



DiaBite

Diabetes Managed Easily

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Over 38.4 million people suffer from Diabetes in the USA.

Motivation

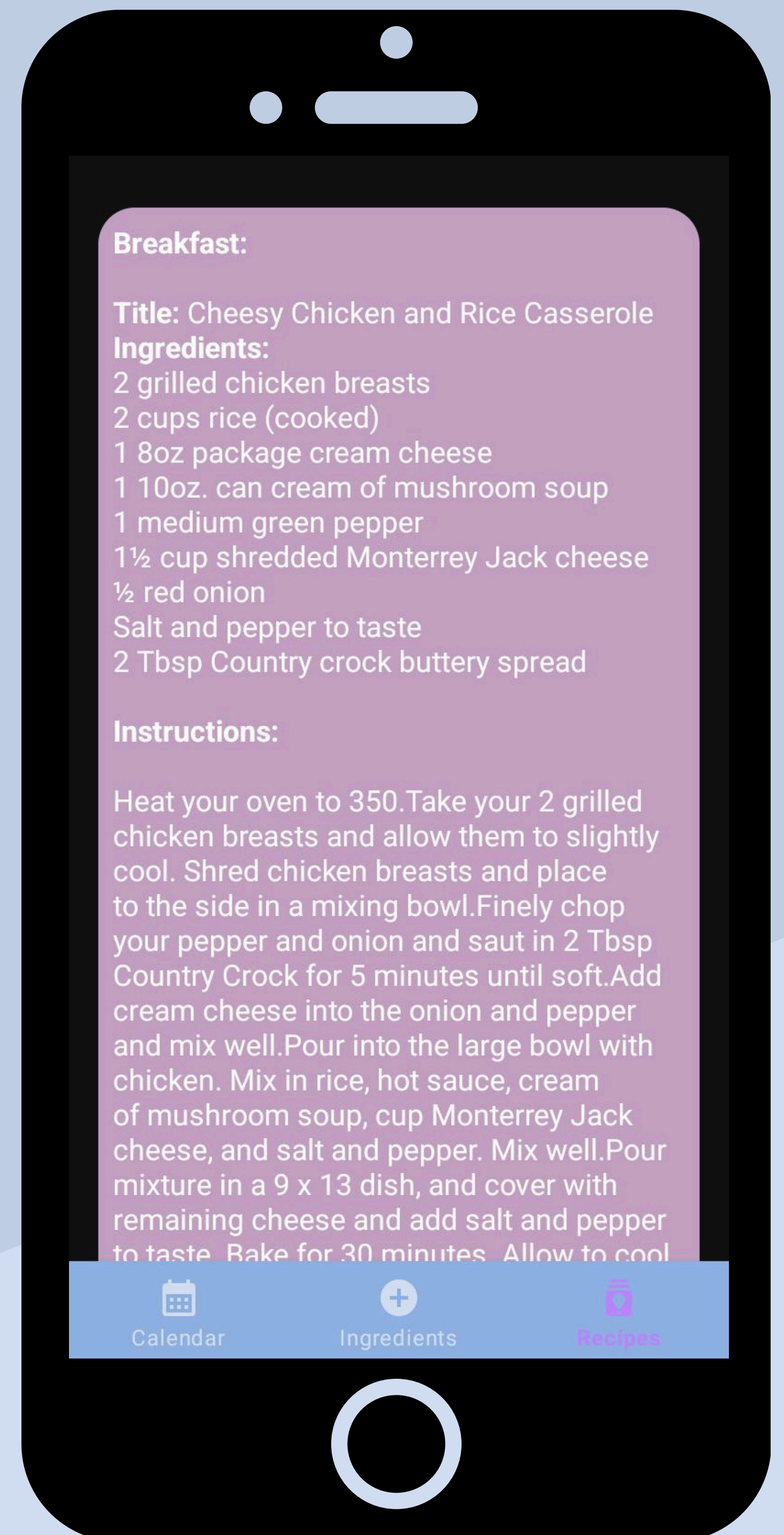
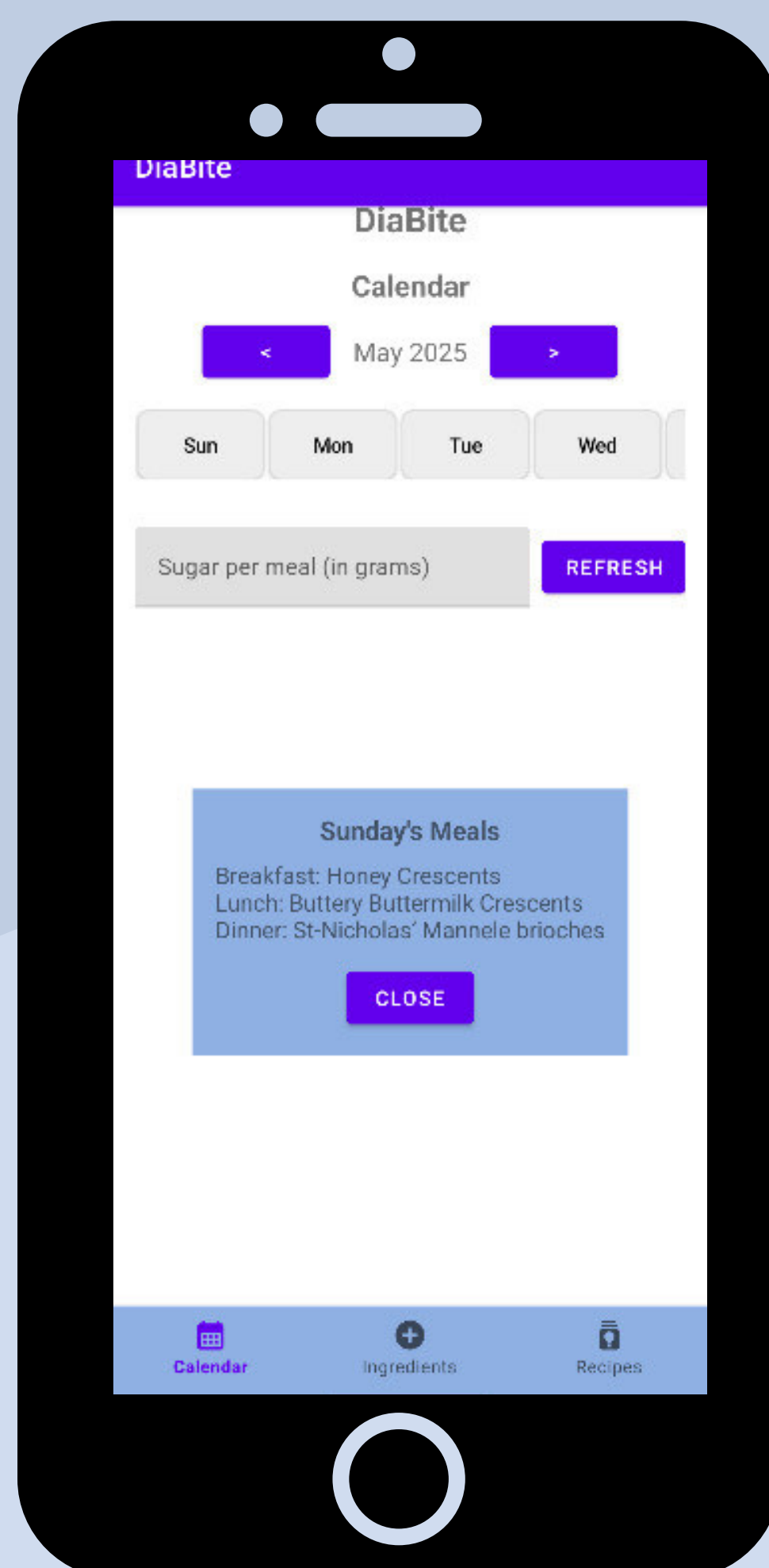
Meal planning is overwhelming for individuals with diabetes, often leading to stress, unhealthy food choices, and skipped meals. Our app aims to make these decisions easier and more manageable.

Our Mission and Solution

- Designed to help individuals with diabetes confidently and safely plan meals using ingredients they already have at home
- Help users control their sugar levels + balance nutrients for a healthy diet
- Assist users in managing their diabetes without the constant worry of meal planning, by providing healthy options that fit their lifestyle

Key Features

- Take inputs from the user regarding the ingredients currently in their pantry
- Weekly meal plans are generated, removing confusion of what to cook, making it easy for users to follow a diabetes-friendly diet
- Generate a meal plan for the week based on the list provided by the user
- All app-generated meals are diabetic-friendly



Background

- Diabetes is a life-altering condition affecting over 400 million people worldwide
- Managing diabetes can be extremely difficult—especially meal planning
- Meal planning with diabetes is a daily challenge, often leading to stress, skipped meals, or unbalanced diets
- Many people don't have access to reliable nutritional guidance, finding it difficult to find diabetic-safe recipes to plan out their meals
- People often have specific ingredients at home but struggle to find diabetic-friendly recipes based on these ingredients, resulting in extra trips to store to purchase additional ingredients

Future Steps

- Update and expand our database to offer users a wider range of recipes that align with more dietary restrictions
- Provide users with more flexibility when adjusting meal plans, including the ability to set specific health goals - weight management or fitness-related objectives
- Incorporating real-time blood sugar tracking into the app so meal plans and recipes can be automatically adjusted based on user's current glucose levels
- Utilize AI to analyze users' preferences, dietary restrictions, and past meals to offer more personalized meal suggestions

