

Apps to help the management of type 1 diabetes

Bolus calculators



Diabetes:M

- Free
- French and English
- Ability to log blood sugar, insulin doses, injection sites, physical activity, ketones levels, blood pressure, A1c and lipid panel.
- Various food databases (uncertain reliability) to help with carb counting.
- Suggestions for insulin adjustments for sick days or physical activity.
- Possibility to view calculation details.
- Ability to record frequently eaten foods.
- Entered insulin doses are kept in memory to calculate insulin on board and avoid insulin stacking.
- Possibility to program bolus reminders.
- Possibility to connect a CGM.
- Ability to take pictures of meal.



- Requires to enter weight, height and date of birth.
- Need to create an account to access certain options.
- Presence of ads.



\$ Premium version available and provides following features: no ad, bluetooth connection to glucose meters, data for up to 3 people, suggests explanation for glucose trend, save selected foods as meals and dishes, import and export data as XLS.



Ypsomed App

- Free
- French and English
- No account needed.
- Possibility to log blood sugar, carbohydrates, insulin doses, physical activity and comments.
- Possibility to view calculation details.
- User friendly interface.
- Entered insulin doses are kept in memory to calculate the insulin on board and avoid insulin stacking.
- Allows easy data sharing with health professionals.
- No need to enter weight or height to use the bolus calculator.



- No tool to help count carbs.
- No suggested bolus adjustments for physical activity or sick days.



My Sugr

- Free
- French and English (+ 25 more languages).
- Allows you to transfer values from compatible blood sugar meters automatically into the application and obtain graphs.
- Option to download these data in PDF, CSV or Excel files.
- Offers support and goals to achieve.
- Compatible with Apple Health and Google Fit.



- Need to create an account to use the app.
- Many features only available with the pro version (\$), including the bolus calculator.
- No tools to help count carbs.



\$ Premium version available and provides following features: bolus calculator, PDF reports, search fonctionnality, take photos of meals and automated reminders.

Apps to help the management of type 1 diabetes

Carbohydrate counting



Nutrients Canada



- French and English
- Allows you to find the nutritional value of several foods from the Canadian Nutrient File (the most reliable Canadian data source).
- Possibility of viewing the nutrition label of foods for the selected portion.



- Need to pay.
- No pictures of the food.
- No ability to add carbs from multiple foods or do calculations.



Cronometer



- Free
- Nutritional value of thousands of foods.
- Possibility to calculate the nutritional value of recipes.
- Possibility of scanning the bar code of certain foods to get their nutritional value and keep them in memory.
- The foods entered by users are verified by a team of professionals to ensure the validity of the information.
- Use of several databases and possibility to select only the Canadian database (Canadian Nutrient File).
- Possibility of removing the display of the number of calories per day.
- Database of several restaurant chains (mostly American).
- Possibility to create and save recipes.
- Possibility to track sleep.



- Weight emphasis with weight loss goal requested when creating account.
- Need to create an account with email address.

\$ Premium version available and provides following features: no ad, automate logged foods, recipes and meal entries, import recipes from websites, add timestamps to diary entries, ability to track carbs, protein and fat, ability to track other nutrient, create custom charts to correlate nutrients and health parameters over time (blood sugar, blood pressure, A1C).



My Fitness Pal



- Free
- English and French (+18 more languages)
- Nutritional value of several foods.
- Saves the food.
- Possibility to create recipes and get their nutritional values.



- Unverified database with additions made by users.
- USA database (nutrient values may differ from Canadian foods).
- Requires an internet connection.
- Emphasis on weight loss.

\$ Premium version available and provides following features: No ad, custom macronutrient tracking, scan barcodes of food items to get nutritional value.

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Carbohydrate counting



Figwee

- Free
- Offers photos of different foods and dishes with visual portion estimates.
- Ability to use as a guest user.
- Easy to use.
- Pictures of different foods with a scale to increase or decrease the portion with a comparison with the size of a standard plate.



- Emphasis on weight with weight loss goal requested at account creation.
- USA database (nutrient values may differ from Canadian foods).



\$ Premium version available and provides following features: save foods, create recipes.



Carbs and Cals

- Free
- Allows you to know the nutritional value of several foods by comparing the food portion to a standard plate.
- Easy visualization with food photos according to the portion.
- Includes foods from several restaurant chains.
- Ability to create and save recipes.
- Possibility to save foods consumed regularly.



- UK database (nutrient values may differ from Canadian foods).
- Foods available in the database and number of restaurants limited in the free version.



\$ Premium version available and provides following features: scan barcodes of certain foods to obtain nutritional value, export reports for healthcare teams, visual database of 200 000 food items, full menus from popular UK restaurants.



CalorieKing

- Free
- Nutritional value of several foods.
- No need to create an account.
- Possibility to scan barcodes to get nutritional value.



- USA database (nutrient values may differ from Canadian foods).
- Ads in the free version.
- No possibility to save frequently consumed foods.
- Mainly American restaurant chains.



\$ Premium version available and provides following features: no ad, save frequently consumed foods.

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Carbohydrate counting



SNAQ

- Free
- 5 meal records per week, blood glucose curve overview, meal log for one week.
- The nutritional value is obtained by taking a picture of the meal.
- Possibility to pair it with a compatible glucose meter and see the effect of the meal on the blood glucose.
- Possibility to add other informations such as physical activity, illness, stress.
- Possibility to see your blood glucose curve the last time you ate a similar meal.
- No need to enter weight, height and date of birth.



- Only in English.
- Need to create an account with an email address.
- The 3D depth sensor is only available for the iPhone X. For other smartphones, portion sizes are calculated based on standard servings and are therefore not accurate.
- The database is from Switzerland (nutritional value may vary).



\$ Premium version available and provides following features: unlimited meal records, full blood glucose curve, full meal log, sharing reports with healthcare professionals.



Gluroo

- Free
- Login via Apple or Google
- French and English (+21 more languages).
- Integrates with CGM (Dexcom, Freestyle Libre, Medtronic).
- Sends alerts for high/low blood sugar.
- Tracks achievements with milestone badges.
- Obtain estimate of nutritional value of food items by scan barcodes or AI-based image recognition.
- Ability to log exercise, medication, insulin on board or manually enter carb intake.
- Voice dictation for logging meals.
- Supports group sharing for meals, activities, and other data.



- Only available for testing and evaluation (not commercially launched).
- Relies on a U.S. database (nutrient values may differ internationally).



RxFoods

- Free
- English and French
- Ability to access the app if you use a Dexcom CGM.
- Integrates CGM data to overlay sugar levels with food, exercise, and insulin data.
- Uses AI-based image recognition for meal analysis from uploaded photos.
- Provides evidence-based dietary assessment (e.g., macronutrient content and diet quality).
- Suggests personalized insights for dietary changes.
- Allows data sharing with healthcare professionals.



- Requires a referral from a clinic or physician to register if not using a Dexcom CGM.



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Carbohydrate counting



SugarMate



- Free
- Full voice dictation for data entry.
- Need to manually enter glucose values.
- Syncs with Apple Health to log exercise and sleep.
- Allows data sharing with healthcare professionals.
- Ability to log insulin doses, medication and exercise.
- Ability to obtain nutritional content of certain foods with barcode scanning, or manual searching using US database.



- Works on Iphone, iPad, Mac, and web only
- Requires creating an account.
- U.S.- based food database (nutritional values may differ internationally).

Only connects to Dexcom CGM for US users, others must manually enter glucose values.

Social Support



Happy bob



- Free
- Syncs with Dexcom, Apple Health, or allows manual entry of glucose readings.
- Focuses on mental health, aims to reduce the emotional toll of diabetes management.
- Supports peer-support groups for real-time sugar level sharing.
- Incentive system awards stars for staying within target ranges.
- Ability to log and track insulin doses, water intake, and vegetable consumption.



- Requires an account to use.
- Cannot track food intake, meals, or recipes.