

CARB COUNT DOSE

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



0.5 : 30

0.5 unit of insulin for every 30 grams of carbs

Grams of carbs	Units of insulin
1-15	0
16-45	0.5
46-75	1
76-105	1.5
106-135	2
136-165	2.5
166-195	3
196-225	3.5
226-255	4

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