

CARB COUNT DOSE

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



0.5 : 7

0.5 unit of insulin for every 7 grams of carbs

| Grams of carbs | Units of insulin | Grams of carbs | Units of insulin |
|----------------|------------------|----------------|------------------|
| 1-3 | 0 | 102-108 | 7.5 |
| 4-10 | 0.5 | 109-115 | 8 |
| 11-17 | 1 | 116-122 | 8.5 |
| 18-24 | 1.5 | 123-129 | 9 |
| 25-31 | 2 | 130-136 | 9.5 |
| 32-38 | 2.5 | 137-143 | 10 |
| 39-45 | 3 | 144-150 | 10.5 |
| 46-52 | 3.5 | 151-157 | 11 |
| 53-59 | 4 | 158-164 | 11.5 |
| 60-66 | 4.5 | 165-171 | 12 |
| 67-73 | 5 | 172-178 | 12.5 |
| 74-80 | 5.5 | 179-185 | 13 |
| 81-87 | 6 | 186-192 | 13.5 |
| 88-94 | 6.5 | 193-199 | 14 |
| 95-101 | 7 | 200-206 | 14.5 |

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