

CARB COUNT DOSE

This is the insulin dose you take **before** meals and snacks



1 : 8

1 unit of insulin for every 8 grams of carbs

Grams of carbs	Units of insulin
1-4	0
5-12	1
13-20	2
21-28	3
29-36	4
37-44	5
45-52	6
53-60	7
61-68	8
69-76	9
77-84	10
85-92	11
93-100	12
101-108	13
109-116	14
117-124	15
125-132	16
133-140	17

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