type-1 diabetic
for 27 years
medical data
medical data

+ 

lifestyle data
2012
a yearlong experiment
the healthiest year of my life
Understanding my food data
1. Looking into a low-carb diet
Insulin on Board
small insulin dose

large insulin dose
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 be considered
  - GI vs. TAG
Understanding my food data
2. Meal Memory
## Understanding my food data

### 2. Meal Memory

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cat</th>
<th>Prep'd By</th>
<th>Main Ingredient</th>
<th>Notes</th>
<th>Total Carbs</th>
<th>Insulin (mU)</th>
<th>Foursquare</th>
<th>Location</th>
<th>Kitchenware Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>10:16:00</td>
<td>e</td>
<td>263</td>
<td>Oatmeal Apple</td>
<td>Pepperoni turkey and swiss on a long roll</td>
<td>8</td>
<td>2.6</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Sunday</td>
<td>12:35:00</td>
<td>1</td>
<td>1</td>
<td>Coffee</td>
<td></td>
<td>4</td>
<td>2.6</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Sunday</td>
<td>13:30:00</td>
<td>c</td>
<td>0</td>
<td>1 slice of mozarella basil pizza</td>
<td>Foursquare</td>
<td>8</td>
<td>2.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>17:18:00</td>
<td>s</td>
<td>48</td>
<td>Brussels sprouts</td>
<td></td>
<td>6</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Sunday</td>
<td>20:46:00</td>
<td>d</td>
<td>0</td>
<td>Carrots &amp; hummus</td>
<td></td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td>Sunday</td>
<td>22:24:00</td>
<td>bs</td>
<td>0</td>
<td>Beer</td>
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<td>1</td>
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</tr>
<tr>
<td>Monday</td>
<td>7:27:00</td>
<td>bc</td>
<td>0</td>
<td>English muffin</td>
<td>Almond butter</td>
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<tr>
<td>Monday</td>
<td>11:59:00</td>
<td>I</td>
<td>49</td>
<td>Cobb salad</td>
<td>Greens, blue cheese, egg, dressing, bacon, tomatoes, grilled chicken</td>
<td>3.5 u</td>
<td></td>
<td></td>
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<tr>
<td>Monday</td>
<td>13:30:00</td>
<td>c</td>
<td>50</td>
<td>Granola bar</td>
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<td>7.5 u</td>
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<td>19:30:00</td>
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<td>61</td>
<td>Coffee latte</td>
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<td>21:00:00</td>
<td>a</td>
<td>262</td>
<td>1 glass of wine</td>
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<td>Diced tofu</td>
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<td>1</td>
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<td>Monday</td>
<td>23:12:00</td>
<td>bs</td>
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<td>Carrots &amp; hummus</td>
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<td>1</td>
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<td></td>
<td></td>
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<td>bc</td>
<td>0</td>
<td>Eggs, feta</td>
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<td>5</td>
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<tr>
<td>Tuesday</td>
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<td>bc</td>
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<td>Feta cheese omelette</td>
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<td>3.0 u</td>
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<tr>
<td>Tuesday</td>
<td>12:43:00</td>
<td>l</td>
<td>37</td>
<td>Pork burrito</td>
<td>Foursquare</td>
<td>7.0 u</td>
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<td></td>
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<tr>
<td>Tuesday</td>
<td>14:30:00</td>
<td>c</td>
<td>0</td>
<td>Coffee</td>
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<td>1</td>
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</tbody>
</table>
Question 1:
Is this worth the effort?

- Breakfast: 13%
- Lunch: 60%
- Dinner: 46%
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
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
Data	be	tes