

# Managing Mealtime Insulin

With Set Carbohydrates



## 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.

## 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 Your Carb Meal Sizes

Before you eat, look at the amount of carbs on your plate to decide your carb meal size (Small, Medium, Large, Extra Large). Use the My Carb Meal boxes below to enter one or two sample meals.

### My Small Carb Meal

30 Grams OR \_\_\_\_ Grams

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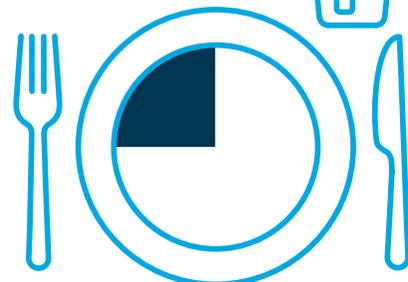
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**Helpful Tip:** Don't forget to consider if your beverage has carbs



## Know Your Carb Meal Sizes

### My Medium Carb Meal

60 Grams OR \_\_\_\_ Grams

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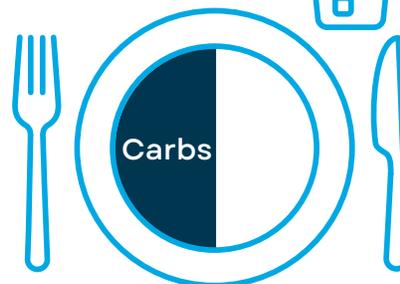
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**Helpful Tip:** Don't forget to consider if your beverage has carbs



### My Large Carb Meal

90 Grams OR \_\_\_\_ Grams

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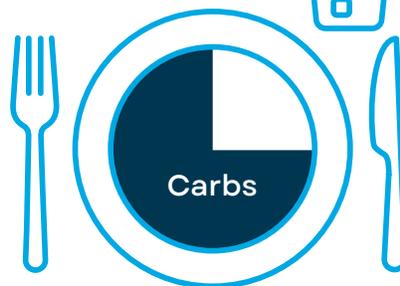
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### My Extra-Large Carb Meal

120 Grams OR \_\_\_\_ Grams

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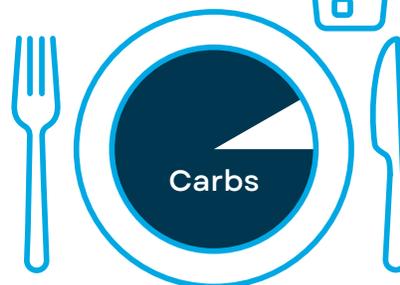
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It's best to match your insulin to the carbs you eat and bolus before meals. But if you're unsure about the carbs - or miscount the carbs - don't worry. Control-IQ+ has you covered with automatic insulin adjustments every 5 minutes and helpful AutoBoluses.

RX ONLY. Indicated for patients with type 1 diabetes, 2 years and older and for patients with type 2 diabetes, 18 years and older.

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. Safety info: [tandemdiabetes.com/safetyinfo](https://tandemdiabetes.com/safetyinfo).

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