

CARB COUNT DOSE

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



0.5 : 35

0.5 unit of insulin for every 35 grams of carbs

Grams of carbs	Units of insulin
1-17	0
18-52	0.5
53-87	1
88-122	1.5
123-157	2
158-192	2.5
193-227	3
228-262	3.5

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