

In today's fast-paced life style, we consume unhealthy food on regular basis than ever before.



The modern eating habit leads to many health hazards such as obesity and diabetes. According to International Diabetes Federation (IDF), 1 in 11 adults have diabetes and by 2020, 642 million are expected to have diabetes.





While more and more people suffer from diabetes and health issues, many studies show that a diet of fresh vegetables, fruits, and food with good fiber can prevent them and even provide long-term health.

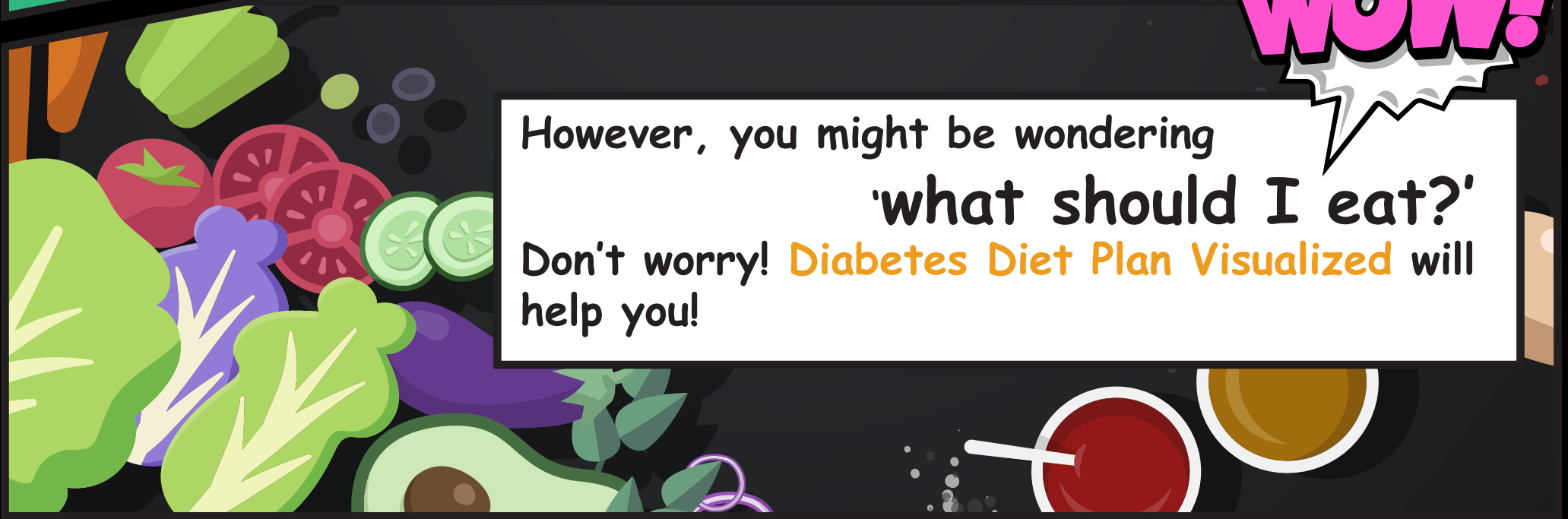
Just by making healthier food choices, we can be a lot healthier! It's time to stop suffering!

WOW!

However, you might be wondering

'what should I eat?'

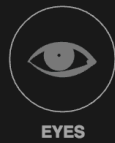
Don't worry! **Diabetes Diet Plan Visualized** will help you!



It displays everything you should know about food ingredients. It contains 93 types of food ingredients and its nutrients in detail.

BOOM!

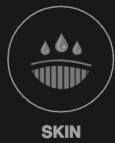
The ingredients are divided by specific health benefits to show how they can contribute to your body such as skin, eyes, brain, digestions, etc.



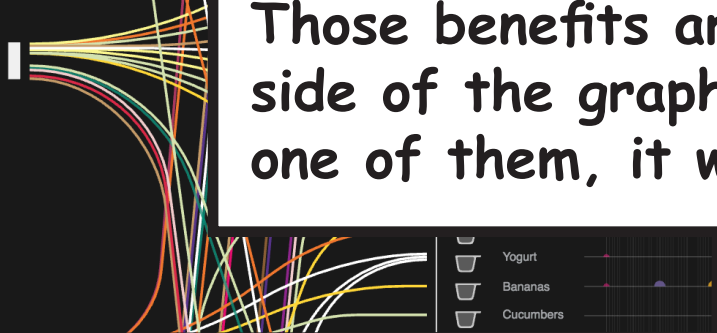
EYES



EYES



SKIN



Those benefits are displayed as icons on the right side of the graph. When you hover a mouse over one of them, it will point corresponding ingredients.



SKIN



Are you ready to be healthier with us?...