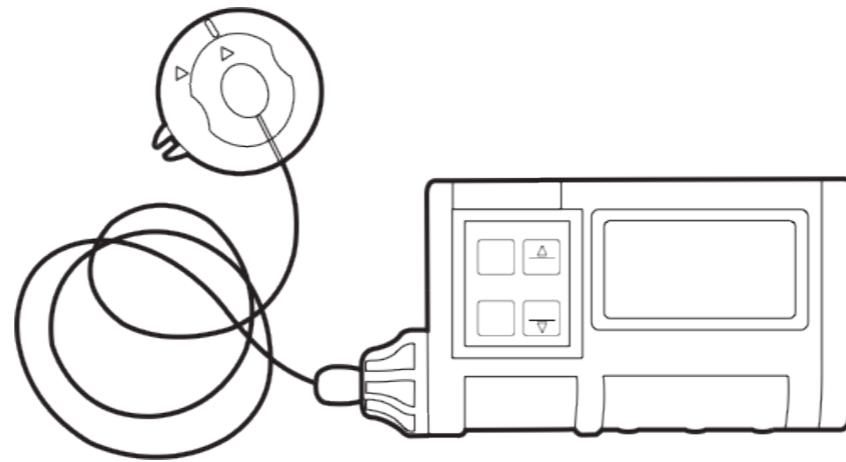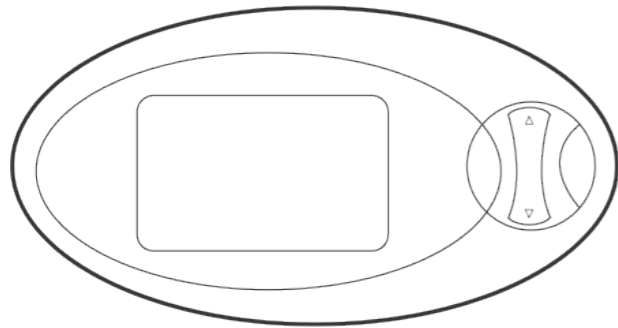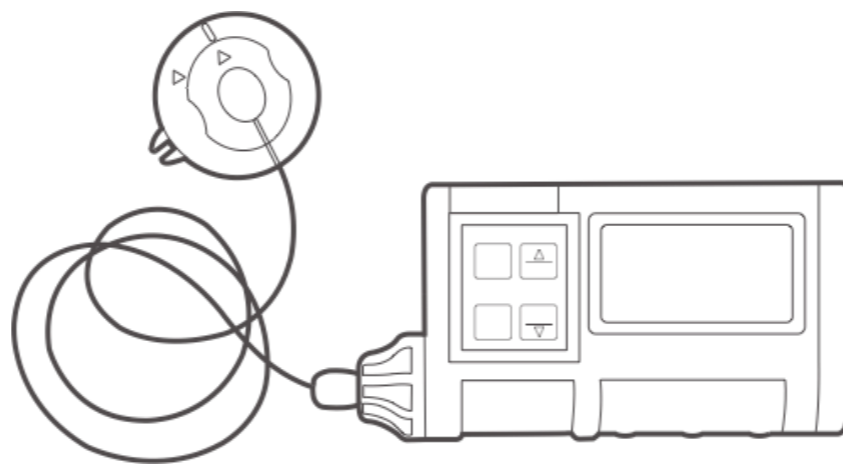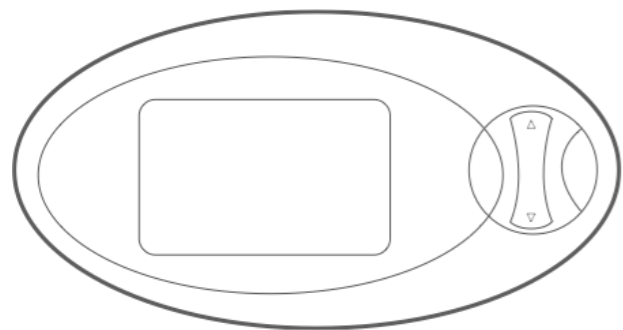# Databetes

Doug Kanter
@dougkanter
databetes.com
doug@databetes.com

type-1 diabetic
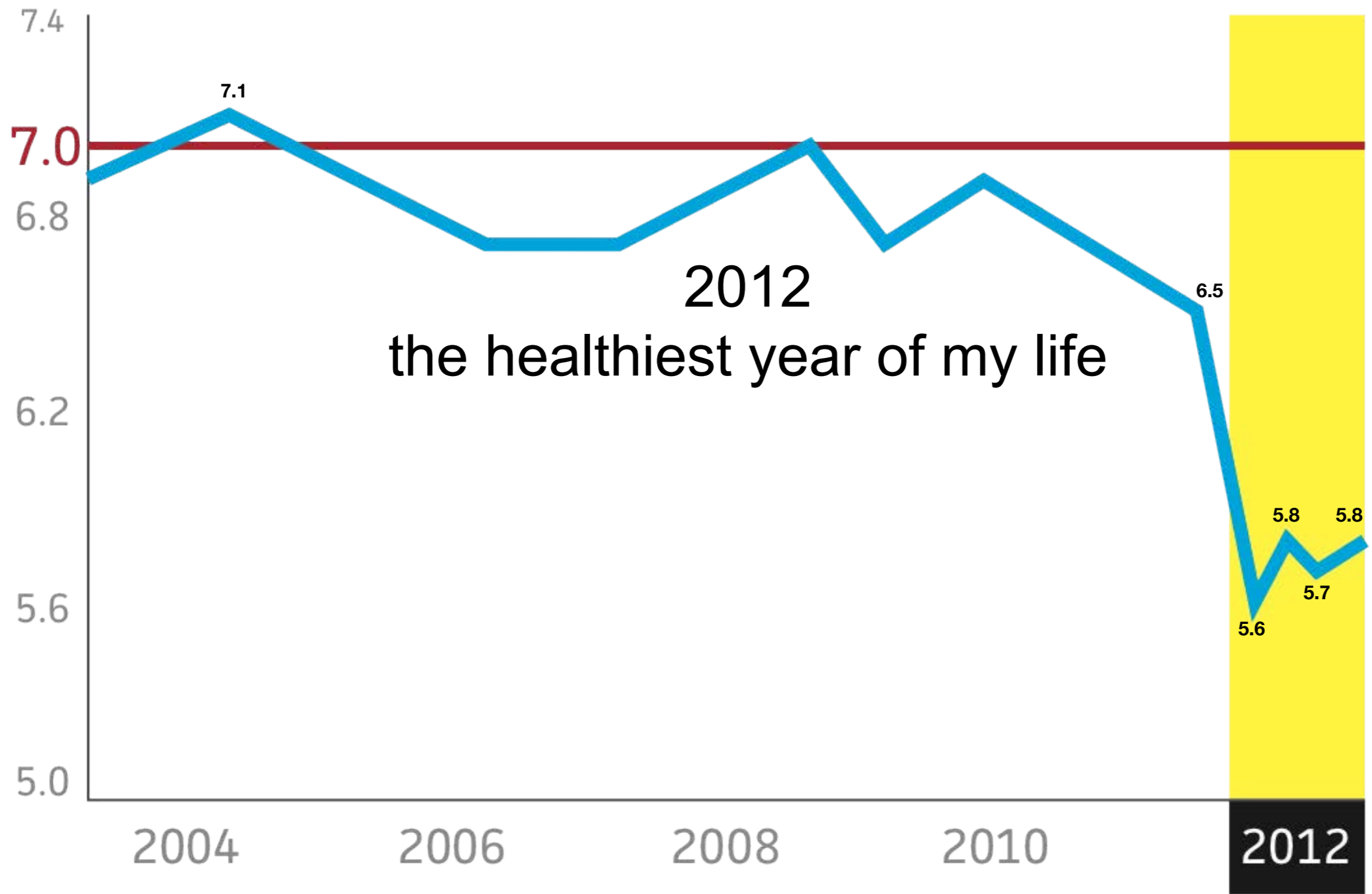for 27 years
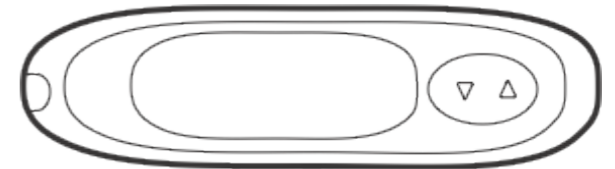
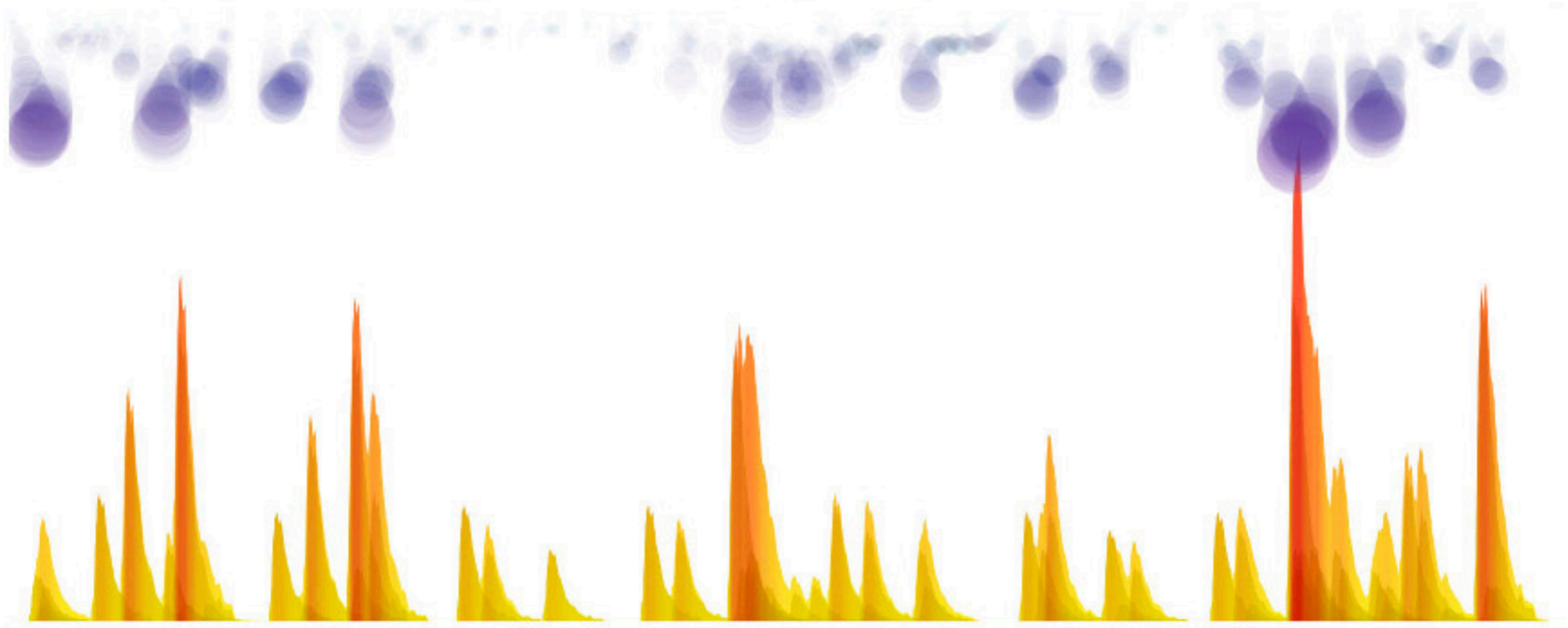# medical data

medical data
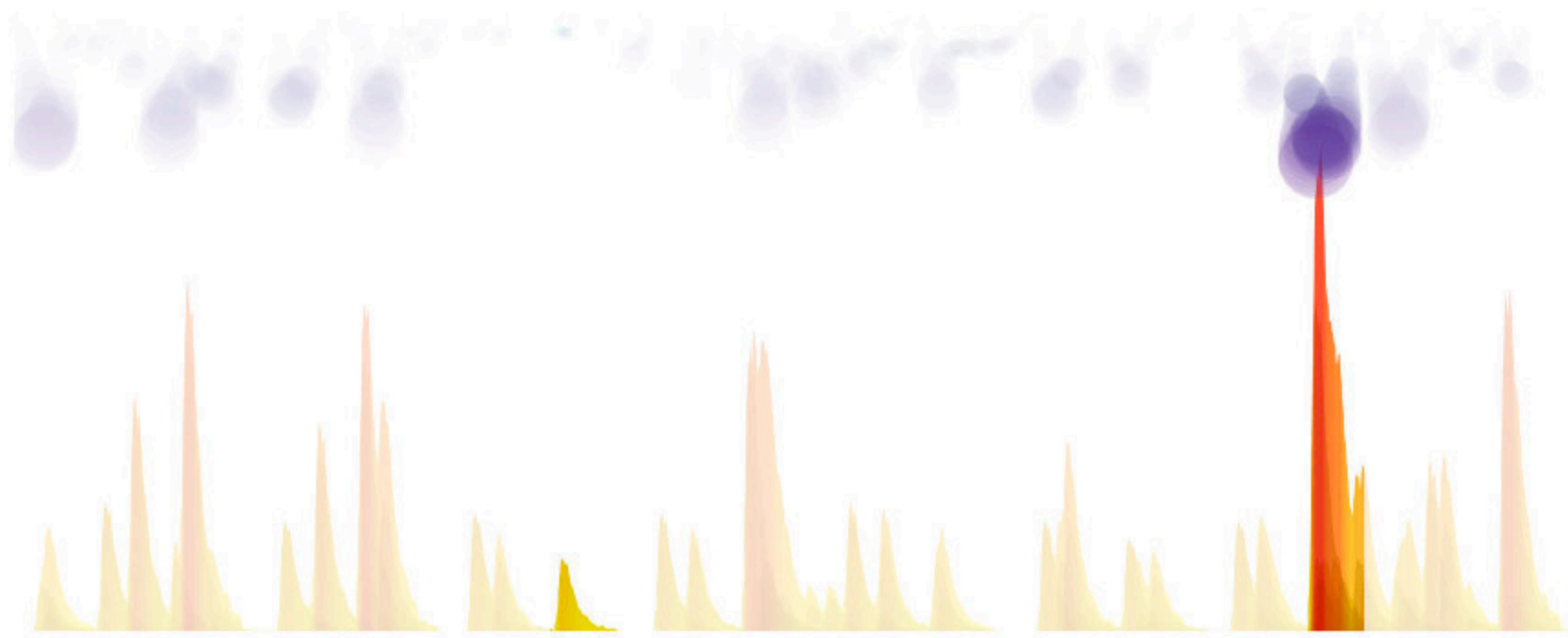
lifestyle data

2012
a yearlong experiment

Understanding my food data
1. Looking into a low-carb diet

Databetes
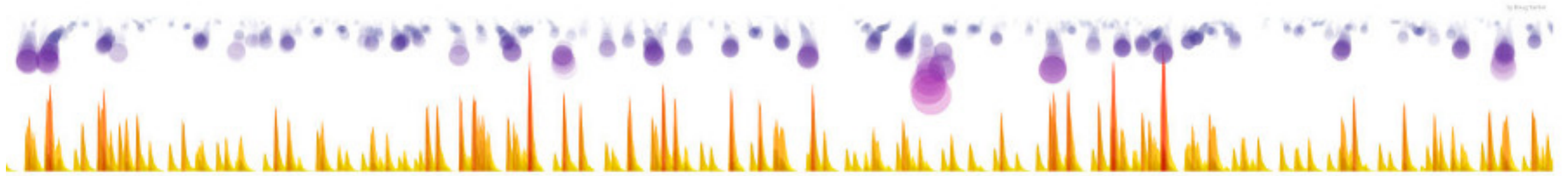
Insulin on Board
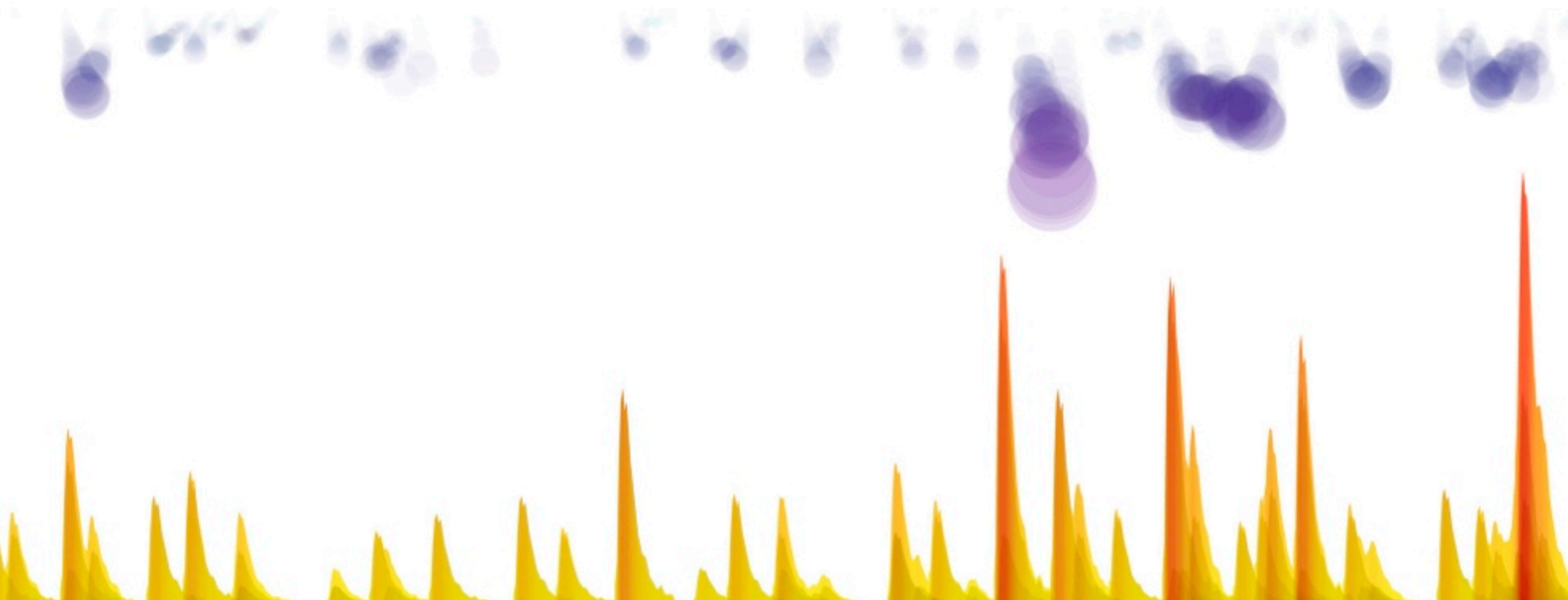
small insulin dose

large insulin dose
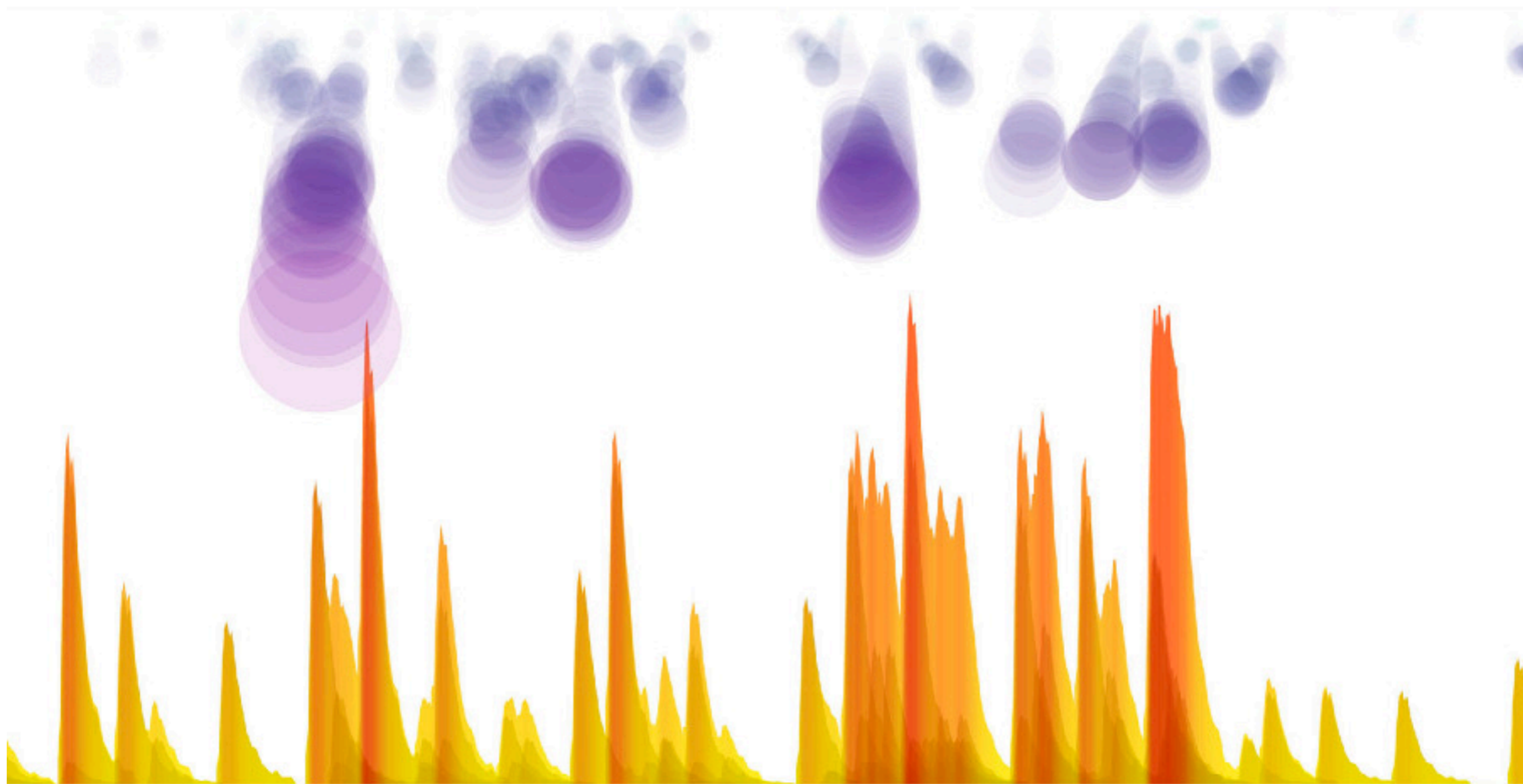
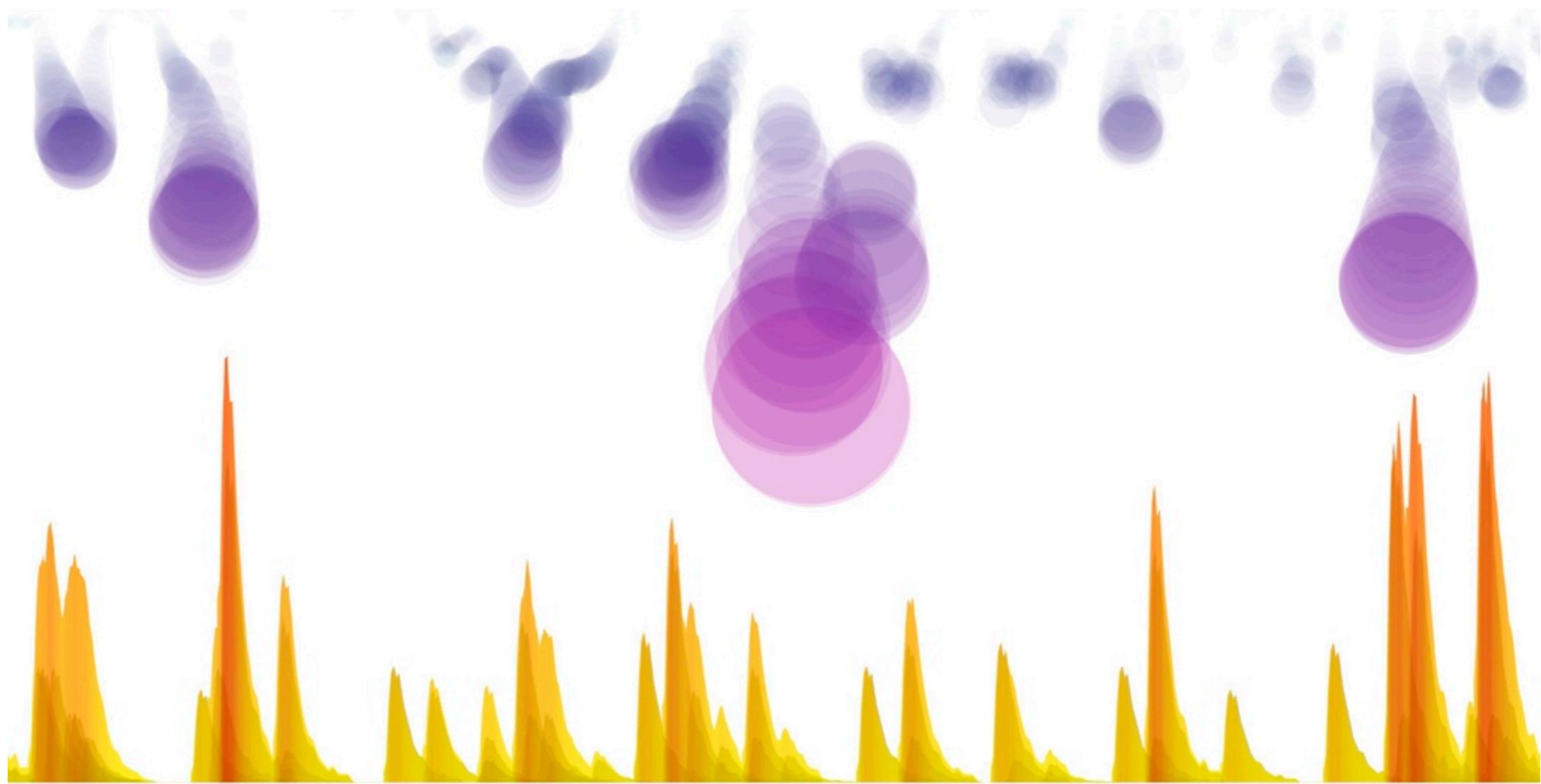low-carb   high-carb

low-carb week

Superbowl Sunday

high-carb

March 23, 2012

low-carb, high stress

Lessons Learned
- Clear benefits of a low-carb diet
- External factors need to considered
- GI vs. TAG

Understanding my food data
2. Meal Memory

Understanding my food data
2. Meal Memory

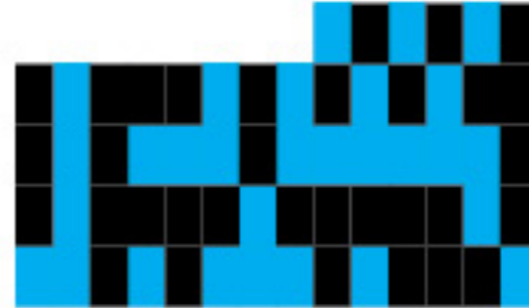|	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1		month	day	time	cat.	prep'd by	main ingredient	notes	total carbs	insulin	# of [Column K)	condiments, ingredients, etc.	location eaten	kitchenware used	foursquare
356	Sunday	2	12	10:15:00	e	263	Hammer Oatmeat Apple energy bar								
357	Sunday	2	12	12:35:00	l	1	Peppermill turkey and swiss on a long roll			8					
358	Sunday	2	12	13:30:00	c	0	coffee								
359	Sunday	2	12	17:18:00	s	48	1 slice of mozarella basil pizza	Foursquare		2.5					
360	Sunday	2	12	20:46:00	d	0	brussell sprouts		6	1					
361	Sunday	2	12	22:24:00	lbs	0	carrots & hummus								
362	Sunday	2	12	22:30:00	a	262	beer								
363	Monday	2	13	7:27:00	bc	0	English muffin + 2 scrambled eggs					almond butter			
364	Monday	2	13	7:27:00	bc	0	coffee				1	equal			
365	Monday	2	13	11:59:00	l	49	Cobb salad	Foursquare		3.5 u		greens, blue cheese, egg, dressing ,bacon, tomatoes, grilled chicken			
366	Monday	2	13	14:30:00	lbs	261	Granola bar								
367	Monday	2	13	17:03:00	c	50	coffee	latte							
368	Monday	2	13	19:30:00	d	51	pasta	Foursquare		7.5 u					
369	Monday	2	13	21:00:00	sa	262	1 glass of wine								
370	Monday	2	13	21:27:00	sa	261	dried tofu								
371	Monday	2	13	23:12:00	lbs	0	carrots & hummus	i ate a handful							
372	Tuesday	2	14	8:05:00	bc	0	English muffin		23 + 6	3.0 u		almond butter			
373	Tuesday	2	14	8:05:00	bc	0	Feta cheese omelette		5			eggs, feta			
374	Tuesday	2	14	8:05:00	bc	0	coffee				1	equal			
375	Tuesday	2	14	12:43:00	l	37	pork burrito	Foursquare		7.0 u					
376	Tuesday	2	14	14:30:00	c	0	coffee				1	equal			

2012
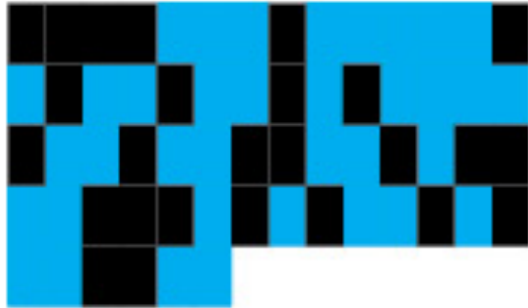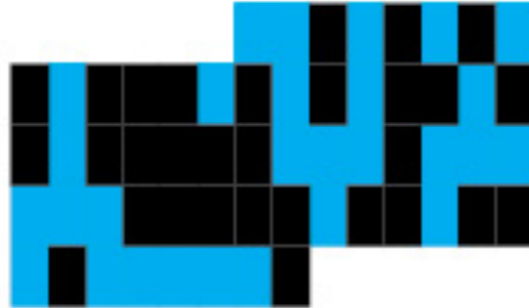
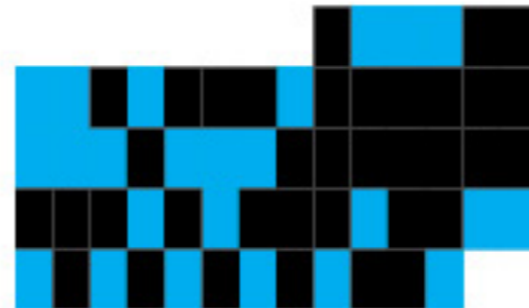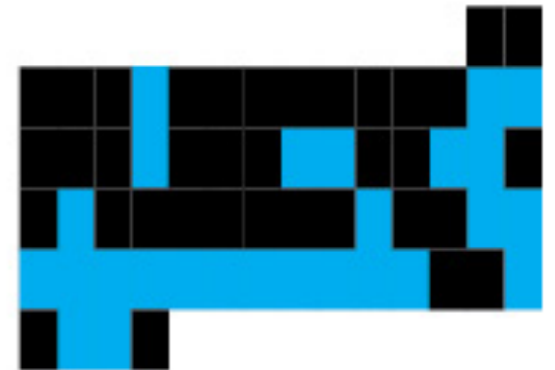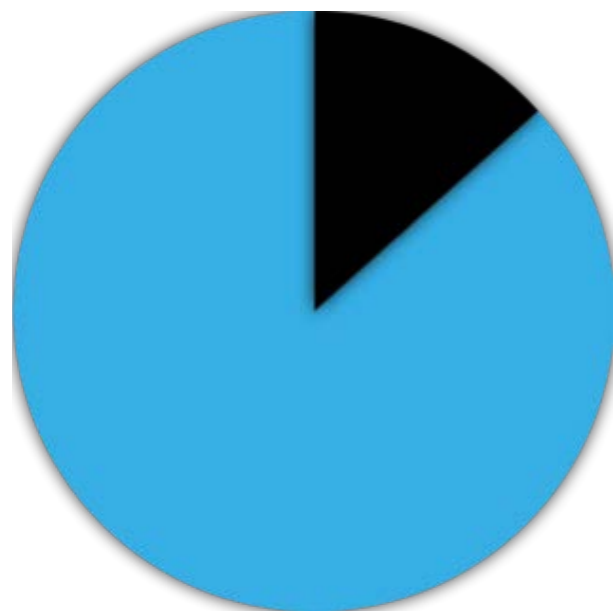January   February   March   April
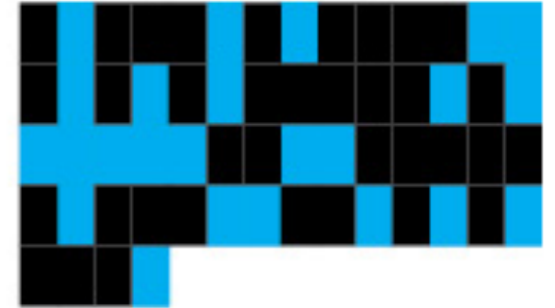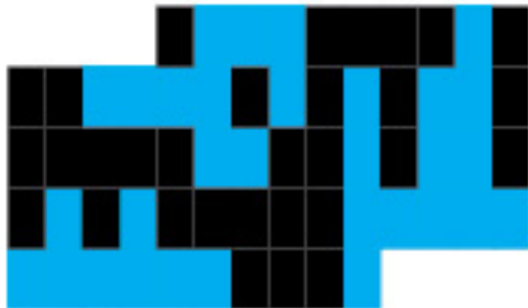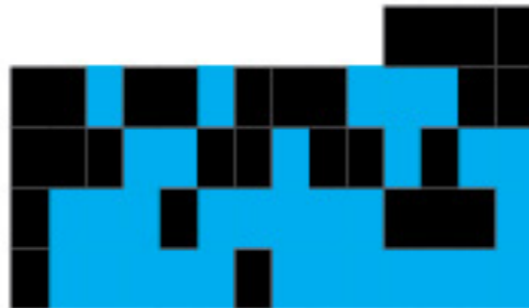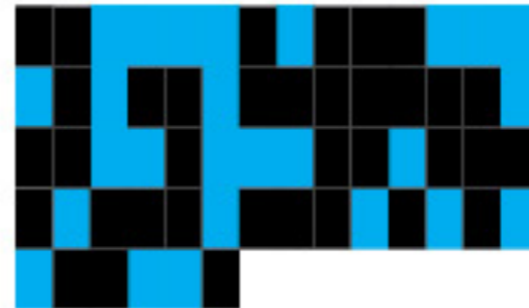
May   June   July   August
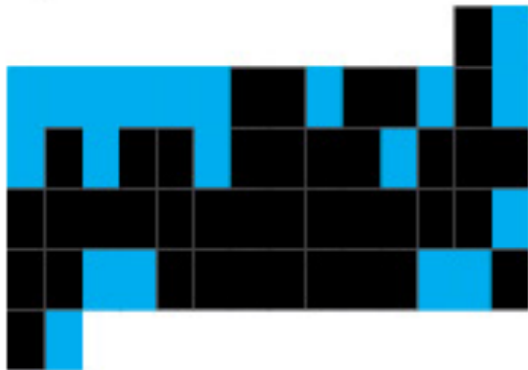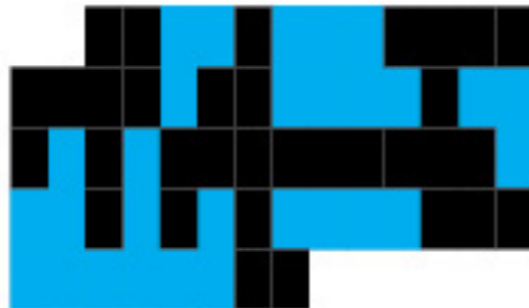
September   October   November   December
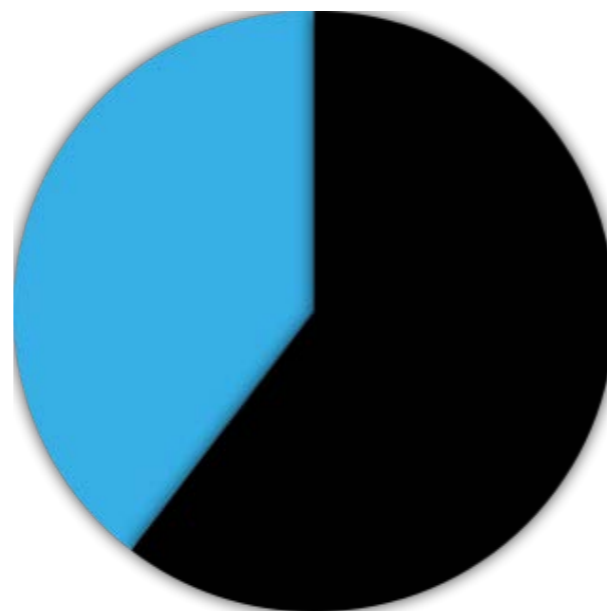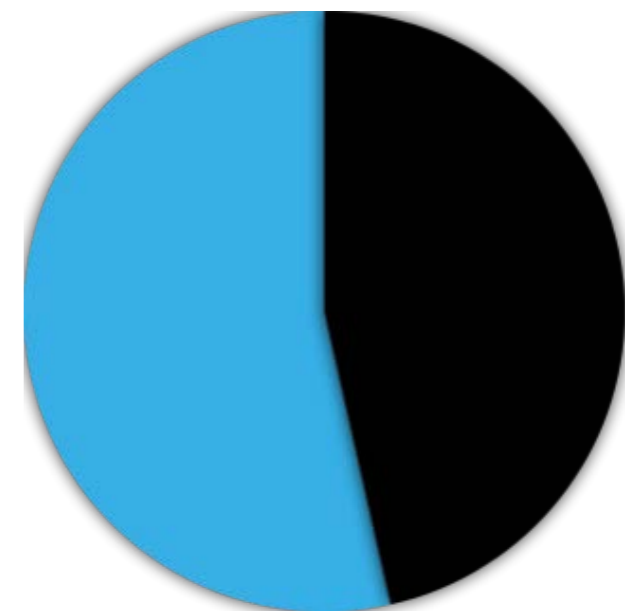
Home cooking   Restaurants
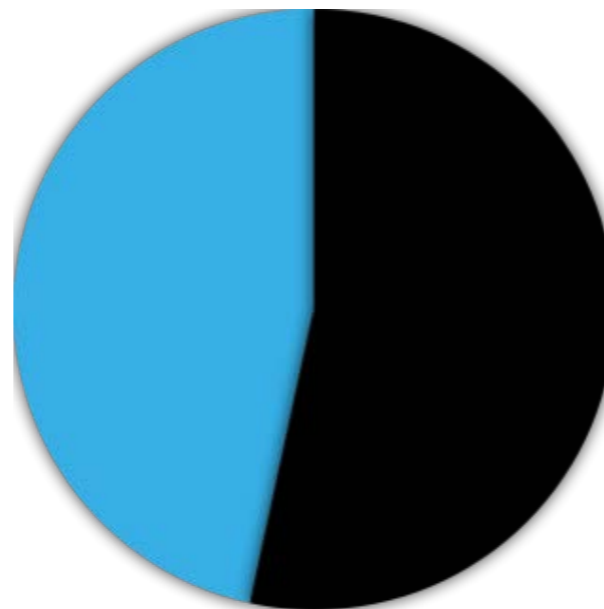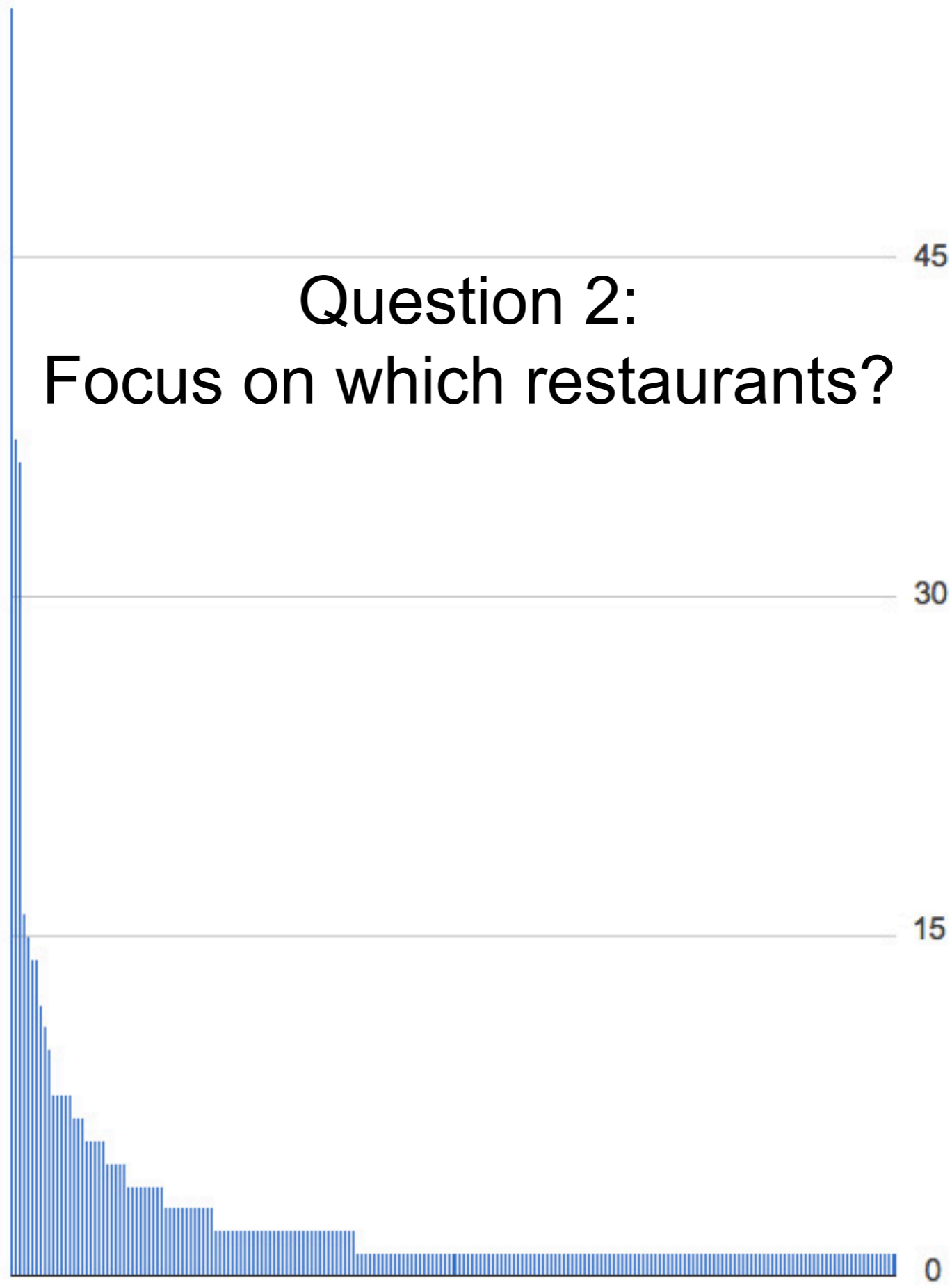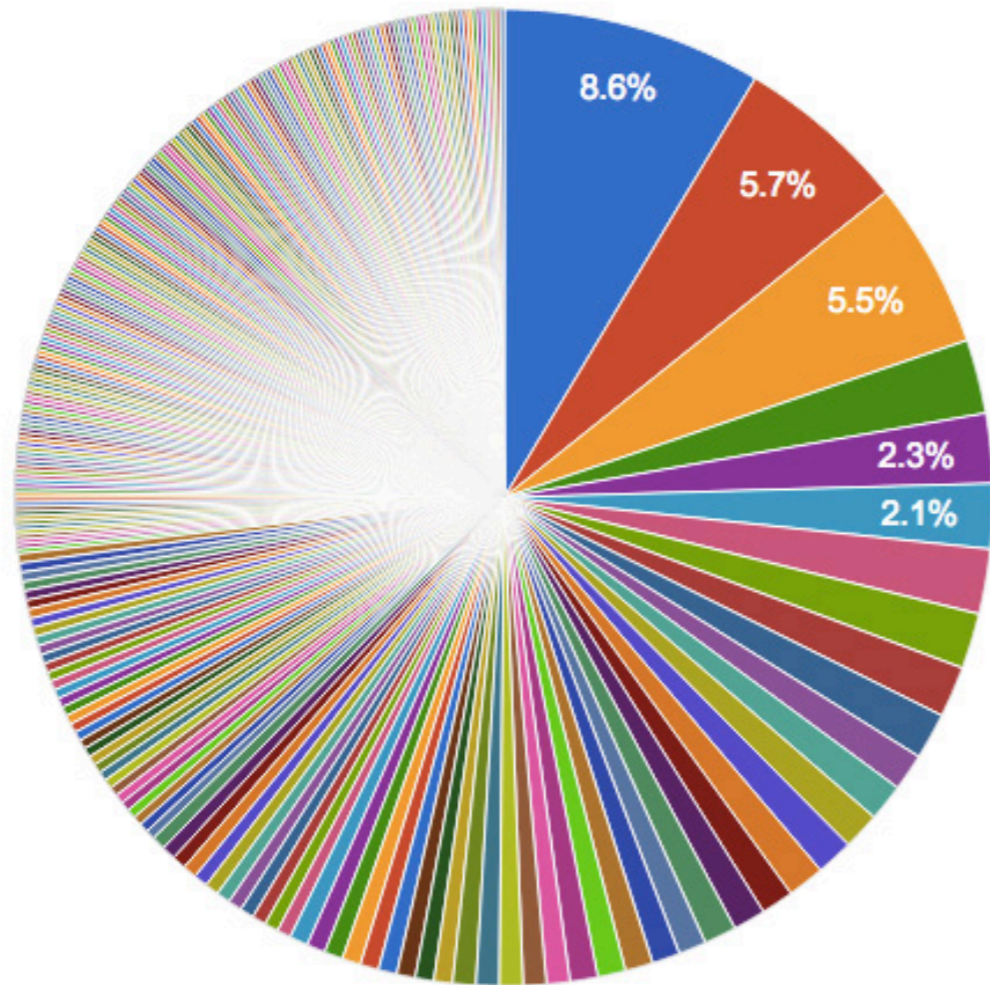
Question 1:
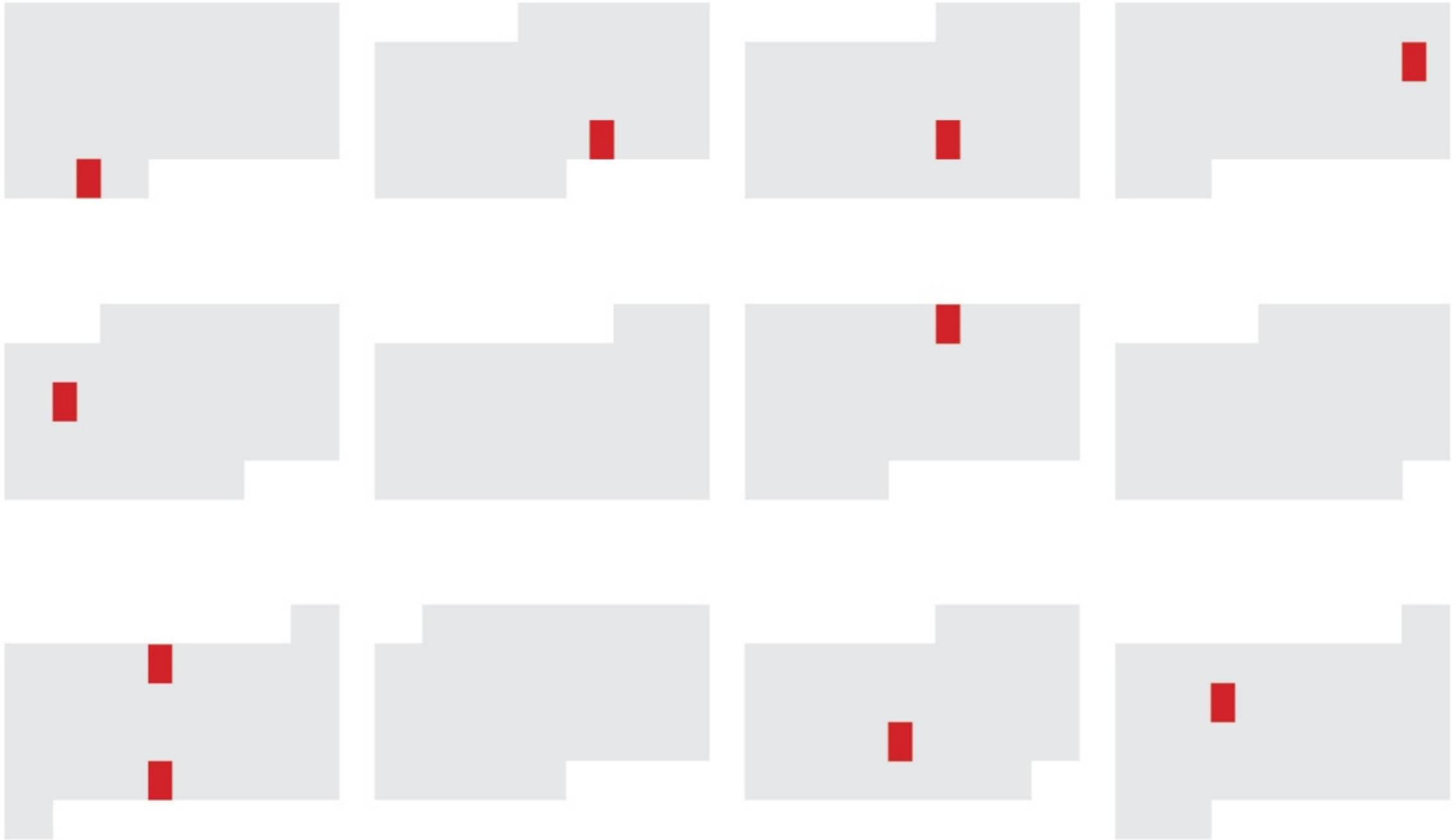Is this worth the effort?

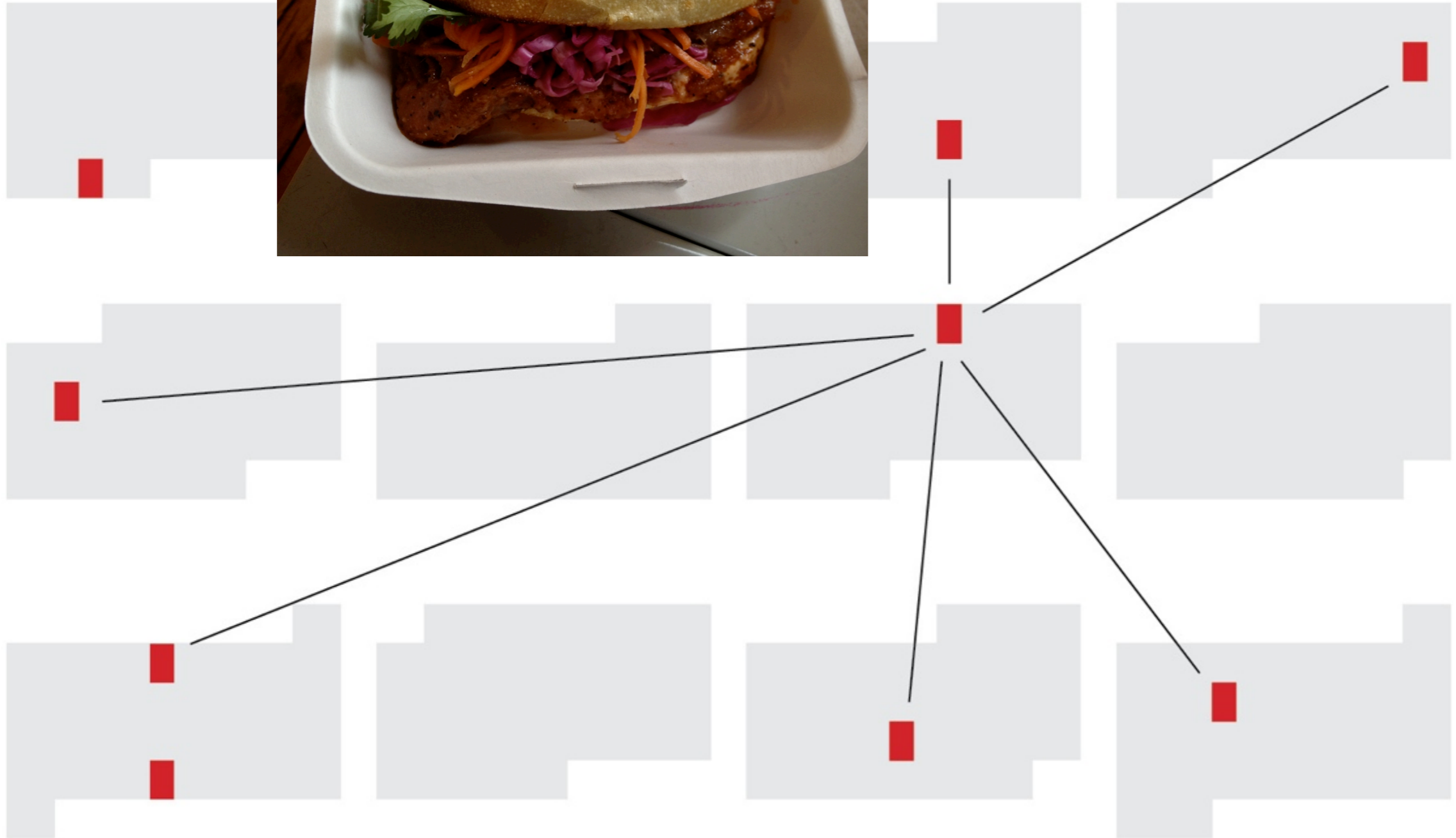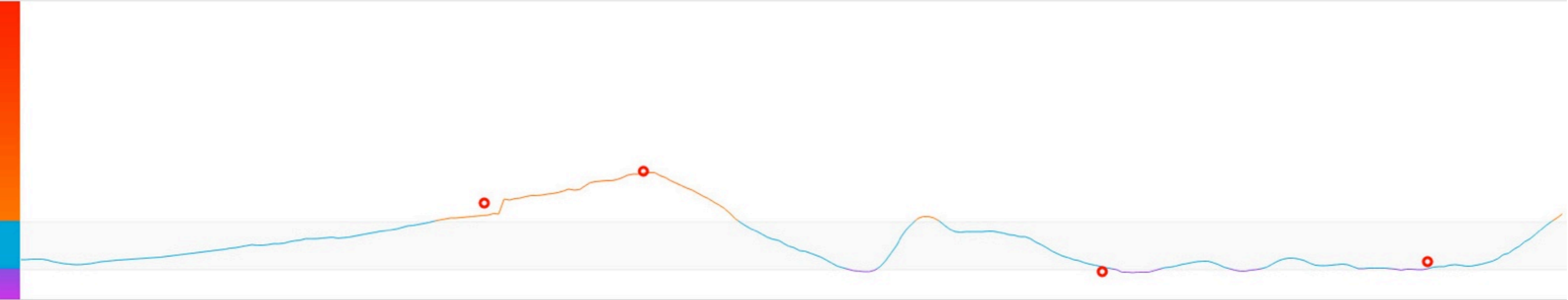Lunch + Dinner
53%

Home cooking   Restaurants
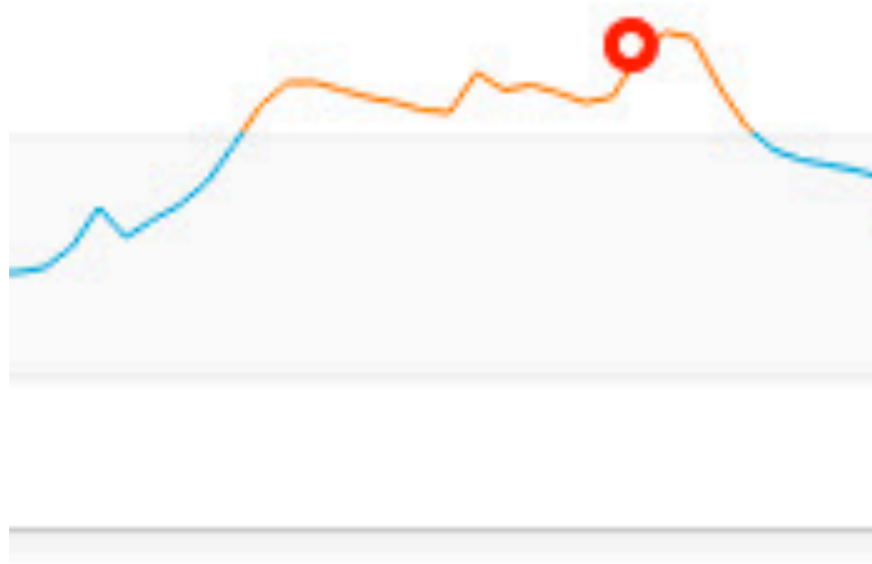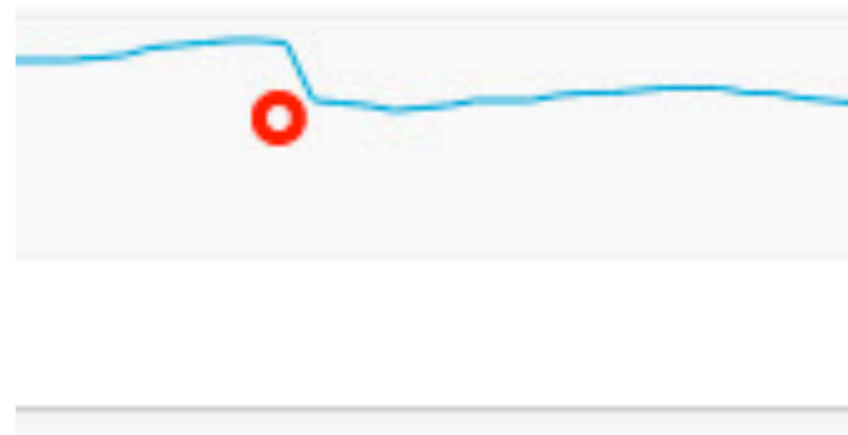
Question 2:
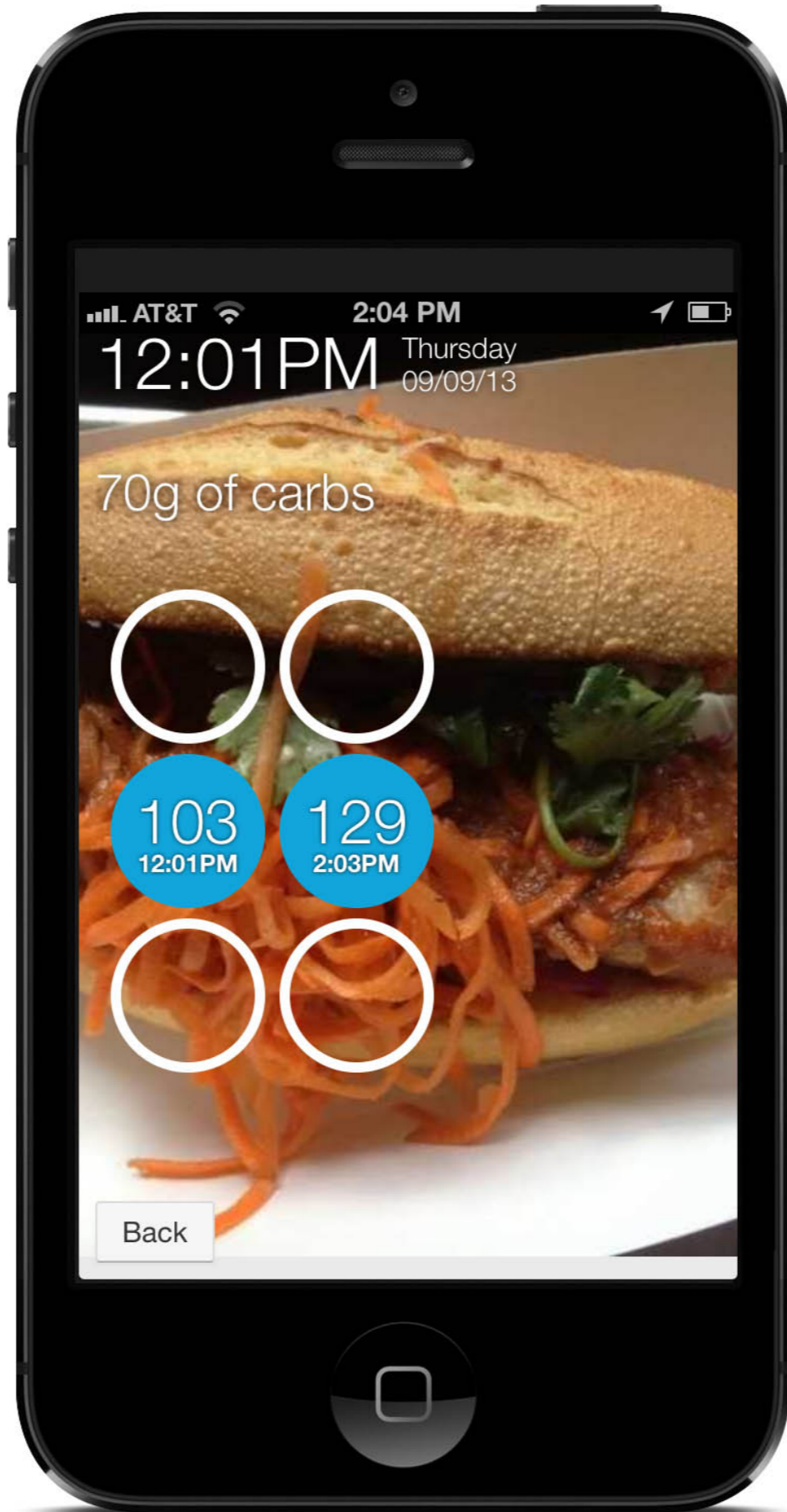Focus on which restaurants?

Num Pang

10 visits

the same sandwich 7/10 visits

Databetes Account Sign out

Improved control over the year

July 5   Sept. 5
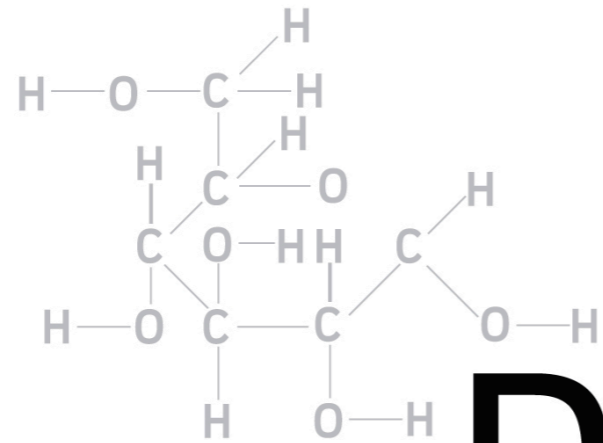
Lessons Learned
- Meal Memory was helpful
- Next: Apply to home cooking / recipes
- Down the road: Sharing of data

Databetes

Doug Kanter
@dougkanter
databetes.com
doug@databetes.com