

## CARB COUNT DOSE

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



**1 : 7**

1 unit of insulin for every 7 grams of carbs

Grams of carbs	Units of insulin
1-3	0
4-10	1
11-17	2
18-24	3
25-31	4
32-38	5
39-45	6
46-52	7
53-59	8
60-66	9
67-73	10
74-80	11
81-87	12
88-94	13
95-101	14
102-108	15
109-115	16
116-122	17

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