

CosMeal – a diabetes carb counting & meal-planning app

BCDiabetes wants all its clients to have the best-possible understanding of carbs and carb-counting. As such, BCDiabetes is evaluating an AI carb counting and meal-planning app called CosMeal. CosMeal's Carb Scanner is of special interest: it allows you to photograph a meal and get an estimate of carbs, calories, protein and fat — at home or on the go.

CosMeal also allows you to build a weekly plan around your and your family's health needs, food preferences, allergies, favourite cuisines and family size, so you do not have to decide what to eat every day.

Every planned meal shows its fast/medium/slow carb count and where those carbs come from. If you want fewer carbs, CosMeal will switch a dish to a lower-carb version while keeping the meals you actually enjoy.

Coming soon: CosMeal will allow you to set your own goals, log the meals you eat through the day, and see your eating patterns and AI health insight over time.

Note: BCDiabetes has no financial interest in the CosMeal app. BCDiabetes has engaged Cosmotech.com, the creator of CosMeal, to build an AI clinical decision support tool.

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>