### **CARB COUNT DOSE**

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



1:40

1 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	1
61-100	2
101-140	3
141-180	4
181-220	5
221-260	6

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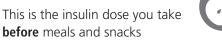
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