MANAGING MEALTIME INSULIN

Using Set Carbohydrates

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.

Know Which Foods Contain Carbs

Grains & Starches
e.g., breads, crackers, rice, hot & cold cereals, pasta

Fruits
e.g., oranges, apples, bananas, pears

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

Milk & Milk Alternatives
e.g., skim milk, yogurt

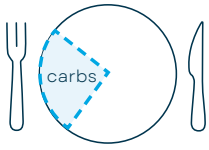
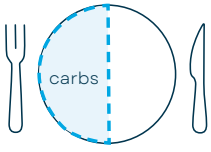
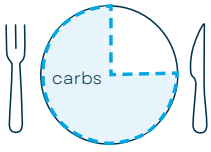
Beverages
e.g., Regular pop, fruit juice, smoothies

Sugars & Sweets
e.g., cupcakes, cookies, ice cream

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	Medium	Large	Extra Large	Snack
				
_____ grams	_____ grams	_____ grams	_____ grams	_____ grams

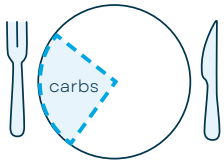
Carb Meal Size Worksheet

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

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

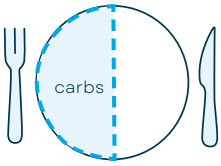
My Small Carb Meal

____ grams



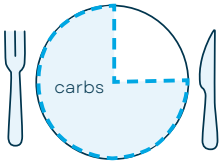
My Medium Carb Meal

____ 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 – Control-IQ technology can help with automatic insulin adjustments and AutoBoluses.

This product may not be right for you. Always read and follow the label.

Important Safety Information: Tandem insulin pumps are intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in persons requiring insulin. Safety info: tandemdiabetes.com/safetyinfo.

WARNING: Control-IQ technology should not be used by anyone under the age of 6 years old. It should also not be used in users who require less than 10 units of insulin per day or who weigh less than 25 kilograms.

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