

Managing Mealtime Insulin

With Carbohydrate Counting



TANDEM
Diabetes Care

Know Why Carbs Matter

Carbs are digested and absorbed in the form of glucose into the bloodstream within minutes of eating them. This can lead to an increase in glucose values. That's why it's important to know which foods have carbs. Carbohydrate counting is a way to estimate the carb content in food. Then you can match your insulin dose (bolus) more precisely when eating.

Know Which Foods Contain Carbs



Sweets & Desserts

e.g., cupcakes, cookies, and ice cream



Starchy Vegetables

e.g., potatoes, peas, corn, winter squash, lentils, and beans



Fruit

e.g., oranges, apples, grapefruits, and pears



Dairy Products

e.g., skim milk and yogurt



Grains

e.g., breads, crackers, rice, hot and cold cereals, tortillas, and noodles



Beverages

e.g., soft drinks, sweet tea, juice, and smoothies

Know How to Estimate Carbs

There are many resources available to help you estimate carbs in your food:



Printed and online resources – books, cookbooks, restaurant guides, etc.



Carb counting/nutrition apps



Nutrition facts label

My Favorite Carbs (List food and carb grams)

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 + Trans 0 g | 5 % |
| | | Cholesterol 0 mg | |
| | | Sodium 200 mg | 8 % |
| Total Carbohydrate | 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 % | |

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 5 minutes and helpful AutoBoluses.

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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