

Using the Meal Log

The Meal Log lets you record everything you eat and drink. Logging meals alongside your readings gives a complete picture for anyone you choose to share your journal with.

- Log every meal, even snacks. The more complete your journal, the more useful it becomes over time.

Step-by-Step: Log a Meal

- 1 Open Food Log**
Tap the Food tab at the bottom.
- 2 Choose Meal Type**
Select: Breakfast, Lunch, Dinner, or Snack.
- 3 Set Date & Time**
Defaults to right now. Tap to change if logging after the fact.
- 4 Add Food Items**
Tap + Add food item. Enter a quantity (e.g. "1 cup") and food name (e.g. "Oatmeal with berries"). Add as many rows as needed.
- 5 Scan with AI Camera (Optional)**
Tap Scan meal with AI Camera to auto-identify your food. Requires API key setup — see the Setting Up AI Camera guide.
- 6 Add Notes (Optional)**
Add context like "ate out at restaurant" or "felt very full".
- 7 Save**
Tap Save Meal. The meal appears in the Today's Meals list below.

Meal Types Reference

Breakfast	Morning	Log within 30 min of eating
Lunch	Midday	Include all sides and drinks
Dinner	Evening	Include any dessert or after-meal snacks
Snack	Any time	Even small snacks count

Meal Photos

When editing a meal, you can add up to 5 photos. Photos are stored for 72 hours from the most recent photo added — a countdown timer shows how long they have left.

Smart Reminders

Once set up in Profile → Reminders, the app automatically reminds you to log your next reading 1–2 hours after you save a meal. The reminder cancels itself once you log the corresponding reading.

■ Post-meal reminders are meal-triggered — they fire at the exact time you ate, not a fixed clock time, so they always match your actual schedule.

GD SugarLog is a personal tracking tool and is not a substitute for medical advice.