

CARB COUNT DOSE

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



1 : 3

1 unit of insulin for every 3 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
0-1	0	56-58	19
2-4	1	59-61	20
5-7	2	62-64	21
8-10	3	65-67	22
11-13	4	68-70	23
14-16	5	71-73	24
17-19	6	74-76	25
20-22	7	77-79	26
23-25	8	80-82	27
26-28	9	83-85	28
29-31	10	86-88	29
32-34	11	89-91	30
35-37	12	92-94	31
38-40	13	95-97	32
41-43	14	98-100	33
44-46	15	101-103	34
47-49	16	104-106	35

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