



We recently have completely rewritten the software for Web 2.0, which can be accessed via an internet browser. The user interface is easier to use. The initial purpose was to support the Apple iPhone and we now are in the Apple App Store, which is in every iPhone. In addition, this rewrite has added four new features, which make it much easier and useful than Version 1 on a PC. They are:

- **New database with over 2000 Food Items which we obtained with a royalty to the American Diabetes Association (the “old” database has 975 Food Items)**
- **A powerful search function, which returns all Food Items with the search word(s) anywhere in the description**
- **A complete history of all meals in the past 14 days (meals from these days can be saved in “Favorites” and used in “Today” and modified if desired)**
- **A meal planning function where the user can enter future meals for the next 7 days and print the meals out for a shopping list**

The new product is run with a web browser. Currently, **Firefox 3.07** and **Safari** are the only browsers that the product runs well on for Windows or Mac. Safari for Windows can be downloaded for free at www.apple.com/safari/download/. Microsoft is working on a replacement for Internet Explorer, which should be released later in 2009 – this web product currently does not run well on IE because their current support for JavaScript is poor.

The upgrade is \$14.95 and can be ordered at www.glycemicdietsw.com.

A description of the new product (as it appears in the Apple App Store on the iPhone) follows the screen shots.



Glycemic Index Meal Planner

Day				
Lunch				
Select Food	Favorite Meals	Search Foods		
Item	GI	GL	Carbs	Cals
Apple juice (1.00)	40	12	29	116 >
Chicken dark meat, skin (1.00)	0	0	9	277 >
Curry rice (1.00)	67	41	61	252 >
Meal Calculations				
Glycemic Index	53			
Glycemic Load	53			
Carbohydrates	99			
Calories	645			
Carbs: 61% Fat: 24% Protein: 15%				
Fat	17			
Saturated Fat: 29%				
Protein	24			



**Glycemic Index
Meal Planner**

AT&T 1:04 PM

GI Meal Planner

2009-01-23 Meals

Glycemic Index	Glycemic Load	Carbs	Calories
56	73	133	1636

- [View 2009-01-23 Meals >](#)
- [History & Future Meal Planning >](#)
- [Add a New Food Item to Database >](#)
- [Glycemic Index Information >](#)
- [Send Us Your Feedback >](#)
- [Log Out >](#)



Glycemic Index Meal Planner

The Glycemic Index Meal Planner Plus (Version 2.1) is a significantly updated version of Version 2.0 of the Glycemic Index Meal Planner for Web 2.0. It features a much larger database, which has been a concern of earlier users. The new version, which includes licensed material from the American Diabetes Association for a royalty (hence the increased price), has over 2000 food items compared to 975 food items in the last version. Further data from the web has allowed us to add additional food items and add [Calorie](#), [Protein](#), [Fat](#), and [Saturated Fat](#) data per food item to the database. The version 2.0 of the Glycemic Index Meal Planner was a complete rewrite of Version 1 of the software using Web 2.0.

It is important to understand that the Glycemic Index of a food item involves human testing of at least ten people on a restricted diet eating fairly large quantities of the food item and having their blood sugar tested over a period of time. It cannot be determined by simple chemical testing.

This software calculates the overall Glycemic Index (GI) and Glycemic Load (GL) for individual meals and for the entire day to help build a healthy diet for:

- diabetes
- weight loss
- sports performance

It also provides:

- carbohydrate
- calorie
- protein
- fat analysis
- future meal planning

for food items by meal and day.



Glycemic Index Meal Planner

The Glycemic Index - a measure of carbohydrate quality based on how quickly food raises blood glucose (blood sugar) levels - is a dietary key to health, say the authors of *The New Glucose Revolution*. Low-GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar and insulin levels, and have proven benefits for health.

The Glycemic Index is highly recommended by [Atkins](#), [Fat Flush](#), and [South Beach](#) diets.

A method of saving historical full meal information for future access allows easy reconstruction of the user's typical meals. Once these favorites are built, it is an easy matter to build a new day's meal plan, including the ability to modify each favorite for today.

Meal planning can be done for the next week.

The software also provides a complete history of previous day's meals to ease current day planning.