



Medtronic 2100083 US-GDB Carb Count Visualization Guide

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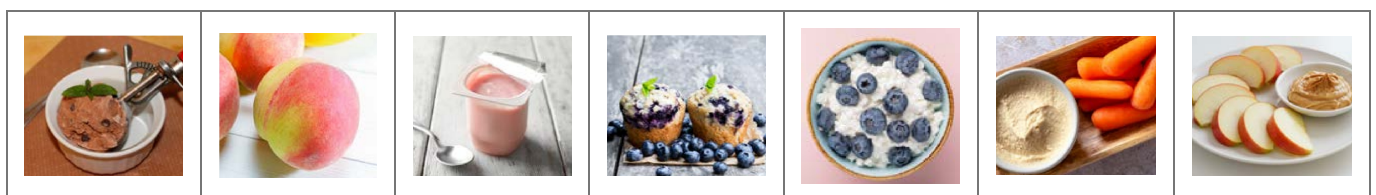
Medtronic 2100083 US-GDB Carb Count Visualization Guide User Guide

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Extra Small Item

15 grams carbs



1 medium fruit	½ cup ice cream	1 cup light yogurt	2 mini blueberry muffins	1 cup cottage cheese + ½ cup berries	½ cup hummus with veggies	1 small apple sliced + 2 Tbsp peanut butter
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Small Meal Item

30 grams carbs

						
BLT sandwich	3 shrimp tacos on corn tortillas	2 medium cookies	Small fries	1 English muffin + sausage, egg, cheese	½ bagel + 1 Tbsp cream cheese	1 small chicken quesadilla

Medium Meal Item

45 grams carbs

					
1 peanut butter sandwich + 1 Tbsp jelly	1 cup oatmeal + 1 cup mixed berries	1 restaurant burger	15 chicken nuggets with small fries	8 pieces salmon sushi roll	Large chicken Caesar salad

Large Meal Item

60 grams carbs

					
2 steak enchiladas with 1 cup beans	1 regular hot dog + bun + 30 chips	2 battered fish tacos with 1 cup beans	Chicken tikka masala with 1 cup rice	Steak, med baked potato, roll + salad	1 large slice fruit pie

Extra Large Meal Item

75-90 grams carbs

					
1 cup pasta + sauce, meatballs, roll, and salad	2 eggs, 2 bacon strips, med hash browns, and small pancakes	3 oz turkey, 1 cup stuffing, 1 cup mashed potatoes, ½ cup green beans	Large naos, 4 oz tortilla chips, steak, cheese, and beans	1 ½ cups fried rice with shrimp	2 slices pepperoni pan pizza (1/4 large)

Customer Support

Carbohydrate amounts are estimates and may vary depending on the ingredients.

Check food labels for accurate carbohydrate amounts.

Resource: [USDA Food Central database](#).

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Documents / Resources

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References

- [User Manual](#)

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