

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3

CARB COUNT DOSE

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



0.5 : 40

0.5 unit of insulin for every 40 grams of carbs

Grams of carbs	Units of insulin
1-20	0
21-60	0.5
61-100	1
101-140	1.5
141-180	2
181-220	2.5
221-260	3



www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC045E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC045E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC045E



www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.intermountainhealthcare.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

www.primarychildrens.org/diabetes

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC045E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC045E

© 2015 Intermountain Healthcare
All rights reserved.
Primary Children's Hospital
PESDMC045E