips, videos, blogs, podcasts, and more. iPhone only.
 - Website: dlife.com
 - Mobile app: FREE
- **Diabetes App and Diabetes App Lite.** Track changes in blood sugar levels, carb intake, weight, insulin injections, medicines, and activity; share data with your doctor. Includes a food database of over 200,000 food items.
 - Mobile app: \$6.99
 - Mobile app lite: FREE
- **Glooko:** Download information from any meter right to your phone. Can send your information via email from phone to your doctor or care manager. Cable and adapters \$39.95 from Amazon.
 - Website: glooko.com
 - Mobile app: \$59.95 PER YEAR
- **Glucose Buddy.** Enter glucose numbers, carbohydrate consumption, insulin dosages, and activities — then view data online.
 - Website: glucosebuddy.com
 - Mobile app: FREE
- **LogFrog DB and logFrog Lite:** Mobile apps to help you log and track glucose, carbs, exercise, and A1c results. Set reminders for blood glucose checks and insulin injections. Can download your information and chart your progress.
 - Mobile app: \$2.99
 - Mobile app lite: FREE
- **Track3:** Record and track your blood glucose levels and insulin injections. Plan meals and activity and manage medicines.
 - Website: track3.com
 - Mobile app: FREE
- **AgaMatrix Diabetes Manager.** Includes a logbook by time of day and charts the trends in glucose readings. Allows you to track carbohydrate/insulin, tag unusual circumstances, and email reports.
 - Website: agamatrix.com
 - Mobile app: FREE



Connecting and sharing

- **StarBright World.** For youth ages 13–20 who have a chronic medical condition. Also available to siblings of youth with a chronic medical condition.
 - Website: starbrightworld.org
- **Diabetic Connect.** Interact with other people with diabetes. Learn from and share with each other, and ask diabetes experts.
 - Website: diabeticconnect.com
- **Type 1 Nation.** Online community of the Juvenile Diabetes Research Foundation (JDRF), focused on kids with type 1 diabetes.
 - Website: typeonenation.org



Playing and learning

- **The Diabetic Dog.** Take care of a dog with diabetes by giving him insulin and feeding him carbs.
 - Website: brainpop.com/games/thediabeticdoggame
- **Dbaza.** Diabetes education for kids grades K–7; online and CD-ROM games.
 - Website: dbaza.com



...and for more information, help, and support, check out these resources

- **KidsHealth Diabetes Center.** Diabetes tools, news, stories, and information for kids, teens, and parents.
 - Website: kidshealth.org
- **Juvenile Diabetes Research Organization (JDRF).**
 - Website: jdrf.org
- **American Diabetes Association.**
 - Website: diabetes.org
- **National Institutes of Health (NIH),** including the National Diabetes Education Foundation and National Institute of Diabetes and Digestive and Kidney Diseases.
 - Websites:
 - For patients and families: diabetes.niddk.nih.gov
 - For school and daycare staff: ndep.nih.gov/hcp-businesses-and-schools

