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## Problem and Goal

1.45 million Americans have T1D

200,000 of which are under 20

With T1D growing 2.9% per year

To keep themselves healthy, Type 1 diabetics must administer insulin to themselves based on the grams of carbs in the foods they are eating. Information on the grams of carbs in food is not always readily accessible or easily calculated.

The goal is for the audience to be able to easily and accurately look up and calculate the grams of carbs in their restaurant meals, helping diabetics keep their blood sugar levels balanced and prevent health complications.

## Target Audience

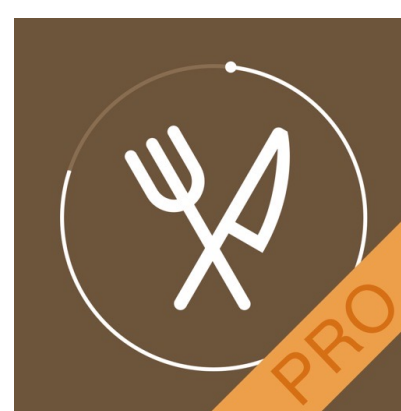
Aimed at Type 1 diabetics of all ages

## Competition



Aimed at trying to lose weight with keto diets

Primary purpose for exercise nutrition

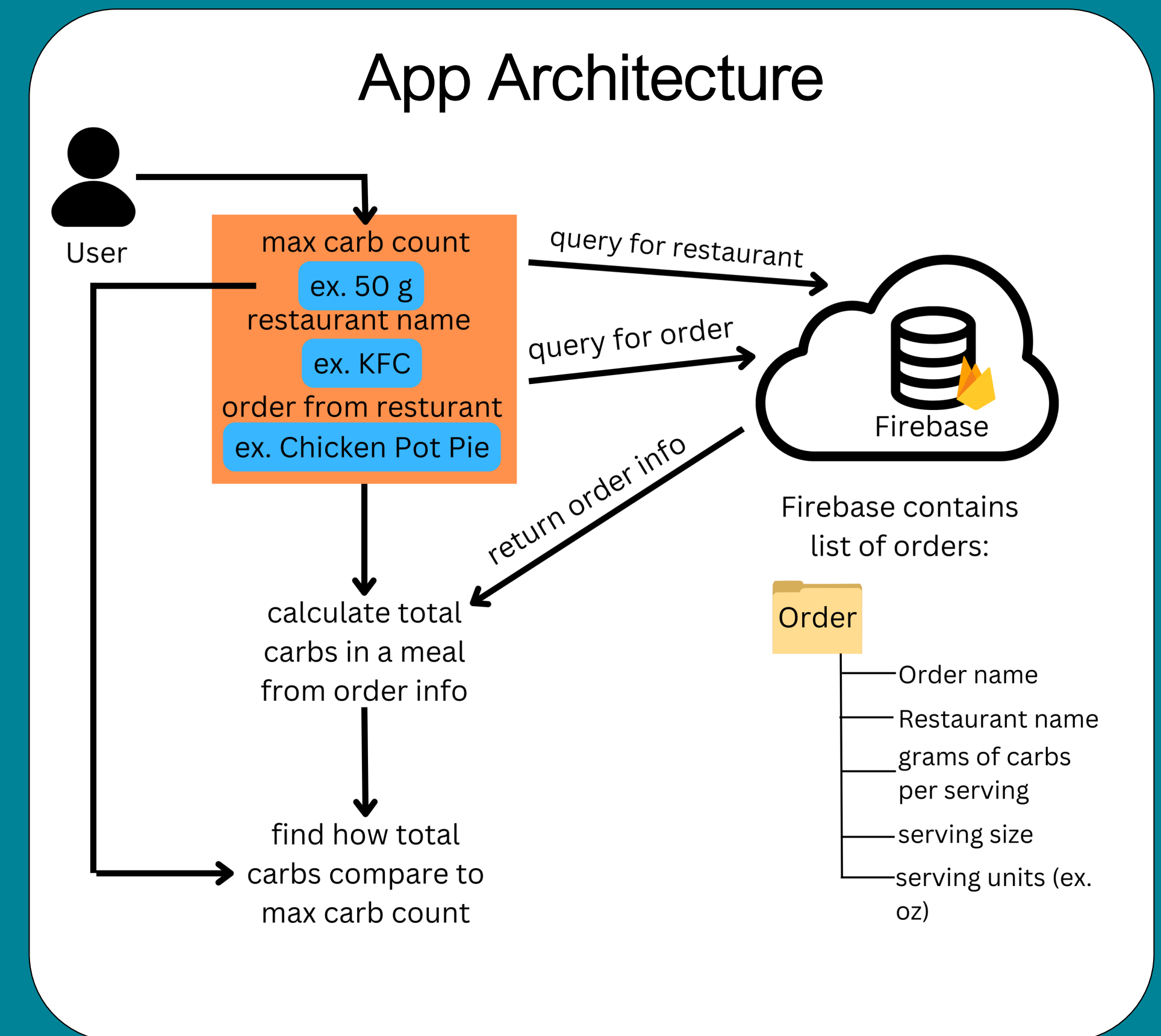
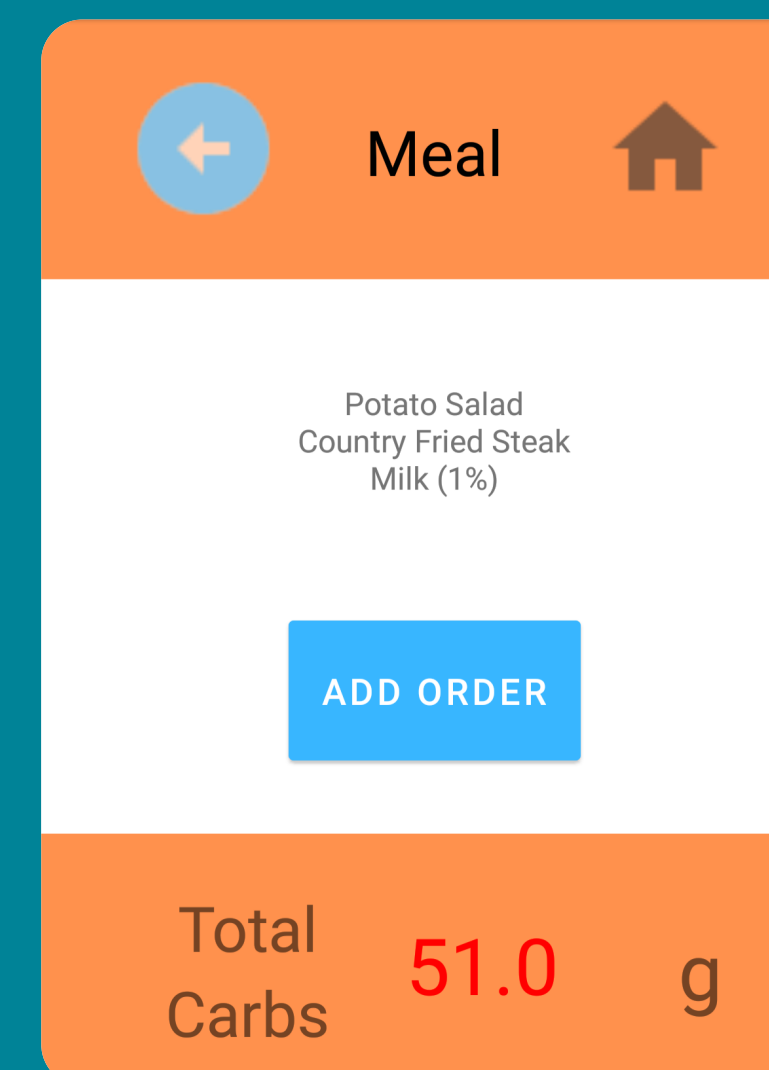
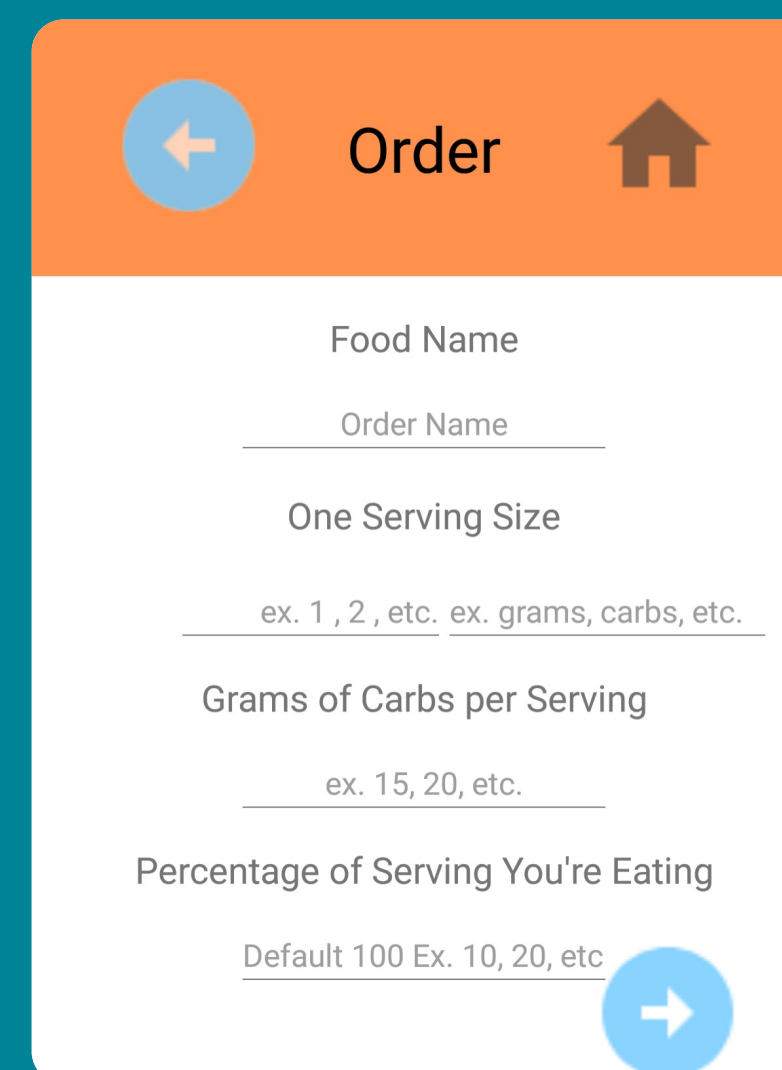
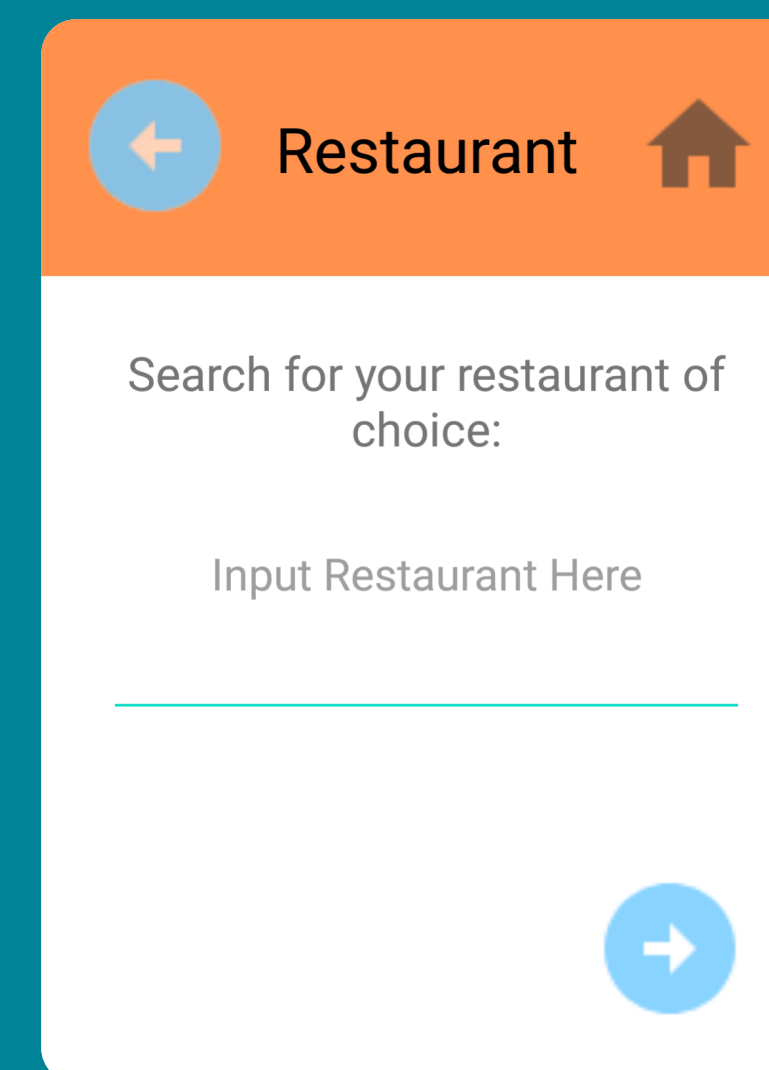
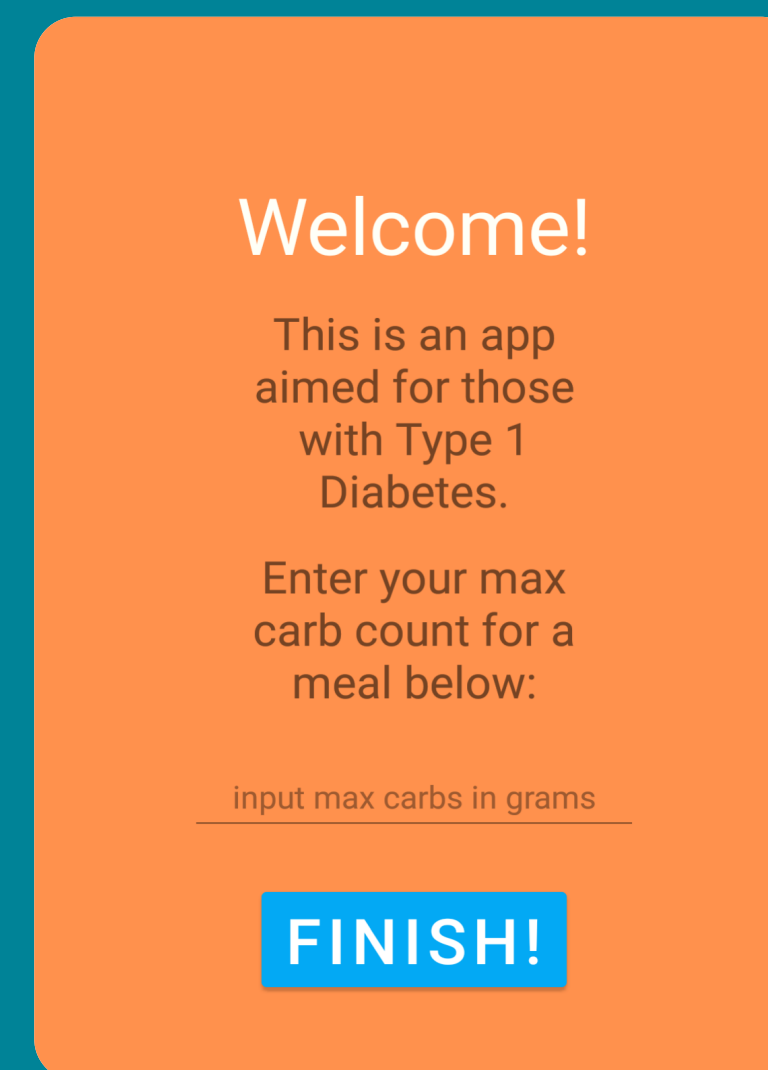


Unintuitive UI and too much overwhelming information

Daily Carb Pro



# CarbSmart



## Tools and Technology



Firebase



## Minimum Viable Product

1. Database of grams of carbs in foods from at least three restaurants
2. Can calculate total number of carbs in a meal by adding together carbs of different foods
3. Able to receive an input for the user's max carbs in a meal and compare that number to the actual carbs in a meal to alert users to when they have reached their input max carbs

## Extensions

- Make the app applicable to homemade meals, not just meals from restaurants
- Increase the size of the database to give users access to more information on carbs in different foods
- Allow users to add foods and information on the food that they plan to look up in the future to their copy of the database or to the central database