

## CARB COUNT DOSE

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



**1 : 5**

1 unit of insulin for every 5 grams of carbs

Grams of carbs	Units of insulin	Grams of carbs	Units of insulin
1-2	0	93-97	19
3-7	1	98-102	20
8-12	2	103-107	21
13-17	3	108-112	22
18-22	4	113-117	23
23-27	5	118-122	24
28-32	6	123-127	25
33-37	7	128-132	26
38-42	8	133-137	27
43-47	9	138-142	28
48-52	10	143-147	29
53-57	11	148-152	30
58-62	12	153-157	31
63-67	13	158-162	32
68-72	14	163-167	33
73-77	15	168-172	34
78-82	16	173-177	35
83-87	17		
88-92	18		

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