

Reading a Nutrition Facts Label

- 1 First, look at the Serving Size. The Serving Size is based on one serving. It is not a suggested serving and may be different than the amount you are eating.
- 2 Next, look at the Total Carbohydrate grams. Total Carbohydrate reflects all carbohydrates, including sugars and fiber. This will be the number of grams you enter into your pump when you eat.

Serving Size

Nutrition Facts

Per 90 g serving (2 slices)

Amount % Daily Value

Calories 170

Fat 2.7 g 4 %

Saturated 0.5 g 5 %
+ Trans 0 g

Cholesterol 0 mg

Sodium 200 mg 8 %

Total Carbohydrate 36 g 13 %

Fiber 6 g 24 %

Sugars 3 g

Protein 8 g

Vitamin A 1 % Vitamin C 0 %

Calcium 2 % Iron 16 %

Total Carbohydrate



Helpful Tip:

In this example, one serving size of 2 slices of bread contains 36 g of Total Carbohydrate.

Let's consider different serving sizes:

- 1 slice= 18 g
- ½ a slice= 9 g

It's best to match your insulin to the carbs you eat and bolus before meals. But if you're unsure about the carbs - or miscount the carbs - don't worry. Control-IQ+ has you covered with automatic insulin adjustments every five minutes and helpful AutoBoluses.

Important Safety Information: RX ONLY. Indicated for patients with type 1 diabetes, 2 years and older and for patients with type 2 diabetes, 18 years and older. Safety info: tandemdiabetes.com/safetyinfo.

WARNING: Control-IQ+ technology should not be used in anyone under the age of 2 years old with type 1 diabetes or under the age of 18 years old with type 2 diabetes. It should also not be used in patients who require less than a total daily insulin dose of 5 units of insulin per day or who weigh less than 20 pounds, as those are the required minimum values needed for Control-IQ+ to operate safely.

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