A newly designed web application to illustrate food and physical activity choices

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FoodFit

Who?

- Type 2 Diabetes, Prediabetes, Obesity
  - Treatment adherence
    - Silent symptoms
    - Accessibility
    - Complex/Overwhelming
- Type 1 Diabetes
  - GlucoSim
- Youth
  - Risk
  - Establish habits early

Why?

- Education
  - Healthy choices add up
  - Lifestyle
  - …teach them to fish…
  - Classroom, clinical
- Prevention
  - Onset
  - Complications
    - Diabetes
    - Geriatric
- Integrate with GlucoSim

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A Web-Based Educational Simulation Package for Glucose-Insulin Levels in the Human Body

Warning:
"The simulator does not differentiate between people regarding their sex, age, race, or BMI (body mass index); instead it represents an average person. Also, GlucoSim does not take into account intra- and inter-personal variations and it should not be used for making medical decisions."
The GlucoSim should only be used for educational purposes.

💾 Output data file

Blood Glucose (mg/dl)

Blood Insulin (mU/ml)
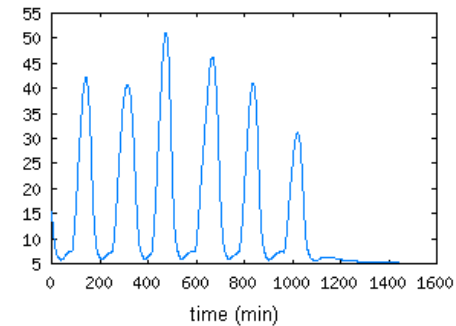
Click on body parts to see the graph on that part.

**In order to see the graphs, turn off the pop-up blocker temporarily.

Liver — Stomach

Intestine

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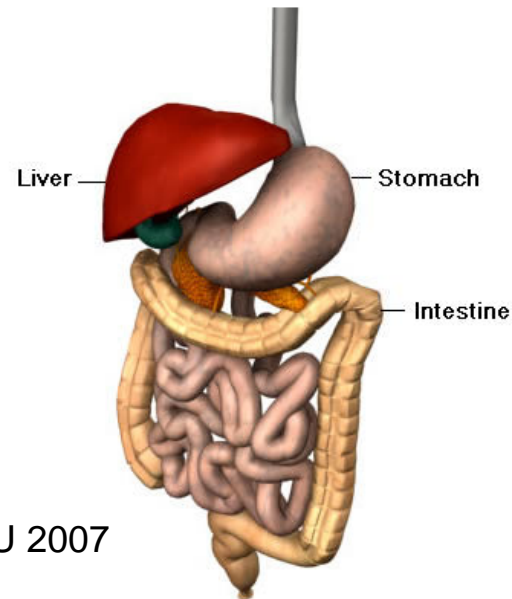
Framework

- Planner
- Journal
- Reports
- Profile
- Info

FoodFit

Welcome to FoodFit, your interactive *food* and *fitness* companion. Use this free tool to learn about balancing your daily caloric needs.

Sign In

Returning users can continue right where they left off.

User Name [_____]

Password [_____]

[Sign In]

Register

Creating a free account allows you to save food and activity records, as well as your profile.

[Sign Up]

Try It!

Give FoodFit a try, but remember that you must register to save anything.

[Go Play]

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Planner

Planner +Activity +Meal Load Save Analyze

Time	
12 AM	
1 AM	
2 AM	
3 AM	
4 AM	
5 AM	
6 AM	Running, 6mph X -1 hr-
7 AM	
8 AM	Breakfast X ⊕
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	

FoodToday

Breakfast | Lunch | Dinner | Snack

Coffee, brewed from ...	1	cup (8 fl oz) ▼ ☒
Egg, whole, cooked, ...	1	large ▼ ☒
Milk, nonfat, fluid,...	1	fl oz ▼ ☒
Muffins, blueberry, ...	1	medium ▼ ☒
Pork, cured, bacon, ...	3	slice cooked ▼ ☒

USDA National Nutrient Database

FrequentLists

Breakfast | Lunch | Dinner | Snack

Butter, whipped, with salt
- ☐ Cereals ready-to-eat, general mills, honey nut ch... ☒
- ☐ Cereals ready-to-eat, kellogg, kellogg's froot lo... ☒
- ☑ Coffee, brewed from grounds, prepared with tap wa... ☒
- ☑ Egg, whole, cooked, scrambled ☒
- ☐ Fast foods, croissant, with egg, cheese, and saus... ☒
- ☑ Milk, nonfat, fluid, with added vitamin a (fat fr... ☒
- ☑ Muffins, blueberry, commercially prepared ☒
- ☐ Orange juice, raw ☒
- ☑ Pork, cured, bacon, cooked, pan-fried ☒
- ☐ Snacks, granola bars, oats, fruits and nut...

+Food

- Saved food and activity planners
- Tab organization

| Food Name	QTY	Unit	Energy (Kcal)	CH(g)	Pr(g)	T. Fat(g)	Chol(mg)	Sod(mg)	Fiber(g)	S. Fat(g)	P. Fat(g)
Breakfast 8:00:00											
MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)	1	cup	83.3	12.1	8.2	0.1	4.9	102.9	N/A	N/A	0.0
EGG,WHL,CKD,SCRMBLD	1	cup	365.2	4.8	24.3	26.8	774.4	616	N/A	4.7	10.4
PORK,CURED,BACON,CKD,PAN-FRIED	3	slice cooked	126.3	0.3	9.0	9.5	26.7	575.4	N/A	1.0	4.2
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	1	cup (8 fl oz)	2.3	N/A	0.2	0.0	N/A	4.7	N/A	N/A	0.0
MUFFINS,BLUEBERRY,COMMLY PREP	1	large	385.0	66.7	7.6	9.0	41.7	621.3	3.6	3.4	2.7
Add Another Food Item											
Sub Total			962.2	84.0	49.6	45.6	847.7	1920.4	3.6	9.2	17.5

Analyze

FoodFit

- Analyze
  - Macro- and micronutrients
  - Food group distribution
  - Daily caloric balance
    - Game
- Printable, PDFs
- Save

Yours   RV
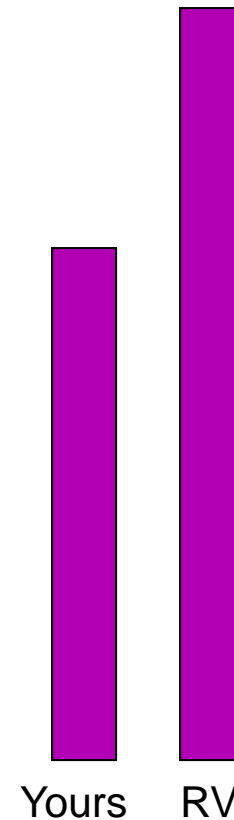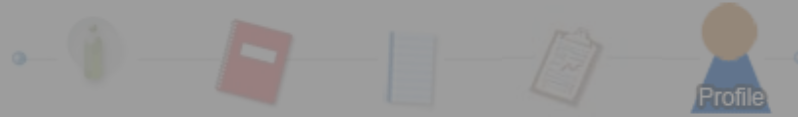
- **Physical Description**
  - Accurate analysis
- **Editable**

- FAQs
- Additional resources
- Tutorial
- Contact Information