bcdiabetes.ca

Patient Care + Research + Clinical Trials

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CosMeal – a diabetes carb counting & meal-planning app

BCDiabetes wants all its clients to have the best-possible understanding of carbs and carb-counting, especially those using rapid insulin. As such, BCDiabetes recommends CosMeal, an AI food journal and meal-planning app. Click here for a youtube short. CosMeal's food log is of special interest: snap a photo of any meal (your plate, takeout, even a nutrition label), and CosMeal logs the calories, protein, fat and carbs in seconds — at home or on the go. For more info on getting the most accurate carb estimates, click here. For a printed app guide click here.

Carb counting is automatic: every logged meal is split by how fast its carbs hit — fast (~30 min), medium (~3 hr) and slow (~5 hr) — plus a carb equivalent of the protein & fat consumed reflecting the glucose that arrives hours later, so you see not just how many carbs you ate but when they will show up.

Choose a goal such as "Carb smart" and CosMeal scores your week against it, showing your eating patterns and where to adjust. Any week can be exported as a PDF report to bring to your next BCDiabetes appointment.

When you want help deciding what to eat, CosMeal builds a weekly plan around your and your family's health needs, food preferences, allergies, favourite cuisines and family size — one plan feeds the whole household, drawing on 2,000+ recipes across 8 cuisines with lower-carb alternatives. Swap a dish in one chat with Baobao, CosMeal's AI assistant, and the grocery list follows — send it to Instacart and it is delivered to your door.

Note: Dr. Elliott is an advisor to CosMeal's parent company, cosmiotech.com. With Cosmio, BCDiabetes is building an AI clinical decision support tool for open-source AID using Nightscout.

Free 3 month trial for BCDiabetes patients

BCDiabetes patients get 3 months of CosMeal free. Scan the code or visit www.cosmeal.ai, then enter the promo code below at sign-up.

Promo code: COSMEAL4BCD

www.cosmeal.ai

Short URL = https://bit.ly/CosMeal