

# Using 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, ice cream



**Starchy Vegetables**  
e.g., potatoes, peas, corn, winter squash, lentils, beans



**Fruit**  
e.g., oranges, apples, grapefruits, pears



**Dairy Products**  
e.g., skim milk, yogurt



**Grains**  
e.g., breads, crackers, rice, hot & cold cereals, tortillas, noodles



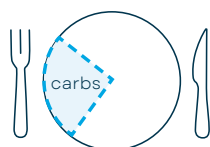
**Beverages**  
e.g., soft drinks, sweet tea, juice, smoothies

## Know Your Carb Meal Sizes

Work with your healthcare professional to estimate the typical amount of carbs you eat at mealtimes. Before you eat, look at the amount of carbs on your plate to decide your carb meal size. Use the set carb gram amount below when bolusing for meals.

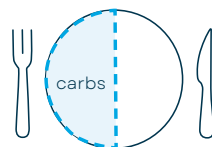
### My Set Carbs

**Small**



\_\_\_\_\_ grams

**Medium**



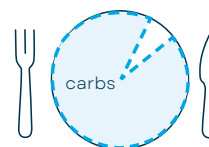
\_\_\_\_\_ grams

**Large**



\_\_\_\_\_ grams

**Extra Large**



\_\_\_\_\_ grams

**Snack**



\_\_\_\_\_ grams

# Carb Meal Size Worksheet

Enter one or two sample meals for each carb meal size.



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

My Small Carb Meal	
___ grams	

My Medium Carb Meal	
___ grams	

My Large Carb Meal	
___ grams	

My Extra-Large Carb Meal	
___ grams	

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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