

Top Recommended Diabetes Apps

Name of App	Compatibility	Cost	Category	Description
BD Briight: Diabetes Assistant	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> Nutrition advice, healthy recipes, and activities Digital diabetes assistant available 24/7 Voice recognition for logging insulin doses/blood glucose, asking question
CalorieKing	Apple/Android	Free, with in-app purchases	Nutrition and fitness	<ul style="list-style-type: none"> Curated food database of nutrition information Includes many fast-food chains and restaurants
Figwee	Apple /Android	Free with in-app purchases	Nutrition and fitness	<ul style="list-style-type: none"> Visualization tool for learning different portion sizes of food items with nutrition data Paid upgrade tracks what you eat, allows custom food entry, records progress
Fooducate	Apple/Android	Free, with in-app purchases	Nutrition and fitness	<ul style="list-style-type: none"> Nutrition tracking tool Individualized nutrition grade for each food Personalization for age, sex, weight loss goal Community support
Glucagon	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> Step-by-step instructions (text and video) for using glucagon for injection: 1 mg (1 unit) Tracker for glucagon kit locations and expiration dates Reminder notifications
MyFitnessPal	Apple/Android	Free, with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> Tracking tool for exercise, nutrition Connects with fitness trackers and other health apps Large food database with nutrition information Individualized based on sex, age, weight loss goal
MySugr	Apple/Android	Free, with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> Tracking tool for blood glucose, mood, carbohydrates, medications Reports for HCPs Paid upgrade adds reminders
One Drop	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> Tracking tool for blood glucose, mood, carbohydrates, medications Integrated nutrition database Reminders Reports for HCPs
Relax Lite	Apple/Android	Free, with in-app purchases	Stress Management	<ul style="list-style-type: none"> Guided breathing and meditation exercises
Tidepool	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> Compatibility with many devices (glucose meters, CGM devices, insulin pumps) Tracking tool for insulin, CGM, nutrition, and blood glucose data with notes Reports for HCPs